



JANUARY-AUGUST 2008

**UW-L**  
Continuing Education  
and Extension

# Access

Connecting the university and the community



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# Access



## STEM Saturdays: Science, Technology, Engineering and Math (STEM)

*Access is published each January and August to inform and educate La Crosse area residents about lifelong learning opportunities at UW-La Crosse.*

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### If you are interested in:

- More information about learning communities, credit courses, certificate programs, conferences and workshops
- Partnering or co-sponsoring a program with UW-La Crosse
- Creating a program that meets specific needs of your organization

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*Many of the programs are made possible in partnership with UW-Extension.*

Scientists, technologists, engineers and mathematicians shape the world around us. They design and build everything from artificial limbs, to computer games to automobiles. The youth of today are leaders of tomorrow. We need to provide youth with opportunities to advance their interests and abilities in science and technology to make informed academic and career choices. STEM Saturdays are designed to give children and youth, grades 4-8, a chance to explore the wonderful world of science, technology, engineering and math in a fun, hands-on way.

### Celebrate Engineering! (Feb. 9)

Engineers invent, design and create things that make the world a better place. Use your creativity to design and build solutions to a variety of engineering problems in this high-energy session.

**Instructor: Eric Brunsell, assistant professor, UW-La Crosse**

### Paper Rockets (April 19)

Rocketry is an exciting and educational way for people of any age to learn more about aerospace and science. In this session, you will design, test and fly your own rocket!

**Instructor: Jason Marcks, executive director, Space Education Initiatives**

**Feb. 9 & April 19**  
**9 a.m.-noon**  
**Morris Hall, UW-La Crosse**  
**\$29, per session**



## Youth Programs

### Environmental Explorers Program

Students entering grades 4-6

Grab your binoculars, hip boots and come and explore — adventures are waiting for you! From mayflies to frogs, the Mississippi River is bursting with life. Come experience this adventure in exploration! This program is co-sponsored with the U.S. Geological Survey Upper Midwest Environmental Sciences Center.

**June 10-11**

**La Crosse, Wis.**

**\$50**

### Girls in Science

Girls entering grades 6-8

Would you like to participate in scientific experiments, learn through hands-on activities and explore a variety of scientific fields? This program offers intensive academic exploration, opportunities to work with other young women of similar abilities and an environment where talents need not be hidden. You will also experience a full campus experience with an overnight stay in a campus residence hall, meals on campus and social activities with peer students, university student assistants and faculty. Girls in Science is co-sponsored with the Wisconsin Center for Academically Talented Youth (WCATY).

**June 28-29**

**UW-La Crosse**

**\$155**

### Young Scholars

Students entering grades 5-9

Would you like to have a unique summer experience on a university campus? Are you curious, motivated and someone who likes to try new things? Then Young Scholars is for you! In this weeklong program you will be working in real college classrooms and laboratories, interacting with university instructors and having fun with other students your age. Robotics, creative writing and TV production are just a few of the workshops to choose from.

You will be challenged to grow personally and academically by:

- Engaging in hands-on learning experiences
- Thinking creatively to solve problems
- Experimenting with ways of interpreting and applying knowledge that are unique to a wide variety of subjects, from the arts to the sciences

**July 7-11**

**UW-La Crosse**

**\$215, full-day students; \$125, half-day students**



### Youth Program Learner Profile: Meet aspiring doctors, Hannah and Matt Nelson

Hannah Nelson, age 10, and Matt Nelson, age 12, have their sights set on becoming a dermatologist and orthodontist respectively. At least that's what they're thinking on a warm July afternoon, after spending the day at Young Scholars on the UW-L campus. This pre-college, week-long program challenges fifth-ninth graders through hands-on activities that involve inquiry, creativity, aesthetic expression and problem solving. It also gives them an introduction to the campus setting and a small taste of what their educational experience could be like.

This is big brother Matt's second year attending. His mother, Sarah Nelson, said they left the decision to enroll up to him, "His response was, 'Yes, I have to do it, it's a lot of fun,'" says Sarah. Matt's favorite class this year was Making Your Home on the Web, "It's fun because you get to make your own Web page and have music and pictures on it," he says.

Hannah's favorite workshop was TV Production, "You get to make commercials and use all the equipment. All the classes are very hands-on. You get to touch things and try different things. It's fun!"

Sarah learned about Young Scholars from other parents. "Their kids enrolled and really enjoyed it. I also was attracted to the program because it gives my children exposure to college life and gets them on campus at an early age. By doing so, it may not be so difficult when it comes time, because they know a little of what to expect," says Sarah. Education is strongly encouraged in the Nelson household, Sarah says, "I view education as freedom. Education exposes them to more opportunities in life."



## Youth Programs

### Vocal Jazz Camp Students entering grades 9-12

*Immerse yourself in the music. Practice, play, listen, jam, rehearse and perform with students of similar abilities!*

Vocal Jazz Camp is a comprehensive program designed to foster the jazz vocalist's artistic concept, musical knowledge and performance skills. The camp provides an educational and nurturing environment for aspiring jazz vocalists through intensified course of study and skills development conducted by a staff of professional jazz artists. Students stay four nights in a residence hall with meals provided or can choose to commute for the day, lunch provided.

**July 13-17**

**UW-La Crosse**

**\$210, commuter fee; \$270, resident fee**

### Harmony Explosion Camp Students entering grades 9-12 and high school music teachers

High school students and their teachers will be introduced to barbershop harmony and traditional male glee-club music through rehearsals, sectionals and classes. Students will perform six pieces of music in an acappella concert at the culmination of the workshop. Teachers will attend four seminars covering various aspects of music education, including rehearsal techniques, warm-up techniques and conducting. Contact 1.800.876.7464 for more information.

**June 19-22**

**UW-La Crosse**

### ACT Prep Course — designed to raise student ACT test scores.

Preparing for the ACT can increase test scores to gain entry into the college of your choice and receive scholarships. You will learn test-taking strategies, receive instruction in each of the four testing areas, and take a retired pre- and post-ACT test. Writing strategies to assist you in the new essay part of the ACT test will also be provided.

**Upcoming ACT Test Dates:**

Feb. 9; April 12; June 14

**Feb. 23-March 29, Saturdays, 8:30-11:30 a.m.**

**UW-La Crosse**

**\$149**

### Junior Science and Humanities Symposium

The Junior Science & Humanities Symposium (JSHS) encourages high school students to engage in original research in the sciences, engineering or mathematics. JSHS achieves this goal in a symposium format which features presentations of research conducted by high school students, public recognition and awards, and interaction with practicing researchers. Teachers and guidance counselors should call 608.785.6508 for further information and to receive student nomination forms. Interested students should contact their science teacher. Student nomination forms are due to Continuing Education no later than June 6, 2008.

**Sept. 21-23**

**Pigeon Lake, Wis.**

**\$20**

**Scholarships for most Youth Programs are available** for financially disadvantaged students (excluding Public Archaeology Field Schools – multi-age). Funds will be awarded on a first-come, first-serve basis. If interested, call 608.785.6508 for an application.



## Careers in Sport – A workshop for high school students!



Join us for an interactive, informative and fun-filled day.  
You will:

- Discover the many career choices available to you in the wide world of sports.
- Explore careers from fitness/athletic training and sports media to marketing and organized sports management.
- Hear about a typical day in the life of a sports writer, TV sports broadcaster, athletic trainer and many other industry professionals.
- Find out from professionals in the field what it took to get where they are today.

**Jan. 28, 9 a.m.-3 p.m.**

**UW-La Crosse**

**\$39 before January 7; \$49 on or after January 7**  
*(Parent or school official may attend at no cost with a registered student.) Students with after school conflicts are welcome to leave early.*

## USA Cycling Midwest Regional Development Camp

Athletes attending the camp are male and female riders, ages 15-22, who have met qualifications through the Lance Armstrong Junior Olympic Racing competitions held during the year. Approximately 30 riders will be competing for the opportunity to continue on to the National camp held at the Olympic Training Center in Michigan. For more information contact Larry Martin at 612.749.3735.

