Connecting the University and the Community

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Greetings from the UW-La Crosse!

Dear (New!) Friends:

As I begin my tenure at the university, I am continually reminded of all the positive things that made the University of Wisconsin–La Crosse my number one choice for continuing my academic career. Among those positives was the sincere commitment of the institution to serve the life-long learning needs of the surrounding community.

As you look through this issue of Access, you will see many opportunities to learn something new, meet new friends, expand your horizons. All it takes is deciding to JUST DO IT! Take a moment now to scan your options … and pick one.

I look forward to seeing you on campus or in one of the many exciting off-campus learning opportunities. The University of Wisconsin–La Crosse is dedicated to meeting your learning needs. Join me as a new (or returning) member of its learning community!

Sincerely,

Elizabeth J. Hitch
Provost/Vice Chancellor

Elizabeth Hitch began her new position as Provost/Vice Chancellor of UW-La Crosse July 1. She previously worked at Eastern Illinois University, where she was dean of the College of Education

Group focusing on Hmong issues

The Hmong have lived in La Crosse for more than two decades. Yet, they continue to face a variety of challenges adjusting to American culture.

A statewide effort, funded by UW-Extension, is assessing the educational needs of the Hmong. Focus groups met at nine sites throughout Wisconsin in January and February. The La Crosse area group met Feb. 23.

“The meetings were very positive,” says Donell Kerns, assistant director of the UW-L Continuing Education and Extension Office. “The Hmong people really appreciated our interest in learning their educational needs. They are eager to work with us and other agencies to address the needs of their community.”

Although the grant supported the study only, Kerns is working with the advisory group putting some of the findings into action. Continuing Education, the Hmong Mutual Assistance Association and the Family Resource Center are working to create a program on successful parenting of middle and high school children. The UW-L Business Development Center is considering ways to assist Hmong who want to start or currently operate small businesses.

Kerns also plans to meet with area school administrators to address concerns expressed by Hmong adolescents — mainly a lack of Hmong language, history and culture taught in middle and high school.

At the collegiate level, plans are already underway at UW-L. In September, a Hmong language course will be offered. A course in history and culture is planned for spring 2003.

What was discovered

Five Hmong focus groups, representing a variety of age groups, met in February and identified these major issues facing the Hmong population in the La Crosse area:

Family issues—
• Westernization of youth vs. the tradition of elders
• Gender and role expectations
• Parental expectations of youth
• Early marriage
• Child care

Education issues—
• Stereotyping of Hmong
• Racism in schools
• Need for Hmong language, culture and history classes for Hmong students
• Need for more Hmong working in the schools

Economic issues—
• Need for cultural training to stop discrimination
• Need more Hmong working in city, state and local governmental agencies
• Need for more start-up funds for Hmong beginning small businesses
• Need to market products and services to those who aren’t Hmong
• Need for job search skills
• Need for more educational opportunities and funding
Teacher quality is the

Decades of research along with experience and feedback from
La Crosse area teachers show that better quality teachers make a big
difference. Without quality teachers and teaching, not even the most
promising school improvement effort will succeed.

The UW-L Continuing Education and Extension Office serves
educational needs by providing workshops, conferences and credit
courses that will stimulate new ideas and educational practices to
meet the needs of both the
individual and groups of
educators. Whether you
are looking to enroll
in a class to renew
your teacher
license and
certification or
you are looking to
receive additional
training in a specific
content area, we can
provide you with the
program(s) you need.

UW-L can provide the following
programs or assist you in programming:
- Curriculum development in: writing, math, reading, science,
social studies, community building
- School district management
- Exceptional education
- Research
- Standards and assessments
- Human growth and development
- Data-based decision making and school improvement planning
- In-service programs

Meeting the needs of teachers will help our children achieve
educational excellence.

Instructional technology courses
offered

The technology courses listed below offer a quality menu for learning
the skills necessary to be competent in instructional technology. To
provide the best fit for you and your school and explore the idea of
bringing these courses on site, contact Lynn Weiland at (608)785-6512.

- Technology Integration Project Development
- An introduction to the WebQuest Model
- Using the Web as an Instructional Tool
- Technology Integration in Teaching and Learning

Carol Fertig
Workshops

Carol Fertig is a specialist in gifted education.
She has worked with K-12 students as a
classroom teacher, gifted/talented resource
teacher, homebound teacher, tutor and mentor.
She works for Cherry Creek Schools in the
Denver area and edits the magazine,
“Understanding Our Gifted.” She also presents at
conferences and does professional development.

Curriculum for High-Ability Learners

Across the country, teachers are being held more and
more accountable for the curriculum that they teach.
This workshop will expose teachers to some excellent
curriculum that is already available. It will also expose
participants to defendable criteria for modifying and
developing their own curriculum. Teachers will have an
opportunity to practice their own critical and creative
thinking skills in small groups. This is guaranteed to
produce stimulating discussions.

Creativity adds excitement to learning and is a
precursor to critical thinking. It can help students to
produce many good ideas, understand different points of
view, be original, and move beyond routine assignments.
In the afternoon, teachers will learn many techniques for
incorporating creativity into the curriculum on a regular
basis. During this fun time, teachers will learn
techniques that can be used the day they return to the
classroom.

