



JANUARY-AUGUST 2007

UW-L
 Continuing Education
 and Extension

Access

Connecting the university and the community



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Access

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.

Youth Program Learner Profile:

Brynn Sundberg (mother Cheryl Neubauer)

When asked, “Do you think you’ll attend college?” Brynn Sundberg, a 13-year old middle school girl, lets out a laugh, and answers matter-of-factly, “Yes! Of course! There’s no other option in my mind. What else would I do?! I want to become a second grade teacher.” Brynn attended last summer’s Young Scholars, a week-long pre-college program offered by CEE. “Coming to these [Young Scholars] classes and walking around campus just makes me more excited and want to go [to college] even more,” says Brynn.

CEE’s pre-college programs, targeted at middle school and high school students, are a great way to explore academic interests, learn about campus life and even make new friends. “I’ve enjoyed the interaction with the professors, class experiments and hanging out on campus,” says Brynn. Last summer was her second time attending Young Scholars and her first year at Girls in Science, another youth program which allows girls to experience living a college campus life with an overnight stay in a dorm room. “Staying in the dorm was so much fun, I can’t wait until I go to college and get to stay in a dorm,” adds Brynn.

Young Scholars and Girls in Science are just a couple of the ever popular summer youth programs offered by CEE that allow children the opportunity to learn through hands-on activities and participate in scientific experiments under distinguished faculty utilizing state-of-the art facilities.

“I’m impressed with the quality of education Brynn’s received through these summer programs and

equally important is the opportunity for Brynn to experience a college environment. It gives her a peek into what college may be like and takes away any fears from the unknown she may have,” says Brynn’s mother, Cheryl Neubauer. “She has walked away with a very positive experience.”





Youth Programs

Young Scholars

Students entering grades 5-9

Hands-on experiences that include inquiry, creativity, aesthetic expression and problem solving will be the focus of this program. TV Production, Fun with Physics, Amazing Body, and Law and Order are some of the workshops to be offered for highly motivated students.

July 9-13

UW-La Crosse

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

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 United States Geological Survey and the Upper Midwest Environmental Sciences Center.

June 12-13

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 23-24

UW-La Crosse

\$155

Business World® for Students

Business World® is a four-day program that brings high school students and business volunteers together on a college campus to learn about the challenges facing our free enterprise system. Participants will develop an “imaginary” company for the program with the task of turning the company into a financial success by determining selling prices, marketing costs, budgets for production, research and development and financing. For more information, contact Keith Hudson at 1(888)276-7953 or khudson@wischamberfoundation.org. See page 18 for Business World® for Teachers.

July 15-18

UW-La Crosse

“My son loved it! An exceptional experience. We would highly recommend this program to other parents and students.”

— Environmental Explorers parent



To register or
request more information:
(608)785-6500
www.uw/lax.edu/conted

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 15-19

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 21-24

UW-La Crosse

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 1, 2007.

Sept. 16-18

Pigeon Lake, Wis.

\$20

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 24-29

UW-La Crosse

Youth Programs



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.

Feb. 24-March 31, Saturdays, 8:15-11:30 a.m.
UW-La Crosse
\$149

“Very helpful in reducing some of the anxiety that goes with taking the ACT. Being knowledgeable of what to expect allowed me to concentrate more on the test itself with less apprehension.”

— ACT Prep Course participant

ACT Prep Course for Hmong Students and Parents

Designed to raise student test scores while helping parents and youth learn about college life.

Hmong students from La Crosse, Onalaska and Holmen school districts will complete a six-week test strategy course to prepare for the ACT exam. In addition, youth and parents will visit the campus, meet with student services and admissions, and attend a panel discussion of parents and students making transitions to college life. Students are invited to participate through their school counselors.

Feb. 1-March 31
UW-La Crosse

Academic Skills Workshop – A must for all high school students!

Learn the academic adjustments that need to be made when transitioning from middle to high school or from high school to college. Workshop covers time management, textbook reading, note taking and test preparation. You will also take the Learning and Study Skills Inventory (LASSI) to better know your study strengths and those areas needing improvement.

Jan. 27, 8:30 a.m.-2 p.m.
UW-La Crosse
\$49

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.



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 Peoples.

July 30

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.

Aug. 1

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).

Aug. 2-3

UW-La Crosse

\$130

Egypt

Students entering grades 4-6

Learn about mummies, pyramids and the people who lived in Egypt at the time of the pharaohs! Hands-on activities will include making a mummy case and mask and writing a message in hieroglyphics.

July 31

UW-La Crosse

\$55

See page 23 for additional Archaeology programs.

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.

Business Development

Geographic Information Systems (GIS) Certificate Program

Geographic Information Systems (GIS) are making a difference in governments, 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.

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.

The GIS Certificate Program is designed to teach individuals who have little or no knowledge of the field. Completion of two courses and a project or internship are required. Optional undergraduate credit is offered in conjunction with the certificate. Credit course participants complete additional assignments.