**June 15-20**

**UW-La Crosse**

## Athletic Camps

Join the area's premiere camp experiences. Our camps are built on fundamental skills, enthusiasm and a fine tradition of outstanding UW-L instruction. We recognize the importance of positive reinforcement in the development of all players. Join the fun!

### Boys Basketball

Variety of camps open to boys entering grades 2-12

### Girls Basketball

Variety of camps open to girls entering grades 3-12

### Gymnastics

Camps open to girls ages 3-18

### Football

Camps open to boys entering grades 9-12

### Swimming

Lessons open to boys and girls ages 2-18

### Tennis

Camps open to boys and girls entering grades 6-12

### Volleyball

Camps open to girls entering grades 7-12

### Wrestling

Camps open to boys entering grades 3-12

**For more information or to register,  
call 608.785.6544.**





## Youth Programs

### Introduction to Archaeology Students entering grades 1-4

Discover the science of archaeology by participating in hands-on activities like those used by archaeologists out in the field. Explore Mississippi Valley Archaeology Center's (MVAC) laboratory, and discover how people lived in Wisconsin by checking out the artifacts that have been recovered in the area. A walking field trip through the marsh will identify which resources were used by early Native People.

**July 28**

**UW-La Crosse**

**\$55**

### Experimental Archaeology Students entering grades 4-6

Learn how stone tools were made and how Native Americans used them. Take a nature hike through the marsh to explore food, shelter, and tools Wisconsin's first people could have used. Try playing the chunky game and making pottery.

**July 29**

**UW-La Crosse**

**\$55**

### Introduction to Archaeology Students entering grades 5-9

Explore MVAC's Archaeology Laboratory and work with artifacts recovered from area excavations as an introduction to the science of archaeology. Discover how the first Native Americans in Wisconsin survived using the natural resources found in our area. Students must take this class in order to attend the Middle School Field Experience class.

**July 30**

**UW-La Crosse**

**\$55**

### Middle School Field Experience Students entering grades 5-9

Take your excitement for archaeology to the field! Students who have taken the Introduction to Archaeology class in the past can join a La Crosse area project. Participants will work alongside professional archaeologists in the field. Activities may include shovel testing and/or small-scale excavations (test units).

**July 31-Aug. 1**

**UW-La Crosse**

**\$130**

### Public Archaeology Field Schools — Youth & Adult

This multi-day event includes both field and lab experiences and is a well-rounded opportunity for those who want to learn the process of archaeology. Explore what it is like to participate in an actual archaeological excavation by working alongside professional archaeologists in the field. Participate in small-scale excavations (test units) and survey work. Lab work may include washing ceramics, stone tools and other remains and sorting them into basic categories. This experience is open to high school students through adults.

**Three-day Field School:**

**July 28-30**

**UW-La Crosse**

**\$335**

**One-week Field School:**

**July 28-Aug. 1**

**UW-La Crosse**

**\$485**



## Science

### Critical Methods in Wetland Delineation — Refresher Course for Wetland Delineators!

Learn more about the most commonly observed wetland delineation issues to avoid project delays during the regulatory process. Refresh your training so you can quickly and effectively apply critical techniques to find and document wetland boundaries. Keep your focus on site design and permit outcomes — avoid issues over delineations with local, state or federal agencies or concerned parties.

**March 12**  
**Madison, Wis.**  
**\$49**

### Basic Plant Identification for Wetland Delineations

Learn how to identify wetland and aquatic plants using technical keys. No prior use of keys or previous identification experience is assumed, making this truly a “basic” course.

**June 2-4**  
**UW-La Crosse**  
**\$425**

### Basic Hydric Soil Identification - La Crosse

This course is an introduction to the concepts of hydric soils and wetlands. Topics include soil descriptions, wetland chemistry, redoximorphic features and field indicators. Emphasis is placed on identification and writing hydric soil profile descriptions.

**June 4-6**  
**UW-La Crosse**  
**\$425**

### Basic Wetland Delineation Training Workshops

Combine classroom instruction with field exercises taught by leading government experts in hydrology, vegetation, soils and wetland policy. This workshop is offered to engineers, planners, scientists, resource managers, local and tribal officials, and other parties who deal with wetland delineation in Wisconsin.

**Aug. 4-6**                      **or**                      **Aug. 18-20**  
**UW-La Crosse**                      **Waupaca, Wis.**  
**\$425**    **\$425**

### Advanced Wetland Delineation Training Workshops

Gain in-depth training in wetland delineation methodology and field experience. Successful completion of the Basic Wetland Delineation Training Workshop is a prerequisite for admission.

**Aug. 6-8**                      **or**                      **Aug. 20-22**  
**UW-La Crosse**                      **Waupaca, Wis.**  
**\$425**    **\$425**





## Community Health

### 2008 Study Tour to Great Britain: Health Education and Health Promotion Practices

Join study tour co-directors, Drs. Gary Gilmore and Christopher Squier (University of Iowa) and be a part of this biennial experience in England and Wales. This study tour offers a firsthand opportunity to explore the British health care, health education, and health promotion systems, complemented by truly remarkable cultural experiences. Each participant will have workshadowing experiences with UK professionals based upon individual needs and interests. Venues include: London, Oxford University, The Jenner Clinic and Southampton Medical School. Basic study tour fee, \$2,198 for 3.2 CEUs, 18 Category I CECH's for Certified Health Educators available for an additional \$36. An optional credit course is offered in conjunction with the study tour for an additional fee.

**March 13-22**

### Research Tools and Processes

This highly interactive course will analyze, and interpret quantitative and qualitative data relative to health education, health promotion, public health, medicine, and epidemiology. Assist students to become critical consumers of research literature and design their own studies.

**May 16, 17, 30, 31, June 13, 14**

**Marshfield, Wis.**

**Tuition, 3 credits (GRAD)**

### Foundations in Health Education

A study of scientific, social, psychological, ethical, legal, and educational foundations of health education. Professional competencies and practice settings will be reviewed. Applications of health concepts and effective educational strategies will increase the competencies of health education planning and program implementation. .

**June 6, 7, 20, 21, July 18, 19**

**Marshfield, Wis.**

**Tuition, 3 credits (GRAD)**

For more information about these programs, or the opportunity to work in partnership for the development of educational activities that address special needs, contact Gary Gilmore, MPH, Ph.D., CHES, Community Health Program Director, at 608.785.8163 or



*gilmore.gary@uwlax.edu.*



## Health and Wellness through Yoga: A Practical Approach

What does it mean to be a ‘whole’ person? In our culture of consumption, media bombardment and chaos can we still find meaning in our lives? How do we do this? How can we feel content, healthy, and connected? These are just a few of the questions that will be explored in this course. The sessions will find balance by merging the practical with the theoretical. Each session will be two hours. The first hour will consist of a yoga session, the second a presentation/discussion about health topics related to wholeness. The yoga sessions are open to “everyBODY” regardless of age, physical abilities or experience.

**March 27-April 10, Thursdays, 4-6 p.m.**  
**UW-La Crosse**  
**\$49**

## Adolescent Health Symposium

This highly anticipated annual event addresses key health issues impacting our youth. Participants include teachers, counselors, community agency professionals, health educators and health and human service professionals. Topics for discussion will include:

- Teenage Suicide
- Overweight and Obesity
- Substance Use and Abuse
- Human Sexuality and Individual Responsibility

Special student rates are available.