Nov. 4
Strzelczyk Great Hall, Cleary Alumni &
Friends Center, UW-L

Fee: $75, includes lunch and refreshments

Parents’ Evening—
How to Develop Creativity in Your
Child

Creativity is important in all aspects of life: work, home
and school. It is possible to actually teach creativity as a
skill to those who seem to be lacking, and enhance it in
those who are already born with the ability. Specific
techniques can be taught in isolation or incorporated into
curriculum. Learn about these techniques and the
resources that support them. This will be a session
where you will have fun while learning.

Nov. 4
Strzelczyk Great Hall, Cleary Alumni &
Friends Center, UW-L
Get a master’s degree through a unique, empowering program

UW-L offers unique master’s program in communities throughout Wisconsin

Join a group of 20 or more graduate students who enroll together and work through the curriculum as a group. This group stays together for two years and graduates together — all as a part of the Master of Education-Professional Development (ME-PD) Learning Community program.

This degree is intended for teachers, librarians, media specialists, special educators, counselors, social workers and other school practitioners. Earn a master’s degree in a non-traditional environment that:

- You can complete in just two years – five weekends per semester.
- Is designed by you, the student, who is in control of your learning and environment.
- Is flexible – location, dates, times, content – designed for the busy, working adult.
- Will be immediately applicable to your classroom or work setting and can be tied to your district’s mission and staff development plan.
- Will help you develop a portfolio based on your own learning standards that you may be able to use in the proposed Wisconsin teacher licensure process.
- Will assess your growth and learning through your best practices in your classroom.
- Allows you to share great classroom ideas from other professionals.
- Is hands-on and fun.
- Ultimately makes a difference for your students!

What is the ME-PD Learning Community Program?

Practicing teachers and others who work in schools journey through the two-year ME-PD program as a community. Meet as a full community one weekend a month for each of the four semesters. Between meetings, work in small groups on various collaborative activities and action research programs that directly apply in your classroom.

Document learning

As a member of the learning community you will document learning in a development of a portfolio. The portfolio will include a capstone project, an intense learning plan that can be woven into all, or most of the standards and will have an impact on your work setting and your students.

Renew your profession

You will be renewed in your profession and be more reflective in your teaching practices because of your participation in the Learning Community. The program provides opportunities for teachers and others in education-related professions to engage each other in thinking and learning about their professional practice in a collaborative and learner-directed environment.

Become empowered

Learning communities provide an environment that empowers you to take responsibility for your learning. The sense of community is strong and is built upon two years of learning, reflecting, researching, reading, discussion, dialoguing, networking, teaching, caring and hard work.

Consult with others

The community of learners will consult with practitioners from schools and districts in the area, faculty and staff from UW-L and other universities, business communities, government agencies, members of other learning communities and nationally recognized consultants.
Program designed for new state teacher licensing program: PI-34

UW-L Continuing Education and Extension has been working with the UW-L School of Education, Cooperative Educational Service Agency #4 and the La Crosse, Onalaska, Black River Falls and Holmen School Districts to develop a pilot program designed around the new state teacher licensing program, PI-34. The central focus of the new Wisconsin Quality Educator Initiative PI-34 is to shift to a performance-based approach for teacher licensing. Beginning teachers will have to complete the requisite college coursework and show evidence of professional growth by demonstrating knowledge and skills before a license may be received or renewed.

Enhancing Teacher Quality was the first of a four-part program created to address this new initiative. The program introduces beginning teachers to the license requirements and procedures, how educators will be assessed with respect to Wisconsin teaching standards, and how to create a professional development plan that addresses the goals and mission of their school districts. It is the university’s goal to provide new teachers with mentoring and continuing teachers with the training and support they need to serve Wisconsin’s diverse student population. To learn more about PI-34 and this program, call Lynn Weiland at (608)785-6512.

Substitute teacher workshop offers practical techniques

Finding qualified substitute teachers is a challenge for school districts. Substitute teachers often have little classroom training or experience and must learn teaching techniques and classroom management the hard way. UW-L Continuing Education and Extension has developed a workshop for substitute teachers focused on practical techniques used by successful teachers.

“Current and Potential Substitute Teachers Workshop,” developed in partnership with the Clinical Field Experience office, is an opportunity for both new and experienced “subs” to receive dynamic training in a variety of topics, including developing lesson plans, classroom management techniques and methods for delivery of instruction. Workshops were held in spring, and more are planned for fall. For more information, contact Lynn Weiland at (608)785-6512.

New ways of teaching and learning generated through cohorts

UW-L Continuing Education and Extension (CEE) has collaborated with the School of Education and Learning Quest since 1997 to deliver the Master of Education-Professional Development (ME-PD) Learning Community program. The learning community is a cohort group of teachers and other school practitioners who work collaboratively and have input into the content of the program. The program is very individualized and encourages participants to apply what they are learning in the program directly to professional practice.

CEE has also collaborated with the exercise and sports science department to offer a graduate cohort program off campus this fall. A master of science in physical education teaching is a practitioner-oriented program for teaching professionals seeking additional qualifications and expertise.

Cohorts are flexible, innovative, and responsive to the professional needs and requirements of today’s traditional and nontraditional learners. In the past decade, the cohort approach has grown in popularity throughout the United States. The quest to re-engage students in learning, to have students make connections and find relationships between disciplinary bodies of knowledge, and the need for teachers and students alike to take more seriously the responsibilities of working to create community paved the way for cohort learning groups. Program evaluations indicate that learning community programs also contribute to faculty development and revitalization.

