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DAMIEN SHERWOOD/COTTAGE GROVE SENTINEL

Models and designers gather at the end of Saturday's Trashion Show in Opal Theater. The entire performance included 10 designers, 33 outfits and 21 models.

Trashion *from A1*

what we're buying and how it's packaged," said Rose.

As the owner of The Crafty Mercantile, Rose is keenly informed on just how hard it is to live without packaging and plastics. "My store probably sees about 50 dresses-worth of bubble wrap per year," she said. "They won't ship it any other way. ... Enough people have to speak up and say, 'No,

don't do this.'"

The Trashion Show featured a range of costume designs stitched, sewn and glued together with materials including shower curtains, balloons, plastic water bottles, trash bags, utensils and virtually any other item one might expect to find in a trash can.

"Our Trashion Show is unique in that it really is all trash. There's no upcycling," said Rose, referring to a clothing design process by which old clothes like t-shirts and pants are repurposed.

Terrisa West designed and modeled her own pieces. It was far from her first time.

"I was in a group of women who were the founders of the Trashion Show," she said. "I love the creativity of it and the message."

West echoed the point that people ought to be more mindful of their purchasing and disposal habits. "It's a double-edged sword because it's great to be creative but the fodder is endless," she said. "I just feel its so crucial that people pay attention to what they use and try to do better."

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Administrative Professionals Day
April 24

Show administrative professionals they are appreciated

Business owners and bosses and high-level executives may have their names on placards or monogrammed stationery, but the most successful businesses tend to be those in which the entire staff, from the company president to administrative professionals and so on, works together.

Administrative professionals, sometimes referred to as "admins," handle everything from spreadsheet generation to PowerPoint presentations to preparing schedules. Admins are often the unsung heroes of the workplace, and while they may not receive much fanfare, without the continued efforts of admins, businesses may grind to a halt.

In recognition of the roles they play, administrative professionals have been honored during a special week each April for the past 60 years. Called Secretary's Day upon its inception in 1952, the holiday was later expanded and the name changed to incorporate all of the employees who play pivotal administrative rolls in companies big and small. Managers and business owners may choose their employees, but the following ideas can breathe fresh life into festivities and help boost employee morale even further.

- Spring for coffee. Many employees require a caffeine buzz to get them through their busy days. The old pot in the break room may not deliver the best brews these days, and you can give employees another coffee fix to help them perk up. Check to see if independent coffee chains or even franchised businesses have to-go carafes. If not, consider purchasing a coffeehouse-inspired coffee maker, complete with the capabilities to make cappuccino and lattes.
- Give the gift of time. What worker couldn't use a few extra days off? Show gratitude by renegotiating vacation and personal time schedules with administrative professionals. Be open-minded to alternate work scheduled if they may keep employees happy and better able to serve the company.
- Show your appreciation through letters or certificates. Professional-looking certificates are easy to come by because they can be produced right in the office with some desktop publishing software. Some office-supply stores also may carry preprinted certificates. A heartfelt thank-you letter also is something that admins may appreciate, as it shows employees their efforts are not being overlooked.
- Present tickets to a game or a show. Many supervisors are given perks, such as free tickets to popular sporting events or other sources of entertainment at nearby venues. Pass on these free tickets to special employees who may not be able to afford box seats or front-row tickets to local theater productions.
- Time pay raises to coincide with Administrative Professionals Week. Use this week as an opportunity to give bonuses or raises, rather than doing so at the beginning or end of the year.

Administrative professionals do a lot to keep companies afloat and operating smoothly. Supervisors, managers and other higher-ups can take every opportunity to show their appreciation to these hard, yet often unsung, workers.



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