**Feb. 7-8**  
**Neenah, Wis.**

## Wisconsin Health Education Network (WHEN) Annual Meeting: Building Capacity for Healthier Communities

This year’s annual meeting focuses on the principles and practices of community-based capacity building. Participants will examine examples of best practices in capacity building, explore insights and procedures for successful grant writing, and review local examples of collaboration and resource development. Keynote speaker, Dr. Lawrence Green, University of California-San Francisco, will present capacity building opportunities. A Local Practitioner Award and a Regional/Statewide Practitioner Award will be presented to two individuals for the Barbara A. Lange Memorial Award in Health Education.

**May 21**  
**Middleton, Wis.**  
**\$84**



## Aging/Human Services

### Gerontology Certificate Program – 60 hour program

The Gerontology Certificate Program consists of 60 hours of core workshops providing a breadth of knowledge related to aging. Participants will be able to complete the program in approximately one year. Core courses include:

- Essentials of Gerontology
- Social Issues of Aging
- Psychology of Aging
- Drugs and Aging
- Physiology of Aging

### Advanced Gerontology Certificate Program – 120 hour program

The Advanced Gerontology Certificate Program allows participants to explore specialized areas of interest through additional learning opportunities. The program can be completed in approximately two years and has three components:

- 48 hours of required core workshops
- 52 hours of elective workshops
- 12-20 hours of work practicum

### Aging and Film: Stories from the 3rd Age

Join us for an evening of life stories told through film. Three films are featured– films that illuminate our aging journeys with poignancy, power and delight. A relaxing evening of insights, energy and mirth!

**Jan. 25, 4-9 p.m.**

**Port O'Call, Cartwright Center,  
UW-La Crosse**

**\$20, includes light meal  
(\$10 with a friend)**

### Holistic Care to Improve Elders' Quality of Life

Complementary and integrative approaches that address quality of life issues (i.e. pain, fatigue, emotional distress, loss of meaning and purpose) experienced by elders will be explored. Approaches include Healing Touch, guided imagery, massage therapy, meditation, relaxation exercises and other healing modalities. The roles of medical and non-medical staff in helping elders work through pain and discomfort will be examined. Program will provide participants with opportunities to practice introductory skills.

**Feb. 9**

**UW-La Crosse**

**\$80; \$70 certificate participants**

### Social Issues of Aging

Baby-boomers are taking their place as elders, reshaping communities, work and retirement, politics and public policy. Family life is changing, too, as adult children assist their parents through a maze of healthcare, legal and financial decisions. This workshop features local providers and policy makers to help you understand and explore this changing landscape.

**Feb. 22-23**

**UW-La Crosse**

**\$120; \$100 certificate  
participants**

### Psychology of Aging

Based on Maslow's hierarchy of needs, this workshop explores how the elderly meet their needs. Safety needs are addressed, including coping strategies, elder abuse and fears. Belonging needs, family support, interpersonal intimacy and sexuality, as well as self-image are discussed. Normal versus pathological cognitive changes are described, including depression, suicide, and other mental health issues.

**April 9, 16, 23**

**UW-La Crosse**

**\$120; \$100 certificate  
participants**

### Scholarships

Students, seniors, family caregivers and members of the Coulee Region Long-Term Care Workforce Coalition can receive discounts on fees for select programs. Scholarships for applicants to the Gerontology Certificate program are also available. Call 608.785.6508 to request a scholarship application form.

## International Death, Grief and Bereavement Conference: *Sudden and Traumatic Death*



### Autism Spectrum Disorders Certificate Program

#### A certificate for educators and human service professionals

In partnership with Chileda, the Autism Spectrum Disorders certificate covers best teaching practices for communication, education, nutrition, medication, sensory stimulation and social issues. The entire program consists of 30 hours of instruction. An optional credit course is offered in conjunction with the certificate (see page 18).

#### Who will benefit?

Parents, teachers, paraprofessionals, speech pathologists, occupational therapists, psychologists, social workers, other educators or persons providing direct support or service to an individual with an autism spectrum disorder.

**June 16-19**

**\$340, CEU option**

### Program Impact Report: Autism Spectrum Disorders Certificate

CEE in cooperation with Chileda offers a credit and CEU based certificate in Autism Spectrum Disorders. The dramatic increase in the number of individuals diagnosed with autism spectrum disorders has led to a need for education for teachers, health and human service professionals and parents.

In the past year, 25 individuals completed the Autism Spectrum Disorders Certificate and since its inception in 2000, 194 individuals have completed the program. The most recent evaluation revealed a 94 percent rating for overall value of the program. The scope and quality of information presented and the provision of useable strategies for individuals with autism ranked highest in participants' evaluation.

This conference will offer useful and relevant strategies when helping individuals faced with the many losses experienced because of a sudden or traumatic death. The goal of this conference is to expand your knowledge of the grief process, network with others in the field and develop skills needed for a variety of grief situations. The workshops and presentations are designed to engage both the professional as well as those dealing with personal grief.

#### Featured conference speakers are:

Susan Adams	Robert Neimeyer
Fernando Cabrera	Douglas Smith
Inge Corless	Dr. Rob Stevenson
Robert DeVries	Susan Zonnebelt-Smeenge
Rev. Wanda Henry-Jenkins	

**June 1-4**

**Radisson Hotel, La Crosse**

**\$329, on or before April 1; \$397, after April 1**

*(One day registration also available)*

### Custom Programs

Enhance your organization's professional development objectives through our custom programming designed to meet your specific learning needs. Together we will explore your learning objectives, desired outcomes and determine the most effective program delivery method. Our experienced faculty includes experts from the university and other professionals within the field. As your partner in learning, our staff will develop a program with immediately applicable information and perspectives geared to the adult learner. Evaluation and follow-up are key components to this learning experience.

Topics include:

- Leadership development
- Team building
- Communication and conflict resolution
- Intercultural competency and building inclusive organizations
- Aging workforce issues
- Ethics and boundaries
- Applied gerontology programs designed to meet the needs of long term care providers

**Contact us at 608.785.6500 to determine  
how we can work with you.**



## Human Services



### Spanish Medical Terminology

*Co-sponsored by  
Franciscan Skemp-Sparta Campus.*

Coulee Region providers of health care and other critical services increasingly encounter Spanish-speaking patients, clients and their families. Intercultural competency and familiarity with the Spanish language and medical terminology are critical when responding to needs, treating illness and injury, processing medical transactions, and developing positive relationships with patients. Created for local providers through a grant from the Southwest Wisconsin Area Health Education Center, this workshop will help you more effectively meet your patients' needs.

Participants will:

- Recognize and utilize basic Spanish medical terminology to enhance communication.
- Demonstrate greater cultural competence and confidence.
- Identify ways to effectively utilize medical interpreters and translators.
- Identify issues related to access of community resources.

#### Who should attend:

Health care professionals, allied health staff and other service providers who work with the Spanish speaking population.

**April 2-May 7; Wednesdays, 4-8 p.m.**  
Franciscan Skemp-Sparta Campus  
\$100 (nursing contact hours available)

### Anger and Rage

*Co-sponsored by Franciscan Skemp  
Behavioral Health.*

Some people seem angry all the time. Feelings of being cheated, abused, belittled or provoked are constantly present, regardless of situations and experiences. When anger magnifies into rage, lives are damaged and forever changed. Taught by a leading clinician and educator in the field of anger management, you will learn effective and evidence based skills to support change and reduce risk. Assessment and treatment methods are emphasized, equipping providers of mental health services with immediately applicable skills. The morning workshop focuses on core skills training for anger management. The afternoon session presents Dr. Potter-Efron's newest work on rage.

**Instructor: Ronald T. Potter-Efron, Ph.D., MSW,** specializes in anger management, mental health counseling and the treatment of addictions. He is the author of *Angry All the Time* and *Stop the Anger Now*, as well as the co-author of *The Secret Message of Shame* and *Anger, Alcoholism, and Addiction*. He is psychotherapist at First Things First Counseling and Consulting, and a founder of the National Anger Management Association.