Introduction to Linguistics

Investigation of the nature of linguistic systems (phonology, morphology, syntax, semantics, pragmatics), theories of language development and the acquisition of first and second languages in diverse cultural settings. Review of idiosyncratic elements as they pertain to second-language learning.

Sept. 3-Dec. 3
Holmen, Wis.
Growing leadership from within the ranks

Accepting a supervisory position is intentional. So is leadership. But, not all supervisors are leaders, nor are all leaders named supervisors. Leaders have a strong and positive influence on their peers and on the outcomes of the shared work efforts. Leadership can be developed.

The ideal situation is for an organization to recognize leaders and to encourage them to assume more responsibility for outcomes of group effort, not just individual effort. However, often supervisors are given the responsibility, but are only partially prepared for their new role. They lack the skills to successfully coach and direct others.

Outstanding employees should be rewarded. These are the people you want to keep within your organization and help to be successful. When you promote employees, however, you are also giving them a new set of challenges, opportunities and issues.

Make sure that you also provide them with the necessary skills and information. Supervisory management is more than making sure the line keeps running, sales are booming, or employees are punctual. Supervision also includes conflict resolution, employee motivation, time management, and many other so-called “soft” skills.

Turning managers into leaders may be one of the best things you can do for your company. Not only do they provide you with a link to the rest of the employees, but they also provide an environment that fosters success. A leader/manager is able to mesh management’s goals with the workers’ needs.

The lesson to be learned is simple, yet widely ignored. Organizations that succeed invest in employees to create leadership skills, using formal training, informal coaching and a variety of methods. They offer new challenges to employees, but also give them the opportunity to gain the skills required to meet those challenges. Allowing your employees to be leaders, instead of taskmasters, offers benefits that the whole organization can enjoy.

“I learned that I needed to listen to employees more; when a decision had to be made that impacted my work group, I asked them for input and remembered to actively listen.”

“I learned to modify my leadership style to fit situations. I used a very direct approach with an individual on a tough and tense situation. It worked better than I had hoped it would. This was not my natural style but was what the individual respected and needed.”

The First Steps to Starting Your Business

The Business Development Center offers a class for new entrepreneurs. In a small group setting, review the basics of going into business and identify your next steps.

Wimberly Hall, UW-L

Women in Business: Successful Marketing Strategies

Celebrate women in business keynote speakers, breakout sessions and an abundance of networking opportunities highlight the event. Co-sponsored with the National Association of women Business Owners (NAWBO), this one day conference has sessions on advertising, promotion, pricing, sales and many other marketing tools.

Sept. 10
Ballroom, La Crosse Center

Entrepreneurial Training Course

Whether just starting out or expanding your business services, a successful entrepreneur in the new economy has a plan. A well thought out business plan is critical to a business’ success and necessary for obtaining financing.

The Entrepreneurial Training course will guide you through the development of your business plan which, when complete, will promote the necessary direction to move your business forward. Tuition reimbursement available through Wisconsin Department of Commerce.

La Crosse: Sept. 11-Nov. 13
Wimberly Hall, UW-L
Mauston: Sept. 17-Nov. 19
Conference Room, UW-Extension

eBusiness: Introduction to eBusiness Tools

Our entry-point seminar topics include defining common computer terms, how computers find Web sites and different ways to connect to the Internet. A series of real-world examples provide an overview of issues such as competing on the Web, buying and selling with other businesses and communicating with customers using the Internet.

Oct. 2
Cleary Alumni & Friends Center, UW-L

eBusiness: Marketing on the Web

Building a Web site is a first step, but effective marketing on the Web includes strategic use of search-engines and directories, using “portal” (or common entry) Web sites to direct customers to you, direct e-mail marketing and partnerships across business sectors.
Over the past 20 years, managers from throughout Wisconsin have participated in this series. Concerned about doing their jobs well, managers look to our seminars for practical discussions about issues which face work groups in every business setting.

The seminars in this series are your opportunity to determine how well you manage people, learn new skills, and meet other managers from your area. Our small group formats provide opportunities for you to work with other participants on case studies and role-plays.

Certificate requirements:
• Completion of Supervisory Management 1, 2 and 3
• Completion of three specialized management courses
• You have five years to complete the 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 1(800)582-5182 or (608)785-8783.

Supervisory Management 1
Front-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 introduction for new managers facing the challenges of leading a work group.

Oct. 16-17
Cleary Alumni & Friends Center, UW-L

Supervisory Management 2
This session concentrates on four critical management concerns:
(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.

Nov. 6-7
Cleary Alumni & Friends Center, UW-L

Supervisory Management 3
Communicating clear, specific expectations to your people is critical to operational effectiveness. Giving feedback during day-to-day coaching sessions, as well as during formal performance reviews is an essential skill. Discuss why there is resistance to performance assessment, how to establish job expectations and how to conduct coaching sessions.

Dec. 10-11
Cleary Alumni & Friends Center, UW-L

Mentoring Employee Development
Identify reasons for developing a formal mentoring program in your company, as well as benefits of informal mentoring. Also, address how to utilize a mentor for your professional development. Participants should complete Supervisory Management 3 (or similar seminar) prior to this seminar.

