The 1995 National Girls and Women in Sports Day is February 2, 1995. For the 4th consecutive year, the UW-L Athletic Program Committee, Logan and Central High School, and the Riverland Girl Scout Council have been planning community outreach education and celebration. This year's celebration includes visitations to middle and high school girls basketball games by UW-L women athletes (Jan. 23 - Feb. 6); UW-L women's basketball game against UW-Platteville (Feb. 1); youth sport clinics conducted by UW-L coaches and female student athletes (Feb. 3 and 4); and formal recognition of women student athletes and other contributors to UW-L Athletics prior to the Gershon Gymnastics Invitational Meet (Feb. 4, at 12:30 pm).

These events conclude with a guest speaker sponsored by Intercollegiate Athletics, Student Activities and Centers, Academic Staff Council, OCW, and Riverland Girl Scout Council. Christine Grant, Director of Women's Athletics at University of Iowa, will be presenting her views of the impact sports have made in her life and career on Monday, Feb. 6, at 7:30 pm in Valhalla, Cartwright Center. She speaks from a varied background of sports experience which includes assisting in the drafting of the Title IX guidelines, testifying before the House of Representatives on gender equality, and being an expert witness in sports discrimination cases. This event is FREE and open to the public.

This 1995 celebration offers continued community outreach and supports the positive participation for girls and women in sport. Please show YOUR support by attending any or all of these events.

As in the past, OCW will be involved in these celebration activities.

All OCW members are being invited to partake in the formal recognition "March in Ceremony" before the Gershon Gymnastics Invitational Meet on Saturday, February 4th at 12:30 pm. Everyone is to assemble in the hallway in Mitchell Hall for the Ceremony to begin at 12:30 pm. If anyone is interested in participating in this, please contact Dorie Bell at x8554 by noon Wednesday, Feb. 1.

Prior to Christine Grant's presentation on Monday, February 6th at 7:30 pm, OCW is also planning an informal get-together for dinner at the Eagles Nest at 6:00 pm. Join OCW for dinner on your own, then join Ms. Grant for an inspirational talk.
According to Webster's Dictionary, **ergonomics** is the "study of equipment design in order to reduce operator fatigue and discomfort." Repetitive motion disorders such as Carpal Tunnel syndrome has become an issue we all deal with in our workplaces. Mark your calendars for **Thursday, February 23rd**.

Dan Sweetman, Environmental Health/Safety, will address ergonomics from noon - 1 pm in the Ward Room, Cartwright Center. Bring your lunch and come find out what you can do to alleviate some potential problem areas.

**Ever wonder why some lemonade is flavored with artificial lemon, while furniture polish and dish soap are made with real lemons??**

Hrmrmrmrm.......

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**MARK YOUR CALENDARS...**

Once again, the Organization for Campus Women will be organizing activities on campus for "**TAKE OUR DAUGHTERS TO WORK**" day, which is sponsored by Ms. Foundation for Women. This year's designated day to take your daughters to work is **Thursday, April 27th**. OCW will sponsor activities for your daughters throughout the day. Keep this date in mind. Bring your daughters to work, and expose them to your work environments.

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**SYMPOSIUM COMMITTEE NEEDS YOU!!**

The OCW Symposium Committee is planning the 1995 Spring Symposium which will focus on Women's Health Issues. Anyone interested and willing to help with the Symposium should contact Debbie Veglahn, committee chair, at x8035. She looks forward to hearing from you!!