#### Who should attend:

Psychologists, social workers, therapists, counselors, AODA specialists and other providers of mental health services. Law enforcement, health professionals, clergy and chaplains will also benefit from this workshop.

**April 16, 8:30 a.m.-4 p.m.**

UW-La Crosse

**\$65, morning session; \$85, morning and afternoon sessions**

(Continuing Education credits for psychologists are available)



## Long-Term Care

### Leadership Development Workshops

Designed specifically for the long-term care and health-related workforce, these workshops provide the leadership tools needed to build teams, improve communication, and increase the quality of caregiving. Interactive exercises, applications and discussions teach supervisors to become more effective leaders.

#### April 3: Communication

More than the basics, this workshop helps you to identify your own communication style and the styles of those you supervise. Using profiles, learners practice the skills that enable direct, respectful and effective communication within teams.

#### April 17: Problem Solving and Conflict

Conflict can interfere with quality care-giving and successful teams, reducing staff morale and efficiency. Conflict can also help clarify issues, encourage creative solutions and build competencies. What is your conflict style? This workshop increases supervisors' ability to productively work through conflict with avoiders, compromisers, tough battlers and even the friendly helper.

#### May 1: Leadership

What type of leadership is needed within long term care? What leadership skills do you possess? What skills do you want to develop? Through self-assessment and analysis of the leadership potentials of those you supervise, your unique vision of leadership will begin to develop. Leadership strategies in the face of change and resistance are emphasized.

#### May 15: Coaching and Mentoring Skills

Good coaches believe in their teams. They provide the necessary tools for each player to develop fully and remove obstacles that compromise growth. This

workshop teaches the coaching principles that foster cooperation and collaboration. Participants will identify the specific behaviors of the mentors and coaches in their lives and apply them to current supervision challenges.

**Instructor: Fred C. Kusch, Jr.**, JFK Associates, works with organizations who want to create a better work-life balance that will lead to healthier employees, workplaces and bottom lines. Since 2006, Fred has served as an instructor for the Long-Term Care Leadership Development Program, reaching over 200 area supervisors.  
**April 3-May 15; Thursdays, 8 a.m.-noon**  
**La Crosse, Wis.**  
**\$75, workshop; \$70, Coulee Region LTC Workforce Coalition members; \$275, entire series**

### Dementia Specialist Program: Best Practices

Recommended for all levels of direct care staff, the Dementia Specialist program offers the most up-to-date knowledge and techniques to those caring for persons with dementia. Based on the principles of person-centered care, this two-day program offers practical skills that increase caregiver's confidence and effectiveness, especially when addressing difficult behaviors. The program offers creative and interactive learning experiences with significant opportunities for networking.

**March 27, April 3, 8 a.m.-4 p.m.**  
**UW-La Crosse**  
**\$150; \$125, Coulee Region LTC Workforce Coalition members**





## Business Development

### Geographic Information Systems (GIS) Certificate Program New Cohort Beginning Fall 2008

Geographic Information Systems (GIS) are making a difference in government, business, health, education, science, research, homeland security and many more applications. GIS users are extracting more value from their information technology investments. They are revealing trends, patterns and answers to questions not easily apparent with other data presentations.

The GIS certificate program is designed for individuals in the workforce who are interested in using GIS in their current positions or for career enhancement. GIS provides a means of linking databases to maps, creating visual representations of statistical data, and analyzing how location influences features and events.

This program provides:

- Hands-on-education with state-of-the-art technology and software
- A broad background necessary for career advancement
- Practical approaches to GIS implementation and project management

The reach of GIS expands into all disciplines and has been used for such varied problems as determining optimal real estate locations for new businesses to prioritizing sensitive species habitat. Users of GIS range from highly qualified technical specialists to planners, environmental scientists, high school teachers and marketing analysts who use GIS to help them with their everyday work.



### Economic Indicators: An Update for the 7 Rivers Region

Continual regional research builds on a base of information and provides decision makers like you with valuable tools for strategic planning. State Bank Financial, in collaboration with the UW-L College of Business Administration and the *La Crosse Tribune*, is continuing sponsorship of this program.

April 2 • UW-La Crosse  
\$20

#### GIS Certificate Program

UW-La Crosse's GIS Certificate Program provides students with broad exposure to principles and applications of GIS. The program's overall structure is designed to teach individuals who have little or no knowledge of the field.

The GIS Certificate Program requires completion of two courses and a project or internship. Optional undergraduate credit is offered in conjunction with the certificate. Credit course participants complete additional assignments.

#### Applications of GIS I

Sept. 2-Dec. 11, 2008 Thursdays, 6-9 p.m.  
UW-La Crosse

#### Applications of GIS II

Jan. 26-May 8, 2009; Thursdays, 6-9 p.m.  
UW-La Crosse

#### Internship/Project

*Times agreed upon between student and instructor*

For noncredit information or to register, contact Jan Olson at 608.785.6506; [olson.jani@uwlax.edu](mailto:olson.jani@uwlax.edu)

For credit information or to register, contact Karen Hansen at 608.785.6513; [hansen.kare@uwlax.edu](mailto:hansen.kare@uwlax.edu)

### Entrepreneurial Training Program

Whether just starting or expanding your business, writing a business plan is critical to building a profitable venture, especially to attract financing from lenders or investors. The Entrepreneurial Training Program will help you develop a plan for a thriving, profitable business. Our structured training, practical advice from 12 business professionals, and trained business counselors will help you stay focused and move ahead step-by-step toward your goal. The Wisconsin Department of Commerce provides a 75 percent tuition grant to successful applicants.

Feb. 12-April 29, Tuesdays

UW-La Crosse

\$250 with successful grant application



## Business Basics Workshop Series: Your Starting Point for Smarter Decisions

This series includes four individual topics: First Steps, Planning Basics, Marketing Basics and Financial Basics. Each is covered in a single three-hour workshop offered on a variety of days and times. Choose the session that best fits your busy schedule. Register for topics individually (\$35) or for all four topics and save more than 20 percent. Series fee is \$100.

### The First Steps to Starting Your Business

In a small group setting, you will review the basics of starting a business and identify your next steps. Instruction time is three hours, offered monthly including time for questions and answers.

**Jan. 22 or Feb. 19 or March 27 or April 20 or  
May 29 or June 26 or July 29 or Aug. 27**  
UW-La Crosse

### Marketing Basics for Business

Marketing is the strategic foundation for business success. Selecting target markets, analyzing the competition, building your promotion calendars and evaluating your marketing results will help keep your business on the right path. Begin to plan your marketing efforts.

**Feb. 7 or April 24**  
UW-La Crosse

### Planning Basics for Business

Writing a business plan is more than a document. It is a planning process that will help your business be more successful! This three-hour class includes what goes into a business plan, what resources are available, and how to get started.

**Feb. 21, or March 26 or April 29 or May 28**  
UW-L campus

### Financial Basics for Business

Financial statements can help you make key decisions for your business. This three-hour workshop will introduce you to three basic financial statements used by business owners: income statement, cash flow statement, and the balance sheet. You will learn how to read these financial statements and how to use them for better management control.

**March 25 or May 27**  
UW-La Crosse

## International Business Education

### Certified Global Business Professional Series

Preparatory course for CGBP exam. Develops global business practices, helps eliminate mistakes that cost companies significant money, and teaches methods to open new markets. Provides training to engage in global trade, helps individuals diversify skills in global commerce, and gain a broad understanding of international trade. In 2007, 100 percent of the business practitioners who completed the UW-L prep course, and sat for the exam, successfully earned the CGBP credential.