Applications of GIS I

Jan. 25-May 3, Thursdays, 6-9 p.m.

UW-La Crosse

Applications of GIS II

September - days & times TBD

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

For credit information or to register, contact Karen Hansen at (608) 785-6513; hansen.kare@uwlax.edu



Small Business Development Center

Information, Resources, Results.

UNIVERSITY OF WISCONSIN - LA CROSSE

UW-L Small Business Development Center works with you to build on your knowledge and years of hard-earned experience.

- Access world-class information resources of the UW System.
- Develop more control of your business through small business workshops, including marketing, finance, human resources and more.
- Discuss your management decisions and challenges with knowledgeable business advisers.
- Provide synergy and shared learning with customized training for your organization.

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 26

UW-La Crosse

\$20





Business Development

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 co-sponsored by the La Crosse Area Chamber of Commerce, Downtown Mainstreet, Inc., SCORE, the WTC Extended Education and Training Division, and UW-L's Small Business Development Center. For more information and a complete schedule, visit the SBDC Web site at www.uwlax.edu/sbdc or call the Greater La Crosse Area Chamber of Commerce at (608)784-4807.

Jan. 24, Feb. 28, March 28, April 25, May 23
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.

Jan. 18 or April 12
UW-La Crosse
\$25

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. 25 or Feb. 20 or March 20 or April 24 or May 24
UW-La Crosse
\$25

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. 8 or April 4 or March 8 or May 22
La Crosse, Wis.
\$25

Entrepreneurial Training Program

Whether just starting or expanding your business services, entrepreneurs who want to be successful in today's economy have a plan. The Entrepreneurial Training Program will guide you through the development of your business plan which, when complete, will position you for applying for funding from banks and public institutions.

Feb. 20-April 24, Tuesdays
UW-La Crosse
\$250 with successful grant application

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 1 or April 26
UW-La Crosse
\$25

Power Tools

A new set of tools for business owners!

Sponsored by our partners in small business, Wells Fargo and People's Food Co-op. Successful sales can power up your bottom line. Each session of Power Tools is designed to strengthen your tool box of selling skills. Attending all four sessions is encouraged but not required.

Feb. 1, 8, 15, 22
UW-La Crosse
\$25, individual session; \$80, entire series

Supervisory Management Certificate Program

Concerned about doing their jobs well, managers look to our seminars for practical discussions about issues that face work groups in every business setting.

These seminars 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
- 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 1(800)582-5182 or (608)785-8783.

International Business Development

Watch for more information on ...
New Global Commerce and Culture Series

Country-specific focus on cultural background, especially cultural issues that impact business relationships.

Business Certified Global Business Professional Training seminar will prepare international professionals for the national certification exam.

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.

Feb. 13-14

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.

March 20-21

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.

Jan. 23-24 or May 8-9

UW-La Crosse

ELECTIVE SEMINARS

Facing Conflict Head On!

Conflict in organizations is inevitable, because all important relationships go through times of impasse. When managed productively, however, conflict serves as an important catalyst for initiating change. Discuss the conflict “process,” examine frequent causes of organizational conflict, learn a process for diagnosing root causes of impasse and much more.

Jan. 25-26

UW-La Crosse

Negotiation Skills

We negotiate constantly. Project deadlines, work assignments, budget and human resource allocations are some common reasons for good negotiation skills. You will focus on the strategies, skills and motivations for negotiating win-win outcomes. You will apply the concepts both to everyday interactions and specialized contract or conflict situations and learn how to efficiently reach satisfying agreements for both parties in a negotiation.

March 6-7

UW-La Crosse

Managing Projects and Project Teams

Learn long-range project planning techniques, how to run efficient team meetings and how to review systems for organizing multiple projects. We touch on aspects unique to project teams such as generating project “buy in,” enlisting power brokers for project support, solving unexpected problems and developing strategies for handling crisis situations.

April 17-18

UW-La Crosse

Tools and Techniques for On-the-Job Training

Workplaces are in a constant state of flux — you hire people, buy equipment and initiate new procedures that require learning new skills. This practical seminar will help you set up one-to-one job instruction training so tasks are efficiently mastered. You practice by conducting mini-training sessions with another class participant and receive immediate feedback which reinforces your skills.

May 15-16

UW-La Crosse



Community Health

Grant Seeking in Health, Human Services and Education Professions

Applicable to most disciplines and areas of interest, this course includes locating and communicating with funding agencies, writing and reviewing grant proposals, analyzing requests for proposals (RFPs), using technology in grant seeking, and implementing and evaluating grant funded projects.

