

FOR RELEASE:

IMMEDIATE

Mailed Oct. 16, 1986

YOUNGSTOWN, Ohio - Youngstown State University's Office of Continuing Education plans to offer a number of personal development seminars at the MetroPlex Centre on Belmont Avenue.

These half-day seminars are designed to help participants progress both professionally and personally.

"Image and Impression," 9 a.m.-noon Oct. 28, will teach participants to advance themselves through their appearance, style, poise and self-expression. The seminar fee is \$64.

"Personalized Time Management," 9 a.m.-noon Nov. 12, will teach participants how to make more productive use of their time. They will complete a personal time management behavior profile, identify time wasters and learn techniques to minimize or eliminate them. The fee is \$72, or \$57 for those who register before Oct. 29.

"Dealing With Stress," to be held from 9 a.m.-noon Nov. 18, will examine what stress is, what causes it, what it can do and how to manage it. The fee is \$64, or \$49 for those who register before Nov. 4.

"Positive Workaholism," held from 9 a.m.-noon Nov. 25, will focus on the productive application of energy for high achievement. The fee is \$64, or \$49 for those who register before Nov. 11.

"Taking Control of Your Life," 9 a.m.-noon Dec. 2, will stress confidence-building, teaching the importance of body language and oral and written communication. The fee is \$64, or \$49 for registration prior to Nov. 17.

Add One

The presenters are experienced consultants from Herman Associates who will speak on topics in their field of expertise. Herman Associates is a group of management consultants and trainers formed by Roger E. Herman in 1980 and headquartered in Rittman, Ohio.

For more information, or to register, call YSU's Office of Continuing Education at (216) 742-3358.

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YOUNGSTOWN, Ohio - Youngstown State University's Office of Continuing Education is offering a four-week course for persons who wish to maximize their micro-computer's potential and efficiency.

"DOS: Beginning Applications" is designed for new as well as current computer users. Previous programming experience is not required.

DOS or Disk Operating System is the program that controls all activities of the personal computer. It links the computer's hardware and software packages.

Classes will be held from 5:40-7:30 p.m. on Tuesdays beginning Nov. 4 and continuing through Dec. 2.

Angelo LaMarco of Youngstown, a certified systems professional and a principal with the systems consulting firm of Angelo LaMarco & Associates, will instruct the course.

The course has been approved for eight hours of Continuing Education Credit by the Ohio and Pennsylvania Board of Accountancies.

The fee for the course is \$140 or \$125 for persons who register prior to Oct. 21.

For more information, or to register, call YSU's Office of Continuing Education at (216) 742-3358.

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NEWS DIRECTORS/EDITORS

The Oct. 15 release with details of YSU's Homecoming erroneously said the Homecoming King and Queen will be introduced and crowned at the Friday night (10/31) dance in the Chestnut Room.

Wrong!

They will be presented and crowned during halftime ceremonies at Saturday's football game.

All the candidates, the entire Homecoming Court, will be INTRODUCED only at the Friday dance.

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NEWS SERVICE-Bob McGill
86-160

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U.S. Representative Jim Traficant (D-17), Ohio State Senator Harry Meshel (D-33) and State Rep. Ronald V. Gerberry (D-71), and their opponents will take part in a nonpartisan Candidates Meeting at 7:30 p.m. Oct. 28 in the Ohio Room of Kilcawley Center on the campus of Youngstown State University.

The meeting is co-sponsored by the YSU History Department and the Greater Youngstown Chapter of the National Organization for Women (NOW) and will be moderated by the League of Women Voters.

Fifty-third Ohio House District candidates Robert F. Hagan, Thomas D'Amico and Ezell L. Armour will also participate.

Opposing Traficant for the 17th Congressional District seat is James H. Fulks. Sen. Meshel's opposition is Merle Madrid and Fredric D'Amato. Ned J. Casale is opposing Rep. Gerberry.

Each candidate will give a one minute opening and a two minute closing statement as well as answering questions and rebutting the opposition.

NOW and League members will be taking questions at the door and during the program.

NOW President Joyce A. Barolak will open the meeting and YSU History Department Chairman Dr. George Beelen will introduce the moderator, League member Holly Levy. League of Women Voters President Toni Schildcrout and a History Department faculty member will screen questions. LWV's Dorothy Snovak will serve as timekeeper. The Candidates Meeting chairwoman is NOW Vice President Ginger Karlin Whittington.

The meeting is free and open to the public. Refreshments will be served.

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