**May 19-22**  
UW-La Crosse  
\$125, session; \$495, entire series

### Certified Global Business Professional Exam

**Saturday, June 14, 2008, 8 a.m.-noon**  
\$345  
Register for exam at [www.nasbitecgbp.org](http://www.nasbitecgbp.org)

### International Roundtable

More and more businesses in the 7 Rivers Region are entering or considering the entry into the international arena. Many business practices and customs vary from the usual domestic environment. Contracts, shipping, cultures and marketing practices all can change, either subtly or dramatically. This session will provide valuable insight from businesses regarding entry into international business and what they have learned along the way.

**May 14**  
UW-La Crosse  
\$20

## Supervisory Management Certificate Program

Managers from throughout Wisconsin and surrounding areas have participated in this series. Concerned about doing their jobs well, managers look to our seminars for practical discussions about issues that face work groups in every business setting.

The seminars in this series are your opportunity to learn new skills and improve how you manage people. Our small-group formats provide opportunities for you to work with other participants on case studies and practical exercises.

### Certificate requirements:

- Completion of Supervisory Management 1, 2 and 3
- Completion of three specialized management courses (electives)
- Up to five years to complete certificate requirements

You may register for any seminar without participating in the certificate program. Fees are \$425 per seminar which includes instruction, materials, lunch and refreshments. Some discounts may apply. For complete details on registration and program content, call 800.582.5182 or 608.785.8783.

### CORE SEMINARS

#### Supervisory Management 1

First-line managers need good leadership skills. Topics include (1) the transition to management, (2) analyzing leadership styles, (3) motivating employee performance and (4) discipline and work rules. Supervisory Management 1 is an excellent introductory course for new managers facing the challenges of leading a work group.

**Jan. 29-30 or April 8-9**  
UW-La Crosse

#### Supervisory Management 2

Leadership development continues in four key areas (1) orienting people to your work unit, (2) understanding your communication behaviors, (3) managing time and (4) using delegation as a development tool. We build on the leadership skills learned in the first seminar and focus on maintaining a productive work group.

**Feb. 27-28 or May 7-8**  
UW-La Crosse

#### Supervisory Management 3

Communicating clear, specific expectations to your people is critical for operational effectiveness. Giving feedback during day-to-day coaching sessions as well as during formal performance reviews is an essential skill. We discuss why there is resistance to performance assessment, how to establish job expectations, and how to conduct productive coaching sessions.

**March 25-26 or June 3-4**  
UW-La Crosse

### ELECTIVE SEMINARS

#### Improving Managerial Efficiency\*

As a manager, you are under pressure to improve your personal efficiency and effectiveness. By enhancing your personal performance and improving the management of your individual responsibilities, you will become a more effective manager. The concepts and skills taught are relevant to all managers regardless of your business setting.

**Jan. 15-16**  
UW-La Crosse

#### Negotiation Skills\*

Managers can learn the strategies, skills, and motivations for negotiating win-win outcomes. The two-day program will help managers efficiently reach satisfying agreements for both parties in any negotiation and apply the concepts to both everyday situations including specialized contract and conflict situations.

**March 4-5**  
UW-La Crosse

#### Maximizing Performance\*

If you are responsible for improving the performance of your work group, you will benefit by discussing performance issues with your peers from throughout the region. Small business owners and production supervisors will find this seminar very practical and the suggestions are readily implemented. People from health care, human services, banking, communication, engineering, utilities, construction, wholesale, retail and manufacturing business settings have benefited from attending past sessions.

**March 11-12**  
UW-La Crosse

#### Managing your Diverse Workforce\*

This seminar will help you understand the strategic imperative for having a diverse workforce. We will explore the impact of different life experiences on work styles and job performance. You will learn strategies which strengthen your adaptability as a communicator and a manager, whether your workforce is multi-generational, ethnically diverse, or another mix of styles and personalities

**June 10-11**  
UW- La Crosse

#### Tools and Techniques for On-the-Job Training\*

Every workplace has people who coach or train co-workers. Rushing through information, skipping over details, or the lack of time devoted toward preparing training aids are common workplace problems. There is a direct link between effective on-the-job training and overall profitability. This two-day program combines practical, proven ways to teach others, which will help managers increase their effectiveness.

**June 17-18**  
UW-La Crosse

*\*Qualifies as an elective for the Supervisory Management Certificate program.*

# Business Development



## Leading and Communicating Effectively

Regardless of your place in the organization, your success likely depends on your ability to effectively lead others. Learn how to lead and manage, effectively recognize the diverse needs of those you lead, and communicate in ways that increases loyalty and commitment.

**Jan. 22-23**

**UW-La Crosse  
\$425**

## Professional Communication

Effective communication is the key to successful leadership. This seminar focuses on how we communicate individually, in groups, through the job interview, and as a representative of our organization to external audiences. You will learn how to communicate from another-oriented perspective and how to lead by consistently communicating groups' mission, values, and vision to audiences within and outside of your organization.

**May 27-28**

**UW-La Crosse  
\$425**

## Basics of Selling on E-Bay

Learn the basics of selling on eBay, including safety, creating an account, creating titles and descriptions, determining pricing, shipping, returns, photography, PayPal, collecting payments, selling strategies, following up after the sale and general eBay navigation. Basic computer knowledge is needed.

**March 19**

**UW-La Crosse  
\$99, individual class; \$159,  
Basic and Advanced classes**

## Advanced Selling on E-Bay

Learn more advanced aspects of selling on eBay, including starting a business on eBay, starting an eBay store and managing its listings, marketing and managing listings, managing shipments and payments, and reporting options. Basic eBay selling knowledge is needed.

**April 16**

**UW-La Crosse  
\$99, individual class; \$159,  
Basic and Advanced classes**

## Business over Breakfast Series

Business owners and managers meet to discuss topics ranging from team building, to increasing sales, to performance appraisals. This series is cosponsored by the La Crosse Area Chamber of Commerce, Downtown Mainstreet Inc., SCORE, the Extended Education and Training Division of Western Technical College, and UW-La Crosse's Small Business Development Center for business people in the 7 Rivers Region. For more information and the complete schedule, visit the SBDC Web site at [www.uwlax.edu/sbdc](http://www.uwlax.edu/sbdc) or call the Greater La Crosse Area Chamber of Commerce at 608.784.4807.

Jan. 23 The Competitive Advantage: Mental Health in the Workplace

Feb. 27 Profit Building Public Relations for Small Businesses

March 26 Practical Empowerment: Tools to Transform Your Business and Your Career

April 23 Conflict Management

May 28 Purposeful Planning: With the mission in mind, everything is aligned

**La Crosse, Wis.  
\$5, session**

## Web Business Plan and Online Marketing

**Save 15%! Attend both sessions for \$99  
(includes lunch)**

## Develop a Web Business Plan that Works

Learn to target the right audience, develop realistic objectives, and plan your Web activities

**Tuesday, May 13  
8:30 a.m.-noon  
\$59**

## Best Tactics for Online Marketing

Learn the ins and outs of e-mail campaigns, search engine optimization, affiliate marketing, and social networking

**Tuesday, May 13  
1-4:30 p.m.  
\$59**

# SBDC

Small Business Development Center  
UNIVERSITY OF WISCONSIN-LA CROSSE



## Teacher Education

### Master of Education-Professional Development (ME-PD) Learning Community

The University of Wisconsin-La Crosse offers the ME-PD graduate degree program throughout the state based on requests from educators. The degree is designed for school professionals, educators or others who want to develop education competencies for professional growth.

As a Learning Community student, you will come together as a group for two years and complete a four-semester, integrated curriculum, as well as an action research project and portfolio which serve as your culminating activities. This 30-credit graduate program will influence how you think about learning, teaching and assessment while allowing for constant improvement for you and your students. You will learn practical skills that will be immediately applicable to your work setting and tied to your district's goals.

The innovative format, one weekend a month, Saturday 8 a.m.-4:30 p.m. and Sunday 8 a.m.-3:30 p.m. provides an opportunity to earn a master's degree while maintaining a career and personal life.