Sept. 26-27
Cleary Alumni & Friends Center, UW-L

Improving Managerial Efficiency
Are you swamped with overdue projects? Is it easier to do it yourself than let someone else do it? This workshop will allow you to manage your time more effectively with new skills. Learn how to prioritize tasks and delegate without guilt. Sharpening your time-management skills will help you become a more efficient manager.

Oct. 29-30
Cleary Alumni & Friends Center, UW-L
Gerontology Certificate Program

This certificate is designed to enhance the knowledge and skills of those who work with or would like to work with older adults. The professional development certificate has three components: 48 hours of required core workshops, 52 hours of elective workshops and a 12-20 hour work practicum. Workshops are collaboratively planned and taught by UW-L faculty and community professionals.

For more about the Gerontology Certificate Program, contact Donell Kerns, program manager, at (608)785-6509, kerns.done@uwlax.edu or visit: www.uwlax.edu/csp/gerontology.cert.html.

Gerontolgoy workshops are open to the public; you do not need to be enrolled in the certificate program to take a workshop.

Scholarships available

Those who wish to participate in the Gerontology Certificate Program, but are facing financial restrictions, can apply for a $500 scholarship that will assist with program costs. If interested, call (608)785-6508 and request a scholarship application form.

Core Workshops

Foundations of Gerontology
In order to understand the aging experience, it is important to recognize the complexity of the aging process and the many issues affecting us as we age. The Foundations workshop will present an overview of the historical and social context of aging to give participants a common backdrop for dialogue. Participants will explore the myths and stereotypes of aging and examine the impact of ageism in our contemporary culture. Caregiving, with an emphasis on family, will be discussed both from a personal and professional perspective. Experiential and interactive learning will be the focus of the class. Instructor: Sara Sullivan, UW-L psychology department.

Sept. 21 & 28
UW-L
Fee: $100, Gerontology Certificate participants; $120, Non-certificate participants

Physiology of Aging
This core workshop provides an overview of the normal physical and physiological changes that occur in an individual with increasing age. Explore the implications of these changes on the day-to-day activities of the elderly. The workshop will present strategies that can be used to assist the elderly in maintaining physical and mental well being. Examples of physically active older individuals and their physical accomplishments will be examined. Instructor: Travis McBride, UW-L exercise and sport science department.

Oct. 4, 11, 18
UW-L
Fee: $100, Gerontology Certificate participants; $120, Non-certificate participants

Elective Workshops

Reiki - Level I
Reiki is a Japanese word that means universal energy or life force energy. Reiki is also a non-invasive therapy that seeks to bring order and balance to body, mind, emotion and spirit. In this interactive workshop, participants will learn what Reiki is and how it works, including an introduction to the Chakras of the body. How to utilize Reiki for your own wellness, as well as assisting others, with energy balancing will be covered as well as the ethics of using Reiki.
Instructor: Linda Hegge, Reiki master/teacher for nine years at True North Reiki Center.

Nov. 2 & 3
UW-L
Fee: $145

Ethical Issues in the Care of Older Adults
This workshop will review the basic principles of ethics, identify ethical dilemmas faced by the elderly, discuss decision-making guidelines, consider legal issues that may impact the decision-making process and examine the role of ethics consultations and ethics committees in resolving ethical dilemmas.
Instructors: Sandra Matson, MA, RN-C, has worked in long-term care for 21 years and holds a master’s in bioethics from the Medical College of Wisconsin. Susan Swanson, CICSW, CPC, is director of Social Services at Countryside Home in Jefferson, and is chair of its ethics committee.

Sept. 27
UW-L
Fee: $55, Gerontology Certificate participants; $60, Non-certificate participants
**Better expectations**

**Autism program helps parents, teachers better understand what to expect when dealing with autistic children.**

Mary Christie had done a lot of research on autism, hoping to understand her son better and help ready him for school in fall 2000. But, she wanted to find out more about the disorder the summer before her then five-year-old son, Joshua, began kindergarten in the Holmen School District.

Joshua was diagnosed with autism about a year-and-a-half earlier. Christie and her husband began working with Joshua’s early childhood program teachers at Oak Grove Family Learning Center. Christie liked what she saw, but wanted to know more so she could work with Joshua at home. She looked to the autism program through UW-L Continuing Education and Extension program and wasn’t disappointed.

“I think the class was very valuable to me as a parent,” says Christie. “It provided a better understanding of autism in general, and it gave me a better sense of strategies to use with Joshua at home.”

Christie became more aware of what types of interventions were possible in educational settings. And, she developed a better sense of how to advocate for her son’s education.

Autism is a very general term, notes Christie. Autistic children’s abilities cover a wide spectrum. “I think the program helped me appreciate Joshua’s unique qualities and the very special person that he is,” she explains. “I’ve also had the opportunity to share what I learned with my husband and oldest son. As a family, it has helped us all to greater understanding and appreciation of Joshua.”

Christie says the program helped her to better understand developmental problems that occur with autism. “The class covers many areas in which an autistic child can have difficulties, such as communication, social skills and even the hypersensitivity issues related to the five senses,” says Christie. “For example, I had never really understood why it was such a chore to wash Joshua’s hair, but autistic children are often very sensitive to touch.”

And, most importantly, Christie has seen a change in herself. “I have a lot more patience with Joshua, which comes with better understanding,” she notes. “It is still very hard to imagine how he sees the world at times, but knowing that I have new strategies to use while dealing with him, and to help him deal with the world around him, has proved invaluable.”