Jan. 26-27, Feb. 23-24, April 6-7
Tomah, Wis.
3 credits (UG/GRAD)

Worksite Wellness for Schools: How to Plan, Implement, Evaluate a Program for Your District

Learn how to develop implement and evaluate a worksite wellness plan for your school district. This workshop will provide knowledge and skill development in: worksite wellness programs that have succeeded in other school districts; development of a district's mission, goals, objectives; assessment of your district's health needs and assets; planning activities that align with assessment data, creating impact and evaluation for activities; marketing and promoting your district's wellness program; and increasing employee participation and motivation of staff. Includes hands-on experiential training and follow-up activity.

Feb. 23, 24, April 27, 28
Onalaska, Wis.
2 credits (UG/GRAD)

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 18, 19, June 1, 2, 8, 9
UW-Marshfield
3 credits (GRAD)

Mark your Calendar!
Stress Management & Relaxation Skills
Sept. 28-29
UW-Marshfield
1 credit (UG/GRAD)



Community Health



New Year Vision Workshop: Achieve Your New Year Goals

Create a clear and focused New Year vision. Using the M-O-V-E process, movement, breath and more, connect with your creative genius within and align with your heart's desires for more life fulfillment. Develop inner wisdom and practical movement toward a positive future.

Jan. 20

La Crosse, Wis.

\$84

Spirituality and Type Retreat

The theory of psychological type, made accessible through the Myers-Briggs Type Indicator (MBTI), helps people understand natural differences in how we perceive the world around us, process information, make decisions and find renewal. Psychological type and spirituality share a great deal of common ground. Participants will experience different spiritual practices to identify how different types perceive spirituality, gain fresh insights into their own spiritual journeys and understand how different spiritual practices can offer rest and renewal for the spiritual journey. Individuals will develop a framework for understanding patterns, based on type, of what attracts people to the spiritual journey and what pushes them away.

April 27-28

La Crosse, Wis.

\$225

“A great deal of interactions and opportunities to apply the material to our own lives. It was great.”

— Spirituality and Type Retreat participant

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. Three tracks will be offered focusing on: overweight and obesity; substance use and abuse; and human sexuality and individual responsibility.

Feb. 8

Oshkosh, Wis.

Wisconsin Health Education Network (WHEN) Annual Meeting: Health Literacy — What is it and what can we do about it?

This year's annual meeting focuses on defining literacy, health literacy, the magnitude of the problem in the United States and identifying people at increased risk of low literacy; demonstrating methods to improve verbal communication with others, especially low literate adults; and identifying the important issues to address when developing educational documents for low literate adults.

May 22

Appleton, Wis.

\$84

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.



Human Services

Coulee Region Long Term Care Workforce Coalition

A significant long term care workforce shortage is looming, driven by growth in the aging population and the complexity of issues surrounding the provision of long term care. Low wages and few benefits, physically and emotionally demanding work, and limited worker support, recognition and empowerment are everyday realities for the providers that care for elders and disabled people. Fortunately, Wisconsin has a long history of grass roots activism to solve community problems. Coalitions and collaborations; political activism and advocacy; leadership and professional development are the antidotes to this unfolding crisis.

The Coulee Region Long Term Care Workforce Coalition, with over 25 major providers and advocates represented, is poised to bring local solutions to life. Its mission is to address workforce recruitment, retention and recognition issues in the area.

Providing quality education addresses the key workforce issues of recruiting and retaining quality staff. Our existing Gerontology Certificate programs equip learners with current information, best practices and leadership skills that lead to increased levels of motivation, skills and confidence. A new project, funded by a UW-Extension EDvantage grant, delivers leadership development programming targeted at mid-level supervisors who often are the key to reducing staff turnover. The collaborative efforts of the Coulee Region Long Term Care Workforce Coalition and CEE may help to bring solutions to this complex problem.

Leadership Development for the Long Term Care Workforce

Strengthening the relationship between supervisors and direct care workers is an important strategy for addressing critical workforce issues in long term care. In partnership with the Coulee Region LTC Workforce Coalition, this three-stage program addresses effectiveness in communication, problem-solving, team building, leadership development and continued professional development within the participants' work setting.

This workforce development project is funded through the EDvantage grant program of UW-Extension. For more information, contact Andrea Hansen (608)785-6509 or hansen.andr@uwlax.edu.

7 Rivers Psychological Association

In partnership with UW-La Crosse Continuing Education, this professional association offers relevant continuing professional development and education opportunities to licensed psychologists and other mental health professionals in the 7 Rivers Region. Recent workshops include "Poetry, Writing, and Personal Development" and "Substance Abuse, Adolescents and Communication Strategies." To become involved with the 7 Rivers Psychology Association, contact Dr. Kevin Rooney at (608)791-9555 or Dr. Rob Dixon at (608)785-6893 or visit the Association's Web site: www.uwlax.edu/psychology/7riverpsych/ UW-La Crosse Continuing Education and Extension is approved by the American Psychological Association to sponsor continuing education for psychologists.