Planned spring 2008 Learning Community sites include:

- Appleton
- Cudahy
- Fox Point
- Oregon
- Watertown
- West Salem

Check our Web site for weekend dates and locations:  
[www.uwlax.edu/conted/mepd/lc](http://www.uwlax.edu/conted/mepd/lc).

For more information, admission materials or questions, call toll-free 1.866.895.9233 or e-mail at [lc@uwlax.edu](mailto:lc@uwlax.edu). If you are interested in having a Learning Community in your area, call and let us know!

### License Renewal Support Center

UW-La Crosse School of Education and Office of Continuing Education and Extension have been awarded a Wisconsin Department of Public Instruction grant that supports a License Renewal Support Center (LRSC). UW-L is one of fourteen sites in Wisconsin to be named a LRSC. The primary purpose of the Center is to provide PI-34 license renewal-related services to various licensed educators not employed by Wisconsin public schools. The secondary purpose is to provide assistance to licensed Wisconsin educators who wish to renew their license using a professional development plan in 2008 and 2009.

### Educational Media: Storytelling

Join Sara Slayton as she helps to develop storytelling skills through the investigation of historic and ethnic storytelling traditions, the analysis of oral story presentation and supervised practice of:

- varied storytelling techniques
- wisdom and peace tales
- multicultural tales and scary stories
- personal stories and thematic stories
- fairytales and folktales

The connection between curriculum and the oral tradition will be a major emphasis of the course.

**Instructor:** **Sara Slayton** has taught courses in storytelling, art, music and drama for children, and diversity education. She conducts workshops and in-service training sessions for teachers and parents, and performs in schools, libraries and community events. Slayton is a co-founder of the Bluff County Talk Spinners Storytelling Guild in La Crosse.

#### Who should attend:

Educators, business employers, general public and anyone interested in the art and application of storytelling.

**Jan. 31-April 3, Thursdays, 5-8 p.m.**

**Onalaska, Wis.**

**Tuition, 2 credits (UG/GRAD)**

### Introduction to Autism Spectrum Disorders

*(For noncredit option, see page 11)*

Students with Autism Spectrum Disorder (ASD) and other pervasive development disorders span a wide range of qualities and functioning levels. While many are able to master the regular education curriculum, the methods for delivering instruction and the ways in which students need to respond to that instruction can be significantly different than for other students in the classroom. Participants will be able to identify characteristics of Autism Spectrum Disorders and implement a wide variety of strategies in the school, home and community environments to meet the needs of students with ASD.

**June 16-19, 27**

**Location: TBD**

**Tuition, 2 credits (UG/GRAD) plus \$150 special course fee**

## Mark Your Calendars! Peer Coaching: Teachers Teaching Teachers

Learn the essentials of peer coaching in K-12 education. As a model of professional development, peer coaching is a powerful way to promote teaching quality and student learning. It involves teachers' listening, asking provocative questions to promote reflection and providing feedback to one another about their practice. Join us for a stimulating presentation by a national expert on peer coaching, followed by a choice of several breakout sessions that address topics specific to teachers, administrators and building teams.

You will learn:

- Basics of peer coaching
- Models for peer coaching
- How to peer coach
- Benefits of peer coaching

**Facilitator: Joellen Killion**, deputy executive director, National Staff Development Council

**June 12, 9 a.m.-3 p.m.**  
UW-La Crosse

### Attention Early Childhood Educators and Child Care Providers: Become a more effective teacher and care provider to young children!

Increase your early childhood knowledge and skills through opportunities offered by an innovative partnership of multiple local organizations. The Early Childhood Professional Development Options collaborative is committed to increasing the quality of professional development for all those who care for and teach our young children. Courses are highly practical, interactive and scheduled at times most convenient to child care professionals. For more information and a schedule of course offerings, call 608.785.6528

### Learning Community of Artists: Best Business Practices Program

This new professional development program empowers visual artists from all disciplines to take the next step in building sustainable art businesses. The program is a discussion rather than lecture based format and teaches both theory and hands-on skills with an emphasis on adult, interactive learning. Many of the learning outcomes are self-selected and self-directed, respectful of scheduling and learning-style preferences. For more information, visit [www.uwlax.edu/conted](http://www.uwlax.edu/conted).



**New this year!**  
Stipends available  
through the Kickapoo  
Valley Reserve.

## Summer Institute at Kickapoo Valley Reserve

Two courses are featured in this summer's institute for those who share an interest in the beauty and relationship of nature and art. Highly interactive and hands-on classes take you into the field and provide a deep understanding of the physical and cultural facets of this unique region and how these interact with one another. To inquire about the lodging opportunities in the Kickapoo Valley, e-mail [kickapoo.reserve@krm.state.wi.us](mailto:kickapoo.reserve@krm.state.wi.us).

### Kickapoo Reflections: Integrating Bookmaking, Text and Visual Expression with the Natural Environment

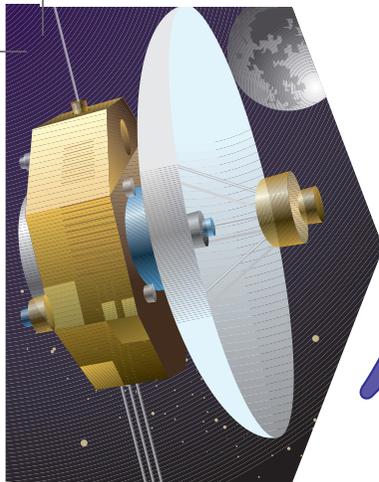
Bookmaking is a natural and authentic way to integrate visual and written language with other content areas. In this course, participants will create a beautiful hand-bound book containing their reactions to and reflections of the Kickapoo Valley. While our topic for this week will be the natural environment, teachers and artists may use this process in any content area at any grade level. Multiple methods of adding words and images to the book will be experienced.

**June 23-26 • La Farge, Wis.**  
**2 credits (UG/GRAD)**

### Environmental Education Update: Exploring the Outdoor Classroom

You will gain direct experiences in geology, human history and natural resources using the Kickapoo Valley as a model outdoor classroom. Explore a cave, forest and prairie while hiking to rock shelters. Canoe trips allow you to access sites to conduct water quality testing and explore the geology of the Kickapoo River. Teachers across disciplines and grade levels will gain strategies, resources and ideas for teaching subjects using hands-on methods in an outdoor setting.

**July 7-11 • La Farge, Wis.**  
**2 credits (UG/GRAD)**



## Distance Education

### Interactive Television Courses

Join students at other state locations using interactive TV networks that connect students and faculty at various sites. The following courses are offered by or received by UW-L. For more information about the courses or to register, contact Records and Registration at 608.785.8951. Look for other distance education courses in the UW System at <http://distancelearning.wisconsin.edu>.

#### **CHI 102 Elementary Chinese II**

Mondays-Thursdays, 11-11:55 a.m.  
Origination site: UW-La Crosse  
Receive site: UW-Stevens Point

#### **CHI 202 Intermediate Chinese II**

Mondays-Thursdays, 12:05-12:55 p.m.  
Origination site: UW-La Crosse  
Receive site: UW-Stevens Point

#### **MLG 102 Elementary Japanese II**

Mondays-Thursdays, 11-11:50 a.m.  
Origination site: UW-River Falls  
Receive site: UW-La Crosse

#### **MLG 202 Intermediate Japanese II**

Mondays-Thursdays, 12-12:50 p.m.  
Origination site: UW-River Falls  
Receive site: UW-La Crosse

#### **RUS 102 Elementary Russian II**

Mondays-Thursdays, 1-1:55 p.m.  
Origination site: UW-La Crosse  
Receive site: UW-Oshkosh,  
UW-Stevens Point

#### **RUS 202 Intermediate Russian II**

Mondays-Thursdays, 2-2:55 p.m.  
Origination site: UW-La Crosse  
Receive site: UW-Oshkosh,  
UW-Stevens Point



### Online course for educators! Special Topics Seminar in Education: “Cultural Diversity Communication Training”

Learn the theory and practice of communication training for culturally diverse audiences in educational and business settings. Discover how to plan, create, implement and evaluate effective communication for your specific target population.