Christie was able to talk with others who deal with autistic children at school. Discussion helped her appreciate that her son is very high-functioning in his autism. “It really helped me to manage my expectations of what Joshua was capable of with the right learning environment,” she notes.

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**Autism Spectrum Disorders Certificate Program**

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

UW-La Crosse, in cooperation with Chileda Institute Inc., offers a certificate program in Autism Spectrum Disorders. Although considered a relatively uncommon disorder, the incidence of individuals with autism spectrum disorders is 10 times more prevalent than 10 years ago. The dramatic rise in the diagnosis of autism calls for additional educational opportunities for school personnel, human service providers and health care providers.

Individuals with autism share a common symptom cluster, yet each student’s personality, interests and responses to problems are influenced by the severity of the autism, intellectual ability, the impact of additional disabilities, inherited traits, family culture and past educational and community experiences. The Autism Spectrum Disorders Certificate covers best teaching practices for communication, education, nutrition, medication, sensory stimulation and social and vocational issues. Due to its success, the program was offered in Madison in June using distance learning technology.

The entire certificate program consists of 30 hours of workshops. DPI clock hours or CEU’s are available for all or parts of the certificate.

Who will benefit?

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

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**GRADUATE SALUTE**

**Congratulations to the following Gerontology Certificate Program May 2002 graduates:**

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<thead>
<tr>
<th>Cathy Armstrong</th>
<th>Mary Hanratty</th>
<th>Teresa Morris</th>
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<tr>
<td>Cecilia Caron</td>
<td>Mary Hart</td>
<td>Carol Paisley</td>
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<td>Kathleen Chapman</td>
<td>Kristine Hengel</td>
<td>Michelle Ripp-Ihnen</td>
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<td>Linda Erickson</td>
<td>Peggy Knobloch</td>
<td>Dorothy Shaw</td>
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<td>Anita Evenson</td>
<td>Greg Larkin</td>
<td>Sharon Wheeler</td>
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<td>Rita Farbo</td>
<td>Laura Moriarty</td>
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Programs address health issues

Health Education and Health Promotion programs offered through Community Health and Continuing Education and Extension at UW-La Crosse address issues affecting the health of our society. Many of the program topics are drawn from major guidelines for the health of the state and nation, to include the Turning Point health initiative in Wisconsin and the national health framework, Healthy People 2010.

These important guidance systems document the need to address individually and collectively leading health indicators in lifestyle factors such as tobacco use, substance abuse, nutrition and physical activity, and responsible sexual behavior. Additionally, they point to the need to address environmental quality, violence prevention, mental health issues and access to quality health care.

For more information about available programs, or the opportunity to work in partnership for the development of educational activities which address special needs, contact Gary Gilmore, Community Health Program Director, at (608)785-8163 or Learning and Decision-Making: Applications of the Myers-Briggs Type Indicator

Join Greg Filbeck, senior vice president of the Schweser Study Program (a Kaplan Professional Co.), as he guides participants through practical approaches to learning and decision-making based on an understanding of the preferences people have. Using the highly-regarded Myers-Briggs approach to type and preference, participants will have a clear understanding of their own preferences for becoming aware and making decisions. Such decisions include those which are health-related, financial security related, work and family related.

Filbeck has developed a highly-interactive workshop that focuses on exercises to help participants better understand their own preferences and those of others. Additionally, this workshop will assist participants in developing strategies to master the acquisition of new knowledge and ideas, and in understanding how differences in risk-tolerance affect how individuals make decisions.

Filbeck has been a qualified provider of MBTI education since 1990, and became a certified provider in the Association of Psychological Type’s new program in 2001.

Sept. 19 & Oct. 3
Cartwright Center, UW-L
Fee: $55

Healthy Youth, Healthy Nation: Working with our Youth for Healthier Living

Want to enhance the nutrition and fitness levels of children and youth with whom you interact? Join Nancy Winberg for a dynamic, action-oriented workshop filled with helpful individual and group activities. Nancy Winberg, M.S., is a Certified Personal Trainer who has worked in health and fitness for more than 20 years. She has trained and counseled hundreds of adults and youth in the areas of fitness, nutrition and wellness. She has worked with youth helping them reach specific fitness goals. Winberg is employed as a Personal Trainer/Group Fitness Coordinator at La Crosse Fitness.

Oct. 10 & 24
Cartwright Center, UW-L
Fee: $55

The Body/Mind Connection in Health

Join Gerald Matheson as he explores recent findings regarding body systems, mental and emotional capacity and health-related outcomes. This workshop will provide an opportunity to review many of the developments in psychoneuroimmunology and their applications to health, healing and learning. Implications for health promotional strategies and health education programming will be addressed. Health, human service and education professionals will benefit from the practical information and insights offered.

Oct. 11 & 12
Riverview Medical Center, Wisconsin Rapids

Experiential Learning Strategies for Health Education

This workshop experience in health education and health promotion enables enrollees to participate in the WAHPERD Convention in Green Bay, and then develop a focused professional application project, as directed by the program facilitator, Richard Detert. The application project would be one which portrays how a concept, idea, theory or practical teaching technique can be applied to one’s actual or projected professional setting, in order to enhance one’s professional contributions and development. The focus on this experience is to enhance the professional applications of the WAHPERD-related information, ideas and insights.