Human Services



Spanish Medical Terminology

Coulee Region health care providers and other critical services increasingly encounter Spanish-speaking patients and clients. Accurate understanding of Spanish medical terminology is critical to responding to needs, treating illness and injury, processing medical transactions, and developing an effective relationship with patients and clients. Because medical records are used in insurance claims and legal actions, comprehension of Spanish terms offers additional protection.

Spanish Medical Terminology is designed for those who work in care giving professions and who need to communicate effectively with Spanish-speaking patients and clients.

This program will enable you to:

- Recognize and utilize basic Spanish medical terminology to communicate with Spanish-speaking patients in care giving setting.

- Develop cultural competency and confidence in working with Spanish-speaking patients, clients and families.
- Work more effectively with medical interpreters and translators in delivering health care and other services.
- Develop a network of resources to aid in communicating with Spanish-speaking patients and clients.

Who should attend:

Physicians, nurses, technicians, assistants, social workers and those who work in the health care and human service field.

April 13, 20, 8:30 a.m.-5 p.m.;

April 14, 21, 8:30 a.m.-12:30 p.m.

Health Science Center, La Crosse, Wis.

\$285

Wisconsin Caregiver Pilot Abuse and Neglect Prevention Training

Wisconsin is one of three states to receive funding to create innovative abuse and neglect prevention programs, with La Crosse County chosen as one of four state demonstration sites. The primary goal of this training is to reduce the incidence of abuse, neglect and misappropriation in long-term care settings. The program utilizes multiple modes of delivery, including experiential learning and topical workshops.

The Caregiver Project provides a unique learning opportunity for a variety of caregivers, managers and administrators in nursing homes, long term care hospitals, hospices, home health agencies, intermediate care facilities for persons with developmental disabilities, community based residential facilities (with nine beds and up), and personal care worker agencies.

This program is provided by the Wisconsin Department of Health and Family Services and UW-Oshkosh in partnership with UW-L Continuing Education and Extension. For more information and program registration details, contact Jan Navis at (608)243-3876.



Human Services

Gerontology Certificate Program – 60 hour program

The Gerontology Certificate Program consists of 60 hours of core workshops: Foundations of Gerontology, Social Issues of Aging, The Psychology of Aging, Drugs and Aging and Physiology of Aging. Participants will be able to complete the program in approximately one year.

Advanced Gerontology Certificate Program – 120 hour program

The Advanced Gerontology Certificate Program is designed to give participants in-depth knowledge through core workshops and allows for individual focus through additional learning opportunities. It will take approximately two years to complete all aspects of this certificate.

Scholarships

Scholarships are possible for those who face financial limitations through our generous supporters: La Crosse Community Foundation, Norman L. Gillette, Sr. Family Fund, Franciscan Skemp Foundation, Franciscan Sisters of Perpetual Adoration and Gundersen Lutheran Community Contributions Fund. Call (608)785-6508 to request a scholarship application form.

Social Issues of Aging

Explore the social aspects of aging from the societal, community and family perspectives. Major topic areas include work and retirement; health and illness; aging in the family; special care needs of elders; access, advocacy, and ethics; and public policy and aging.

Feb. 16-17
UW-La Crosse
\$120; \$100 certificate participants

Physiology of Aging

Gain insight into the physical and physiological changes that occur in an individual with increasing age. Explore the impact of these changes on the day to day activities of the elderly. The workshop presents 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 are examined.

April 20-21
La Crosse, Wis.
\$120; \$100 certificate participants

Living with Dying

Many of us who work with older adults are faced with the dying process on a daily basis. We are often faced with the challenge of sustaining life while accepting the inevitability of death. In this workshop participants will learn to assist people in discussing their hopes and fears related to dying and help individuals find meaning in the dying process. Lecture, video, and group discussion will focus on values, patient rights, medical options and emotional factors contributing to our and our culture's attitudes about dying and death.

Jan. 18 & 25
UW-La Crosse
\$70; \$60 certificate participants

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.

March 17
UW-La Crosse
\$70; \$60 certificate participants

*"I feel like I participated in a "cutting edge" program. The offerings were varied and stimulating."
 — Gerontology Graduate*



Human Services

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 17).

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 18-21

\$340

Custom Programs

Continuing Education and Extension's (CEE) custom programs are dedicated to providing the finest professional development opportunities for nonprofit, business, education, government and other organizations throughout the 7 Rivers Region. Our custom programs are designed to support strategic organizational objectives as well as to meet specific skill development needs of the work force.

Our staff will work directly with you to assess needs, identify educational resources, coordinate the delivery of programs and services and ensure your satisfaction.

Our programs can be offered on campus, at your workplace, at other locations or through distance education technology. Delivery can be scheduled for days, evenings or weekends.

Use CEE's custom programs as an alternative or supplement to your own in-house training.

