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HEADS UP

Honoring women • Women of Achievement is seeking nominations for its 2015 honorees. The deadline for nominations is midnight Jan. 5. Eligible nominees are volunteers from across the area who have shown outstanding commitment to the betterment of the region through their significant volunteer experiences. Areas of volunteerism may be in education, the arts, health and human services. youth and family, philanthropy, social justice and advocacy, as well as others. Women of Achievement welcomes nominees from diverse cultures, roles and accomplishments. Women may nominate themselves or others. Ten honorees will be chosen to be recognized at the 2015 Women of Achievement luncheon on May 5, at the Ritz-Carlton. The organization also will celebrate its 60th anniversary in 2015. Online submissions and printable nomination forms with full details about the program are available at woastl.org/nominate.php. For other specific questions about the nomination process, contact Women of Achievement President Nanci A. Bobrow at 314-361-5567 or send email to nanci. bobrow@gmail.com; or call Sarah Thorowgood at 314-421-2005 or send email to sthorowgood@macmeetings.com.

To submit items, email them to headsup@post-dispatch.com or fax them to 314-340-3050.