**June-August 2008**  
**3 Credits (UG/GRAD)**

### Masters of Science in Education: Student Affairs Administration in Higher Education

This online master's degree program is a new alternative for working professionals who are seeking a master's degree in student affairs. Working with experienced faculty, the Student Affairs Administration (SAA) curriculum makes the best use of Internet technologies to provide a learning environment that encourages students to share their experiences about the realities of student affairs issues within universities, community and technical colleges, and other post-secondary institutions. To learn more about this program, visit [www.uwlax.edu/saa](http://www.uwlax.edu/saa)

### MBA Foundation and Elective Courses

The Master of Business Administration degree (MBA) is an evening program. It enhances its flexibility by offering the foundation requirements, and some electives and core courses, via the Internet.

Completion of the program's foundation (required of applicants whose undergraduate degrees are not in business areas) is accelerated through shortened courses conducted online. This approach allows students to complete the courses anywhere they have Internet access — home, office, wherever.

Program electives and a core requirement are also offered online. The program offers a wide variety of elective courses through Internet partnerships with other University of Wisconsin business programs. Information about the MBA program and the Internet courses can be accessed at [www.uwlax.edu/ba/graduate](http://www.uwlax.edu/ba/graduate). For more information and registration, contact the College of Business Administration at 608.785.8090.

# Learning in Retirement



## Retired?

Then it's time to explore new fields or revisit earlier learning. Learning in Retirement gives you that opportunity.

### What is Learning in Retirement (LIR)?

LIR is a learning community established to help meet the wide range of interests of the area's growing retired population.

### Membership

All can become members of Learning in Retirement and participate in diverse learning activities. Current members come from a wide range of experiences and backgrounds. There are no educational prerequisites, age limitations, exams or grades. Members share one essential attribute: the belief that learning is lifelong.

### LIR courses

LIR instructors are a mix of university professors, graduate students, LIR and community members — all willing to volunteer and share their expertise. Courses are offered in a format allowing lively interaction between instructor and members. Course topics have included: conversational foreign languages, drawing, art and music appreciation, religion, philosophy, computer use, financial planning, history, geography, the natural environment, genealogy and the political climate. The topics represent the diversity and interests of the members.

Upcoming courses are announced in a quarterly newsletter sent to all members. LIR also has a variety of social activities and ongoing informal courses and discussion groups:

- Travel Talks
- Cabin Fever Series (Presentations on topics of current interest)
- Summer Series
- Welcome Back Social

Tours and field trips may be scheduled as well. Activities are in handicapped accessible locations whenever possible.

### Planned 2008 spring classes include:

- Storytelling
- Mediterranean Countries
- Hmong Community
- Spring Wild Flowers
- Service Agencies & The Caring Community
- World Religions
- Tour of churches
- Trip to Vesterheim

### 2008 Cabin Fever Series:

- Food Co-ops: The Front Lines in Consumer Advocacy
- Life in Reverse
- Let's Explore Ways to Maintain Our Brains
- Estate Planning
- Coffee Cupping—A Coffee Lover's Delight

### Top 5 reasons to join LIR:

1. To become part of a UW-L organization created specifically to meet the lifelong educational interests and needs of mature adults.
2. To share with other LIR members what you have learned and experienced during your life.
3. To enjoy the special learning opportunities available in a friendly, stimulating atmosphere.
4. To have social interaction with other LIR members.
5. To have fun!

### How to become an LIR member

To request a membership form or inquire about membership, or if you have questions or want to attend a complimentary class session, contact UW-L Continuing Education and Extension at 608.785.6506 or [continuinged@uwlax.edu](mailto:continuinged@uwlax.edu).



## John & Rita Jenks

have delivered continuing education programs on three continents, offering noncredit and credit courses for nurses, bagpipers, teachers, and advertising and marketing professionals.

This long tenure started in 1979 when John Jenks, mass communications professor at the time, began offering direct marketing courses through CEE. In 1987 Rita Jenks approached our office wanting to develop a study tour to Scotland for nurses and other health professionals. "My rationale was that the health care system we had was going to change, and nurses should look at the (health care) system in the UK as one possibility," says Rita. At that same time, John developed a study tour to Scotland for bagpipers. "We used to jokingly call it 'The Psychiatric Nurse and Bagpiper Band Tour,'" says John. Together they planned and developed continuing education programs over the next eight years that took them not only to Scotland, but to Russia and Austria.

Today, the Jenks's continue developing and organizing programs for CEE. Although these programs may not take them to other continents around the world, they still combine a passion they both share: travel and education. In 2003, Jazz on the Mississippi, an Elderhostel program offered in conjunction with the annual Great River Jazz Fest, was the brainchild of John and Rita. "We had been to a program similar in Savannah, Georgia and thoroughly enjoyed it. We approached CEE to see if they would give it a try," says John. Five years later it is still running strong, drawing a full enrollment of 50 seniors from across the country.

In 2004, after the successful Grand Excursion, a celebration that brought together the communities of the upper Mississippi River for the largest riverboat and steamboat flotilla in over a century, the Jenks', along with river buff Neale Koenig, came up with another idea: Old Times on the Mississippi. Old Times on the Mississippi, a five-day excursion on the Julia Belle Swain which provided a unique mode of transportation while enjoying the spectacular scenery, relaxation and learning. Individuals discovered the Mississippi River's history, past, present and future from a variety of viewpoints.

What's next for these two? "Well, we've talked about organizing more things around the river," says Rita. "Next year we plan to take our 12-year old granddaughter on an intergenerational adventure offered through Elderhostel. That's something that we may like to consider and develop for UW-L."

## Leisure

These programs are offered in partnership with Elderhostel. For more information, contact Elderhostel at 1.877.426.8056.

### Old Times on the Mississippi

#### Elderhostel Program

The Julia Belle Swain will be our floating music hall, restaurant and classroom for each of the excursions on the Mississippi. One of only five steamboats now operating on the Mississippi, the Julia Belle Swain will provide a unique mode of transportation as well as spectacular scenery, relaxation and learning. Overnight accommodations will be in Dubuque, Iowa, Prairie du Chien and La Crosse. Programming about the Mississippi River, steamboats on the river, Mark Twain's river adventures and music on the river will be offered during the cruise. Additionally, storytellers will be on deck sharing 'tales' and various aspects of the river.

**June 15-21 and Sept. 13-19**

**Julia Belle Swain, La Crosse**

### Jazz on the Mississippi

#### Elderhostel Program

The Great River Jazz Fest is in its 23rd year, but jazz and steamboats have an even longer history in the charming old river town of La Crosse. The four-day fest offers traditional, big band, contemporary and panorama jazz. Indoor and outdoor venues are offered, and a dance floor is available. You will be introduced to outstanding jazz, as well as explore the architectural heritage left by early merchants and lumber barons. Enjoy dinner and music while cruising the Mississippi on an authentic steamboat, complete with steam calliope. The impact riverboats and trade had on the social and economic development of La Crosse in the past 150 years will be featured.

**Aug. 6-11**

**Radisson Hotel, La Crosse**

## Adult Water Exercise

Exercise at your own fitness level with this popular conditioning program. Classes begin with a stretching warm-up and continue with aerobic exercises and strength and flexibility activities. Cool down relaxers conclude the hour. Adults of all ages welcome.