Benefits

- You determine when, where and what
- You select the participants
- Your employees learn together as a staff/team
- Everyone receives the same information at the same time
- Skills learned one day are put to use the next
- You achieve across-the-board results
- Customized programming is cost-effective

Contact us at (608)785-6500 to determine how we can work with you.



Autism A Mother's Story

Adam's story began one year ago when at the age of two, daycare providers noticed small changes in his behavior and brought them to the attention of his mother, Susan. "The daycare staff indicated that Adam wouldn't come when his name was called, he seemed to have a hard time listening to and following directions, and he preferred to play alone," says Susan. Although this brought some concern, she and her husband, Jim did not observe those characteristics at home. Then, this spring, Susan noticed that Adam would make odd hand gestures and started walking on his toes. "My parents also began voicing concerns," says Susan. In May, Susan and Jim brought their son to Gundersen Lutheran to be tested for a spectrum disorder and were told that Adam has autism.

After being diagnosed, a friend suggested attending the Autism Spectrum Disorders program, offered by CEE that targeted not only professionals but parents of a child with autism. "The timing was perfect, and I felt it was a great way to get educated," states Susan. "I was able to meet other mothers of children with autism and share strategies as well as learn about alternative therapies available for my son. The resource materials given to participants in the program were so valuable."

Autism is a complex developmental disability that affects an individual in the areas of social interaction and communication. Autism is a spectrum disorder that affects each individual differently and to varying degrees of severity. "Although Adam is considered 'highly-functional,' we are not letting our guard down. We will work with him continually to make sure he benefits from the many specialized programs available," notes Susan.

(Fictitious names have been used to protect the identity of the family.)



Science

Program Impact Report: Basic Wetland Delineation Workshop

The Basic Wetland Delineation workshop trains people to recognize and delineate Wisconsin wetlands through classroom instruction and field exercises taught by leading government experts in hydrology, vegetation, soils and wetland policy. The program was developed to address the large number of inaccurate and inconsistent wetland delineations that were coming out of both the public and private sectors.

The program involves partnerships with CEE, UW-La Crosse River Studies Center, and state and federal agencies. Each year the workshop is offered in La Crosse and one other location throughout the state. Engineers, planners, scientists, resource managers, local and tribal officials, and other interested parties who deal with wetland delineation in Wisconsin complete 20 hours of instruction.

Many participants appreciated having a representative from each governmental agency present to assist with the learning. “This was an excellent opportunity for communication and cooperation between private consultants and government agencies,” says one Wetland Delineation participant. “The field component was great in terms of making theories more real. There was a good balance between the field and the classroom,” added another.

Accurate, uniform and consistent delineations coming out of the public and private sectors are improving state-wide, thus saving a tremendous amount of time for government officials.

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 21
Madison, Wis.
\$40

Basic Plant Identification for Wetland Delineation

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.

May 14-16 or May 16-18
Waukesha, Wis.
\$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.

July, 23-25 or **Aug. 13-15**
UW-La Crosse **Waukesha, 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.

July 25-27 or **Aug. 15-17**
UW-La Crosse **Waukesha, Wis.**
\$425 **\$425**

Summer Institute at Kickapoo Valley Reserve



Experience the beauty and mystery of this wonderful resource while earning up to 6 credits!

The Institute offers four courses 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, historical and cultural facets of this unique region and how these interact with one another. To inquire about lodging opportunities in the Kickapoo Valley, e-mail Kickapoo.reserve@krm.state.wi.us.

Teacher Education



Art in the Natural World: Off the Beaten Path II

Using the natural world as inspiration, first time students will explore simple media such as pastels, fibers and ink to create drawings, sculptures and an “artful” journal. Returning students will delve deeper into a medium of their choice or examine new ways to translate workshop activities to their own art and/or classroom activities. All activities will be designed to be useful in the PK-12 classroom, enriching content across the curriculum.

**June 25-29 • 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 9-13 • La Farge, Wis.
2 credits (UG/GRAD)**

Kickapoo Rock — Experiencing Geology in the Kickapoo Valley

An “up close and personal” study of the geology of the Kickapoo Valley watershed, this class examines the geological history of the area, including the rocks, minerals and soils found here. Materials and procedures are adaptable for use with a wide range of educational levels in the classroom. Field trips take you to mossy river cliffs, hidden shelter caves, beautiful wind-carved sculptures and finally to the high bluff-top goat prairies.

**July 23-24 • La Farge, Wis.
1 credit (UG/GRAD)**

That Dam History — A Study of the La Farge Dam Project

A flood-control dam north of La Farge was authorized in 1962 to protect the community from constant flooding. The project ignited a controversy that swept this rural area into the national spotlight before it was halted in 1975. Understand the effect of this massive federal project on the people of this rural valley who lost their homes to it. Relive the memories of these turbulent times as you walk the land where it actually happened — today, the Kickapoo Valley Reserve. You will take away practical applications for teaching important local history topics in their own classrooms and the rich history of this local landmark.