Oct. 24 & 25
Radisson Hotel & Conference Center, Green Bay

Adolescent Health Symposium

Feb. 6-7, 2003
Oshkosh Convention Center, Oshkosh
Fee: $8, 3 CECH’s; $16, 6 CECH’s

Experiential Learning Strategies for Health Education: T’ai Chi Chih-Joy Through Movement

Feb. 13, 14 & March 13, 2003
Brown County Extension Building, Green Bay

Stress Management and Relaxation Skills

March 28 & 29, 2003
Riverview Medical Center, Wisconsin Rapids

To register or for more information:
More than just a story

Researcher shows that fiction writings can help elders in the aging

There was an old man named Wallace P. Flynn. Who lived in a house in the trees—You could smell him for several miles downwind
Because of his fondness for cheese.

Bob Beland read this comical, rhyming story aloud. The audience included La Crosse area gerontology professionals, students, faculty and staff. They watched and listened as the University of Florida researcher and professor of therapeutic recreation projected wide-screen watercolor illustrations of eccentric characters in Garrison Keillor’s “The Old Man Who Loved Cheese.” In the story, Flynn’s fondness for smelly cheese drives away his family, causes animals to faint and leads neighbors to call the cheese police. Then, his son offers him an alternative: Why devote your life to cheese when you can have a grandbaby on your knees? Eventually, Flynn gives up his smelly habit to satisfy and enjoy his family.

Beland continued with other children’s storybooks, pointing out simple, but profound, themes of family heritage, life review, home economics, looks and appearance, death and dying. They included compelling topics, such as aging, holidays, humor, music, farming, careers, nature, and disability.

“Our Granny” celebrates grannies who “have wobbly bottoms,” drive trucks, go to college and march in demonstrations. “Knots on a Counting Rope” is a poetic intergenerational tale where a Native American grandfather boosts his grandson’s confidence to deal with blindness.

“The stories exemplify how fiction is an overlooked, but inexpensive and readily-available medium that can help elders age well,” says Susan “Boon” Murray of the UW-L therapeutic recreation department. “Books can aid recognition of self, as well as ways of feeling and knowing.

“Facilitating read-alouds is a form of developmental bibliotherapy where growth, change and healing occur in guided dialogue about the material,” explains Murray.

“People, places and situations lived out in storybooks can help elders define their life tasks including acceptance of losses, such as the ability to drive or the necessity to live with family or in an institutional setting,” she notes.

In bibliotherapy, a facilitator selects readings tailored to an individual’s situation or applies group techniques, such as intergenerational reading during family visitation. Beland reads selected children’s storybooks to elders to stimulate memory, alleviate anxieties and give them an opportunity to safely discuss their own situations through storybook characters.

Beland says some institutionalized elders, particularly those with dementia, share characteristics of children. One of the characteristics can be a shorter attention span due to memory loss which contributes to their appreciation of easy-to-understand themes and colorful illustrations.

Murray is a leader in working with elderly

Susan ‘Boon’ Murray, a faculty member in the UW-L recreation management and therapeutic recreation department, has a wealth of experience working with the elderly and loves to share her enthusiasm and knowledge with community professionals. In spring Murray wrote a collaborative grant to bring Professor Bob Beland, a national expert in bibliotherapy, to La Crosse. Working with other UW-L departments and Continuing Education and Extension, Murray created a unique learning experience for La Crosse area gerontology professionals, students, faculty and staff.

Donell Kerns, assistant director of Continuing Education and co-planner of the training, says Murray is another example of a faculty member who connects the university to community professionals by working with them to improve services for area adults. “Boon gives 120 percent to better serve her students and community professionals by bringing them together with a national expert,” notes Kerns.

Murray and Kerns will continue to work with Continuing Education’s Gerontology Certificate Program planning committee to develop a community-lending library of therapeutic children’s stories for use in nursing homes and other facilities that serve the elderly.
American Chestnut Foundation Conference

The 19th Annual Meeting of The American Chestnut Foundation (TACF) will focus on “The West Salem Stand: Implications for Restoration” and will feature a tour guided by scientists conducting research at the Badgersett Research Farm, a privately held stand of American chestnuts. The West Salem trees represent the largest remaining stand of American chestnuts in the nation. The American chestnut was once a dominant species in eastern forests until blight decimated it in the first half of the 20th century.

The keynote speaker will be Philip Rutter, chestnut grower/researcher and founding president of The American Chestnut Foundation. He will discuss “The Integrated Reproductive Ecology of Chestnuts.” Blight can be transported unknowingly on clothes and shoes; therefore, clean shoes and clothing will be required for both tours. While the West Salem stand is currently infected, Badgersett Research Farm is not. For more information about The American Chestnut Foundation visit: www.acf.org.

Oct. 17-20
Days Inn, La Crosse

PUBLIC IS WELCOME!
The American Chestnut Foundation invites the public from surrounding communities to attend the Saturday tour of the West Salem Stand at a promotional fee of $40, or $75 for the tour and keynote Saturday evening. Contact The American Chestnut Foundation at (802)447-0110 or chestnut@acf.org for details and mention “local fees.”

26th Annual Waterbird Society Meeting Planned

The Waterbird Society is a group of scientists and conservation-minded individuals interested in promoting the study and understanding of all types of waterbirds, such as herons, egrets, gulls, terns, waterfowl, etc. The society is international in scope and has members from all over the world, many who will attend the meeting.