#### Session I

**Jan. 28-May 9, Monday, Wednesdays and Fridays, 8:45-9:45 a.m.**

**UW-La Crosse**

**\$90, plus \$15 parking fee**

For more information call

Sue White at 608.785.6529 or [white.susa@uwlax.edu](mailto:white.susa@uwlax.edu).

#### Session II

**Jan. 28-May 9, Mondays-Wednesdays, 6-7 p.m.**

**UW-La Crosse**

**\$34, one night per week;**

**\$67, two nights per week;**

**\$90, three nights per week**

## Continuing Education in the Arts



### Figuration Studio

Develop your personal style, hone your skills and discover various drawing techniques during this ten-week class. You can use a variety of mediums including pencil, charcoal, watercolor and other mediums to draw from a nude model, a challenging subject. Instruction and group critiques will aid in your growth as an artist. You must bring your own drawing supplies. Class is open to adults at all skill levels.

**Feb. 11-April 21, Mondays, 6:30-8:30 p.m.**

**UW-La Crosse  
\$70**

### Art 21: Art in the Twenty-first Century

Who are today's artists? What are they thinking about? How do they describe their work? Why do they do what they do? "Art:21—Art in the Twenty-First Century," a PBS television series, focuses on contemporary visual art and artists in the United States. Fascinating and intimate footage allows you to observe the artists at work, watch their process as they transform inspiration into art, and hear their thoughts as they grapple with the physical and visual challenges of achieving their artistic visions. Each week will cover one episode of the series followed by an in-depth discussion. CEUs and credit option are available.

**Feb. 18, 25, March 3, 10;  
6-8:30 p.m.**

**UW-La Crosse  
\$139, plus \$10 supply fee**

### Mixed Media Painting

Mixed media is a fun and spontaneous way of working using two or more materials to create paintings of interest. You might create a painting around found objects or bring back to life old or unfinished paintings by adding items from the home or outdoors. Composition, use of space and color will be taught in this day of fun, exploration and self-discovery! Class is open to all adults using watercolors, acrylics and oil paints, and at all skill levels. A supply list will be provided prior to the start of class. CEUs available.

**March 28; 9 a.m.-4 p.m.**

**UW-La Crosse  
\$55**

### Plein Air Painting

Experience the incredible joy of painting plein air (in the open air)! Each workshop will begin with instruction designed to assist you, the plein air artist, with challenges associated with painting in the great outdoors. Painting techniques will include instruction in alla prima, pointillism, impasto and palette knife painting. Our outdoor painting adventure will take place in the La Crosse area. Class is open to adults working in all media types and at all skill levels. A supply list will be provided prior to the start of class. CEUs available.

**July 21, 23, 28, 30,  
Aug. 4, 6; 8 a.m.-12 p.m.**

**UW-La Crosse and other  
outdoor locations  
\$125**

### Fundamentals of Drawing

Have you always wanted to learn basic drawing skills? Throughout this 4-week workshop you will learn the fundamentals of composition, perspective, line drawing, shading, value studies and textures. Each session will begin with a demonstration followed by application exercises and generous one-on-one attention. Peer critiques will encourage you to develop your personal style. Class is open to adults with little or no drawing experience. A supply list will be provided prior to the start of class.

**May 27, 29,**

**June 3, 5, 10, 12, 17, 19;  
12:15-1:45 p.m.**

**UW-La Crosse  
\$75, plus \$10 supply fee**

### Intermediate Fundamentals of Drawing

Using a variety of mediums and working from objects, landscapes, figure and imagination, you will learn new skills and develop practices that will provide a basis for any visual art. You will expand your drawing abilities through a sound understanding of materials and methods and gain a more solid foundation to progress toward advanced techniques such as figure drawing, painting and sculpture. Class is open to adults who have completed Fundamentals of Drawing. A supply list will be provided prior to the start of class.

**May 27, 29,**

**June 3, 5, 10, 12, 17, 19;  
2-3:30 p.m.**

**UW-La Crosse  
\$75, plus \$10 supply fee**



# Access

January- August 2008

## Chicago Art Museum Excursion

Experience the comprehensive presentation of 20th Century painter Edward Hopper, 25 watercolors by Winslow Homer, and 115 prints, many never seen before by photographer Ed Ruscha at The Art Institute of Chicago. If that is not enough, a trip to The Museum of Contemporary Art to view Collection Highlights from 1947 to 2007 should satisfy any art lover's appetite. After enjoying a stimulating day of visual arts, spend the evening on your own in the heart of Chicago. Take in the theater, visit the shops, or relax at your hotel. The choice is yours. To request more information when available, call 608.785.6506. Cost include one night's lodging at the Congress Plaza Hotel, admission to both art institutes and continental breakfast on Sunday.

**April 5-6**

**\$235, double occupancy; \$180 triple occupancy;**

**\$130, quad occupancy**

## The First Steps to Starting Your Art Business

Starting your art business – whether it's built around drawing, original art work, fine art, doll making, sculpture or jewelry – can be a daunting task. Running a successful business isn't something that comes naturally, it's a skill that needs to be learned. Not only do you have to deal with all of the legal and tax issues that all business owners face, you have to learn how to get people to want to buy your product. In a small group setting, we will review the basics of starting your art business and identify the next steps. You will learn what information is needed and where to find it, including government regulations and basic recordkeeping. CEUs available.

**Feb. 22; 12:30-3:30 p.m.**

**UW-La Crosse**

**\$35**

## Beginning Jewelry Making

This class will introduce you to the vast and wonderful world of jewelry making. You will be introduced to tools, equipment and materials used while creating a beautiful pendant (earrings optional for an extra fee). Through a series of demonstrations you will learn cleaning, cutting, filing, piercing, polishing and finishing techniques. Class is open to adults with little or no experience.

**Jan. 26; 8 a.m.-noon**

**UW-La Crosse**

**\$35, plus \$25 supply fee**

## Intermediate Jewelry Making

Further your knowledge of jewelry making by learning how to apply textures to metal, soldering using a torch, cleansing and finishing using machinery. The techniques taught will result in a beautiful pendant (earrings optional for an extra fee) by the end of the class. Class is open to adults with some experience or those who have completed Beginning Jewelry Making. A supply list will be provided prior to the start of class.

**Feb. 2, 9, 16; 8 a.m.-noon**

**UW-La Crosse**

**\$100, plus \$35 supply fee**

## Calendar of Events

### JANUARY

**Mission Improvable** (improv group)

Jan. 31, 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

### FEBRUARY

**Ha Ha Tonka** (band)

Feb. 8, 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

**Harlem Gospel Choir** (performing arts)

Feb. 19, 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

### MARCH

**Oklahoma!** - By Rodgers and Hammerstein - The American Musical for a new century

Feb. 29, March 1 & 6-8; 7:30 p.m.

March 2 & 9; 2 p.m.

Toland Theatre, Center for the Arts

**Shelter Dance**

Shelter Repertory Dance and

UW-L Theatre (Classic Modern Dance)

March 27 & 28; 7:30 p.m.

Toland Theatre, Center for the Arts

### APRIL

**Amazing Adventures of the Marvelous Monkey King** - By Elizabeth Wong

April 5, 11 a.m. & 1 p.m.

**Harriet McBride Johnson** (lecture)

April 16, 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

**The Diary of Anne Frank** -

By Wendy Kesselman

A new version of this moving story

April 25-26 & May 1-3; 7:30 p.m.

April 27 & May 4; 2 p.m.

### JUNE

**SummerStage Show** (To Be Determined)

June 27-28, July 2-3,

July 5; 7:30 p.m.

June 29, July 6; 2 p.m.

For more information, contact the

University Art Gallery at

608.785.8237, the Department of

Music at 608.785.8409, or the

Theatre Box Office at 608.785.8522.

For Cartwright Center events, call

608.785.8892 or [www.uwlax.edu/cab](http://www.uwlax.edu/cab).