**July 25-26 • La Farge, Wis.
1 credit (UG/GRAD)**

Educational Psychology: Learning and Instruction

(For distance option, see page 20)
This course will provide you with consideration of psychological principles, concepts, processes, and interpretations of human learning and cognition and related empirical evidence. Emphasis is given to those most relevant to establishing effective conditions for instruction and learning in schools. Available both on campus and via distance technology.

**Jan. 25-May 4, Thursdays
UW-La Crosse
2-3 credits (GRAD)**

Introduction to Autism Spectrum Disorders

(For noncredit option, see page 15)
Students with Autism Spectrum Disorder (ASD) and other pervasive development disorders span a wide range of 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. You will identify characteristics of Autism Spectrum Disorders and implement a variety of strategies in the school, home and community environments to meet the needs of students with ASD.

**June 18-21, 29
2 credits (UG/GRAD)
(see page 15 for description of certificate)**



Teacher Education

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

UW-La Crosse offers the ME-PD Learning Community program throughout the state based on requests from educators. The degree is designed for PK-12 classroom teachers, school professionals 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 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. enables you to earn a master's degree while maintaining a career and personal life.

Check our Web site for weekend dates and locations:
www.uwlax.edu/mepd/lc

For more information, admission materials or questions, call toll-free 1-866-895-9233 or e-mail at 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 in collaboration with CESA #4 received a Wisconsin Department of Public Instruction grant to establish 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 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 2007, 2008 and 2009.

"The ME-PD Learning Community provides a more customized approach in professional development than the traditional format. Action research is an extremely effective tool for today's classroom/work environment. It allows community members to share and discuss current research and gives them a means of applying and measuring the effectiveness of that research."
— Bonnie Roscovius, ME-PD Learning Community graduate student

Business World® for Teachers

Business World® for Teachers is a three-day program that gives participants the opportunity to gain valuable knowledge that can help better prepare students for their transition from school to work through direct exposure to business professionals and situations, improve professional development skills by getting an inside look at current workplace practices and trends, learn to become well-connected to the business community through networking first-hand with company executives, and meeting fellow peers to share curriculum ideas. For more information, contact Keith Hudson at 1-888-276-7953 or khudson@wischamberfoundation.org. Credit is available for teachers, call (608)785-6513 for information. See page 3 for Business World® for Students.

July 16-18

UW-La Crosse

Teacher Education



Mark Your Calendars!

Wisconsin State Reading Association 2007 Convention: “Making a Difference...Making It Different”

Join leaders in reading and literacy and other educators from around the state to engage in discussions of best practices, new directions and implications of No Child Left Behind on reading instruction. This conference will examine multiple means for evaluating current policy and classroom practice. For more information, contact Delores Heiden at heiden.delo@uwlax.edu or visit www.wsra.org/convention. Graduate credit available.

Feb. 8-10

Milwaukee, Wis.

26th Annual Wisconsin Reading Research Symposium — Literacy Research in Action: Accountability, Authenticity and Advocacy

A solid foundation in literacy research is the essence of accountability in education, the under-girding of authentic practice and the impetus for advocating for best practice that benefits children. Intended for practicing PK-12 teachers, reading professionals, and/or graduate students in literacy, this year’s symposium reinforces the understanding that good practice is grounded in research. For more information contact Dr. Delores Heiden at heiden.delo@uwlax.edu.

Presenters include:

- Dr. Camille Blachowicz, National-Louis University
- Dr. Mingshui Cai, University of Northern Iowa
- Dr. Margaret Finders, University of Wisconsin-La Crosse
- Dr. Dawnene Hassett, University of Wisconsin-Madison
- Drs. Dale and Bonnie Johnson, University of Wisconsin-La Crosse
- Dr. Christine Pappas, University of Chicago

June 15-16

Madison, Wis.

Substitute Teacher Workshop

Learn practical techniques used by successful teachers experienced in PK-12 teaching and administration. This workshop provides critical information for potential substitute teachers. Participants must possess a bachelors degree to be eligible for a substitute teaching permit issued by the Wisconsin Department of Public Instruction. Topics will include: applicable state laws for classroom teachers, classroom management techniques, lesson planning, techniques for delivery of instruction, “survival” techniques, tips for communication within the school district, and opportunities for interaction between workshop participants.

March 24

UW-La Crosse

\$61

“The instructor had 43 years of teaching experience, which made this a valuable asset of the program. This program presented materials and many teaching skills, which are needed for a substitute program.”