The Waterbird Society annual scientific meeting, to be held in La Crosse, is the major event for members to present findings and hear what scientists from around the world have found out about waterbirds. The meeting will offer plenary sessions, concurrent paper and poster sessions, and will report the results of research and management of waterbirds. Evening receptions, a silent auction and field trips are also planned. The public is encouraged and welcome to attend the meeting. More information can be found on the Waterbird Society Web site: www.nmnh.si.edu/BIRDNET/cws.

Nov. 6-10
Radisson Hotel, La Crosse
Fee: $110 member fee, $140 after Sept. 15.
$65 student fee, $95 after Sept. 15. The fee includes instruction, two receptions and refreshments.

Death Dying and Bereavement: Honoring the Past — Living in the Present — Anticipating the Future

An International Death, Grief and Bereavement Conference. This conference is for: funeral directors, chaplains, clergy, hospice providers, nurses, social workers, case managers, counselors, anyone working with or experiencing grief or loss.

For more information, contact Gerry Cox, UW-L sociology/archaeology department, at (608)785-6773.

May 25-28, 2003
UW-L
Retirement time is the right time to continue learning

Interested in learning? In lively discussions? In sharing knowledge and exploring ideas? Then the Learning in Retirement (LIR) program may be what you’re looking for.

Through your life, you have realized the importance and joy of learning. Perhaps you no longer need to keep up with a career, but you certainly want to continue learning, expanding your horizons and enhancing your personal development. Your many interests and the wisdom of life experiences stimulate curiosity and satisfy the intellect when shared with your peers.

The purpose of LIR is to create an ongoing forum for adults who have mutual interest in intellectual pursuits and cultural enrichment. However, it’s more than that. It’s a place to meet new people, make new friends, keep up with the world, have fun and grow.

The focus of LIR is on classes, sometimes led by university or area experts, but often led by members of the organization themselves. Most important, the subjects are determined by peer interests. There are other LIR activities, such as lecture series, social events and cultural programs. The LIR is run by the members who join it.

Membership is open to all adults who have a commitment to learning and to participate in the organization, but the focus is directed toward those of retirement age.

Fall classes are currently being scheduled and topics include:

- Weather – Rafique Ahmed
- Birds – Fred Lesher
- Spanish for Tourists-Part II — Shirley Tock
- Beginning Bridge
- Intermediate Bridge
- Diversity – Lee Goodhart and Burt Altman
- Music Appreciation – Lorraine McIlraith
- Polish Language

An adventure in Cuba
Nov. 5-13, 2002

Cuba is one of the most intriguing and talked about destinations in the world. Now you can have the opportunity on a fully sanctioned tour by the United States government, without having to travel to Cuba from Mexico, Canada or the Bahamas. You can travel to Cuba directly from the United States because a license has been granted to the La Crosse Learning in Retirement (LIR) affiliate of Elderhostel for the year 2002.

Cuba will be explored from a historical and current perspective through visits to museums, historical landmarks, cultural centers, as well as hospitals and senior citizen centers. Participants will stay in four and five star hotels in Havana and Trinidad. Day trips and sight seeing of the rural Cuban countryside are scheduled.

The cost of the tour includes round trip flight from Miami to Havana, hotel stay in Miami prior to the tour, hotel stays in Havana and Trinidad, all meals except one dinner, bus travel on all planned excursions, admission fees for those events planned for the group, and lectures and discussions conducted by noted Cuban scholars.

This will be the first LIR group in the United States to go to Cuba and may not be offered again. This tour is open to any member of LIR. Learning in Retirement membership is open to all and can be arranged through UW-L Continuing Education and Extension at (608)785-6506.

READY TO JOIN?
For more information and a current LIR newsletter, call (608)785-6500

Adult Water Exercise
Exercise at your own fitness level with this popular conditioning program. Each class period begins with a stretching warm-up and continues with aerobic exercises and strength and flexibility activities. Cool down relaxers conclude the hour. Adults of all ages welcome.

SESSION 1
Sept. 9-Dec. 13
Wittich Hall pool, UW-L
Fee: $85; $95, includes parking fee

SESSION 2
Sept. 9-Dec. 13
Wittich Hall pool, UW-L
Fee: $60, two nights per week; $85, three nights per

For more information or to register, call (608)785-6529.
Instant Piano for Hopelessly Busy People

Learning to play the piano need not be a tortuous regimen of scales, exercises, note reading, counting and theory. It can be a simple matter of taking a few hours to learn how to play the piano the way the pros do — with chords — in this lecture/demonstration style class. Learn to play several songs right in class; then, perfect your techniques at home by following the 60-minute cassette tape provided by the instructor. This beginning course in chord piano techniques will have you playing favorite songs with both hands after the session. An ability to read treble clef is recommended.

Topics include: How chords work in a song; Musician’s “shortcuts”; How to “speed read” sheet music; How to handle different keys and time signatures; Simple techniques of “counting”; How to substitute for 12,000 complex chords.

The instructor, Craig Coffman, is in his ninth year of teaching the class to more than 8,000 students. For more information, visit: www.pianofun.com

Oct. 5
Center for the Arts, UW-L
Fee: $61, includes materials fee

Introduction to Arabic Studies

This class will provide an introduction to Arabic language, culture and customs. As part of the classroom sessions, participants will learn about culture and customs of Arabic-speaking countries, take an active role in understanding the language, have outside class participation (language tutorials, vocabulary reviews and more), and learn the Arabic language.