— Substitute Teacher Workshop attendee



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

Origination site: UW-La Crosse

Receive site: UW-Stevens Point

CHI 202 Intermediate Chinese II

Origination site: UW-La Crosse

Receive site: UW-Stevens Point

MLG 102 Elementary Japanese II

Origination site: UW-River Falls

Receive site: UW-La Crosse

MLG 202 Intermediate Japanese II

Origination site: UW-River Falls

Receive site: UW-La Crosse

MLG 102 Elementary Hmong II

Origination site: UW-La Crosse

Receive site: UW-Stevens Point

See page 20 for description

MLG 304 Advanced Hmong Heritage Language

Origination site: UW-La Crosse

Receive site: UW-Stevens Point

See page 20 for description

RUS 102 Elementary Russian II

Origination site: UW-La Crosse

Receive site: UW-Oshkosh,

UW-Stevens Point

RUS 202 Intermediate Russian II

Origination site: UW-La Crosse

Receive site: UW-Oshkosh,

UW-Stevens Point

Elementary Hmong II

Students will build on their basic knowledge of the Hmong language gained in Elementary Hmong I. Additional vocabulary and grammar acquisition will enhance fluency and build confidence in students' reading, writing and oral Hmong language skills. Students who enjoyed Elementary Hmong can anticipate working again with Dr. Bee Lo, who will present this continuation of the Hmong language for non-native speakers. Pre-requisites: MLG 101.

Jan. 23-May 4, Tuesdays,

Wednesday, Thursdays

Origination site: UW-La Crosse

Receive site: UW-Stevens Point

4 credits (UG)

For more information or to register for either of the above Hmong courses contact Karen Hansen (608)785-6513; hansen.kare@uwlax.edu

Advanced Hmong Heritage Language

Native Hmong speakers will substantially build their vocabulary and increase their reading, writing and oral language skills. Dr. Bee Lo, an experienced instructor from the local La Crosse Hmong community, will explore common cultural practices in the Hmong-American community to deepen students' knowledge and understanding of the language itself.

Jan. 23-May 4,

Tuesdays, Thursdays

Origination site: UW-La Crosse

Receive site: UW-Stevens Point

4 credits (UG)

Online Credit Gerontology Certificate Program

The Online Credit Gerontology Certificate Program, an 18-credit undergraduate or CEU program, uses the Internet to bring UW education to working professionals around the country. Because courses are taught using the Internet, they are accessible any time, whenever and wherever convenient. All courses are entirely online; students never have to come to a campus. Even the practicum is arranged in a student's geographic area!

The Online Gerontology Certificate program is appropriate for those with a personal or professional interest in the field of aging, including health care professionals, human service providers, primary caregivers and educators. For more information or to register, visit www.learn.wisconsin.edu/gerontology, contact an education specialist, toll-free, at 1(866)374-1326 or e-mail: gerontology@learn.uwsa.edu.

Foundations of Gerontology

Jan. 22-March 16

3 credits (UG)

Educational Psychology:

Learning and Instruction

(See description on page 17)

Jan. 25-May 4, Thursdays

Origination site: UW-La Crosse

2-3 credits (GRAD)

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. For more information and registration, contact the College of Business Administration at (608)785-8090.

Calendar of Events



JANUARY

UW-L Jazz Fest Concert
Jan. 20, 7 p.m.
Valhalla, Cartwright Center

Christopher Carter (Mentalist)
Jan. 25, 7 p.m.
Valhalla, Cartwright Center

FEBRUARY

Sculpture Works by Cambid Choy, Robert Tom and Tetsuya Yamada
Feb. 2-28
University Art Gallery, Center the Arts

UW-L Vocal Jazz Fest
Feb. 3, 5 p.m.
Graff Main Hall Auditorium

Three Beers 'Til Dubuque - Band
Feb. 9, 7p.m.
Valhalla, Cartwright Center

Big Band Cabaret
Feb. 23 & 24, 7:30 p.m.
Valhalla, Cartwright Center

The World Goes 'Round
A musical review (Music and Lyrics by John Kander & Fred Ebb)
Feb 23 & 24, 7:30 p.m.; Feb. 25, 2 p.m.
Toland Theatre, Center for the Arts

MARCH

The World Goes Round
A musical review (Music and Lyrics by John Kander & Fred Ebb)
March 1-3, 7:30 p.m.; March 4, 2 p.m.
Toland Theatre, Center for the Arts

Sculpture Works by Cambid Choy, Robert Tom and Tetsuya Yamada
March 1-3
University Art Gallery, Center the Arts

Symphonic Band Concert
March 5, 7:30 p.m.
Annett Recital Hall, Center for the Arts

Concert Choir Winter Concert
March 6, 7:30 p.m.
Annett Recital Hall, Center for the Arts

Ko-Thi (African dance/drumming)
March 7, 7 p.m.
Toland Theatre, Center for the Arts

Orchestra Masterworks Concert Series II
March 7, 7:30 p.m.
Viterbo Fine Arts Center

Wind Symphony Concert
March 8, 7:30 p.m.
Annett Recital Hall, Center for the Arts