The class will cover basic fundamental Arabic culture and language and create an understanding of lifestyle in the Middle East. After these classroom sessions, participants will have a better understanding of that part of the world.

Jamal Alshehhi, from the United Arab Emirates, is a graduate student at UW-La Crosse working on a Master of Education-Professional Development degree. He is the president of the UW-La Crosse Muslim Student Association.

Sept. 26-Nov. 21
Cartwright Center, UW-L
Fee: $45

Introduction to Family History Online

Geared for the novice genealogist, this course will guide you through the initial steps of family history/genealogy research. Little or no background in basic genealogy research is fine. The class will offer recommendations in practical genealogy and guide you step-by-step through basic research strategies.

The learning modules are in two sections: offline and online (Web/Internet) research. Offline research covers the basics of organizing your data, locating records and utilizing existing sources. Each online session includes examples of related Web resources and where to find them and how to use them. Discover how to:

- Begin research on your own family project.
- Learn how to organize data and keep accurate records.
- Search and locate resources online.
- Communicate with other researchers online.
- Learn successful strategies for piecing together family history.

As a family historian, you record the history of your parents, grandparents, great-grandparents and so on. The process is a little like writing a mystery novel, piece by piece. You identify each person by recording the:
- Date and place of his or her birth
- Names of the parents
- Date and place of death
- Marriage date and place of each husband and wife
- Names of their children

The course is conducted by Web page, e-mail and asynchronous conference. The seven-week course will require a minimum time commitment of four hours per week. A complete set of instructions will be e-mailed to those registering.

Attend class from wherever you have access to a computer and modem. You can even keep up with your courses when you travel! Space is limited; register early. This is an anytime, anyplace course. There is no set class time — it meets in cyberspace.

Oct. 9-Nov. 27
Fee: $69
SEPTEMBER
Sedat Pakay, Photographer/Film Maker
Sept. 12-28
Opening Reception – Sept. 12, 5-7 p.m.
University Art Gallery, Center for the Arts

OCTOBER
“The Death of Zukasky”
By Richard Strand
Directed by Matt Burgos
Oct. 2-5 – 7:30 p.m.
Frederick Theatre, Thomas Morris Hall

“Book of Days”
By Lanford Wilson
Directed by Beth Cherne
Oct. 11-12, 17-19 – 7:30 p.m.
Oct. 13 & 20 – 2 p.m.
Toland Theatre, Center for the Arts

Fall Choral Concert
Oct. 12 – 7 & 8:30 p.m.
Annett Recital Hall, Center for the Arts

FEBRUARY
Gertrude and Otto Natzler,
Ceramics from the University Collection
Feb. 6-28
Opening reception – Feb. 6, 5-7 p.m.
Ulpanna Recital Hall, Center for the Arts

NEYBRILY
Gertrude and Otto Natzler,
Ceramics from the University Collection
Mar. 1
University Art Gallery, Center for the Arts

APRIL
All Student Juried Art Exhibition
April 3-19
Opening reception – April 3, 5-7 p.m.
University Art Gallery, Center for the Arts

“A Trip to Bountiful”
By Horton Foote
Guest Starring Mary Leonard &
Susan Rush
April 25-26 – 7:30 p.m.
April 27 – 2 p.m.
Toland Theatre, Center for the Arts

MAY
Senior Art Exhibition
May 1-9
University Art Gallery, Center for the Arts

“A Trip to Bountiful”
By Horton Foote
Guest Starring Mary Leonard &
Susan Rush
May 1-4 – 7:30 p.m.
May 5 – 2 p.m.
Toland Theatre, Center for the Arts

FOR MORE INFORMATION CALL:
Art: (608)785-8237
Music: (608)785-8409
Theatre: (608)785-8522
Master of Recreational Management offered in Milwaukee area

You can now take courses originating at UW-La Crosse via two-way interactive fiber optic connection with Concordia University. The program is designed so students don’t have to physically attend classes on the La Crosse campus, yet they can earn a master of science degree from UW-L. Students will attend structured distance education courses beamed to Concordia University in Mequon scheduled for Tuesday evenings. The program began September 2000 and is available to current professionals in the field of recreation and parks who hold a bachelor of science degree from an accredited college or university. Students have up to seven years to complete the program.

Commercial Rec Management
Covers business management techniques and skills currently used in the private sector of recreation. Emphasis is on business formation strategies, methods of capitalization, market planning, pricing and financial management.

Tuesdays
Origination site: UW-L
Receive site: Concordia University, Mequon, Wis.

Elementary Chinese I
Mondays-Thursdays
Origination site: UW-La Crosse
Receive sites: UW-Platteville

Elementary Japanese I
Mondays-Wednesdays and Fridays
Origination site: UW-River Falls
Receive sites: UW-La Crosse,

Elementary Russian I
Mondays-Thursdays
Origination site: UW-La Crosse
Receive sites: UW-Oshkosh

Intermediate Russian II
Mondays-Thursdays
Origination site: UW-La Crosse
Receive sites: UW-Oshkosh

Intermediate Japanese I
Mondays-Wednesdays and Fridays
Origination site: UW-River Falls
Receive sites: UW-La Crosse

Ojibwa Language
Thursdays
Origination site: UW-Eau Claire
Receive sites: UW-La Crosse