Battle of the Bands
March 21, 7 p.m.
Valhalla, Cartwright Center

Shelter Dance Modern Dance Theatre
(Shelter Repertory Dance Theatre Company & UW-L Theatre Arts)
March 22 & 23, 7:30 p.m.
Toland Theatre, Center for the Arts

UW-L Pops Concert
March 23 & 24, 7:30 p.m.
La Crosse Center Ball Room
300 Harborview Plaza, La Crosse

Eliot Chang (comedy/lecture)
March 28, 7 p.m.
Graff Auditorium, Graff Main Hall

All Student Juried Exhibition
March 30-31
Reception and Awards:
March 30, 5-7 p.m.
University Art Gallery, Center the Arts

Tale of the Mouse (African Tales)
A children's show by Anita Gustafson
March 31, 11 a.m. & 1 p.m.
Frederick Theatre, Morris Hall

APRIL

All Student Juried Exhibition
April 1-13
University Art Gallery, Center the Arts

Korean Percussion and Women's Salmulnori Ensemble's Concert
April 17, 6 p.m.
Annett Recital Hall, Center for the Arts

bobrauschenbergamerica
(A drama by Charles Mee)
April 20-21 & 26-28, 7:30 p.m.
April 22 & 29, 2 p.m.
Toland Theatre, Center for the Arts

Senior Student Exhibition
April 20-30
University Art Gallery, Center the Arts

Spring Jazz Concert
April 22, 7 p.m.
Valhalla, Cartwright Center

UW-L Choral Union & the La Crosse Symphony Orchestra "Messiah"
(parts 2 & 3) by G.F. Handel
April 27 & 28, 7:30 p.m.
Fine Arts Center, Viterbo University

Symphonic Band Concert
April 28, 2 p.m.
Annett Recital Hall, Center for the Arts

Wind Ensemble Concert
April 28, 4 p.m.
Annett Recital Hall, Center for the Arts

Women's Chorus Spring Concert
April 29, 3 p.m.
Annett Recital Hall, Center for the Arts

MAY

Festival of Three Choirs
May 3, 7:30 p.m.
Toland Theatre - Center for the Arts

Orchestra Masterworks Concert Series III
May 5, 7:30 p.m.
Fine Arts Center, La Crescent High School,
1301 Lancer Blvd., La Crescent, Minn.

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, please call (608)785-8892 or www.uwlax.edu/cab.



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.

Planned 2007 spring classes include:

- Geography of Wisconsin
- Culinary Tour, Minneapolis. Minn.
- History of Wine: From Tobacco to Wine
- Stonefield Village, Cassville

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.

Incredible India

Oct. 30-Nov. 16

A Learning in Retirement trip is planned to visit Asia's spectacular sub-continent, India. This trip is unique. In addition to visiting world heritage sites and legendary cities like Bombay, Agra (the Taj Mahal), and Jaipur, the group will also travel to the South of India to Goa, the backwaters of Kerala, and Cochin. Unlike other tours to India, there will be visits to schools, and a hospital, an Indian style cooking demonstration and a tour of Bollywood. All meals and deluxe hotel accommodations are included. The group size will be under 20 participants, so early registration is recommended.

\$7,485 per person, Learning in Retirement members; \$7,520 per person non-members.

Price includes domestic flights in India, all meals, guided sightseeing, luxury hotels, pre-departure seminar and much more. Price does not include international flight to India.

For a detailed itinerary or questions contact: Jan Olson, UW-L Continuing Education/Extension, (608)785-6506, olson.jani@uwlax.edu
Burt and Norma Altman, (608)788-0424, altman3131@aol.com or visit our Web site www.uwlax.edu/conted/html/learning-in-retirement.htm



Leisure



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, Wisconsin.

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. This program is offered in partnership with Elderhostel. For more information, contact Elderhostel at 1-877-426-8056.

July 17-23 OR Sept. 8-14

Julia Belle Swain, La Crosse

Jazz on the Mississippi Elderhostel Program

The Great River Jazz Fest is in its 22nd 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. This program is offered in partnership with Elderhostel. For more information, contact Elderhostel at 1-877-426-8056.

Aug. 1-6

La Crosse

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 30-Aug. 1

UW-La Crosse

\$310

One-week Field School:

July 30-Aug. 3

UW-La Crosse

\$460

Adult Water Exercise

Adults of all ages welcome.

Session I

Jan. 17-May 5, Monday, Wednesdays and Fridays, 8:45-9:45 a.m.

UW-La Crosse

\$90

Session II

Jan. 17-May 5, Mondays-Thursdays, 6-7 p.m.

UW-La Crosse

\$67, two nights per week;

\$90, three nights per week

For more information call Sue White at (608)785-6529 or white.susa@uwlax.edu.



Death, Grief and Bereavement Conference: Learning from the Past and Present, Planning for the Future

Expand your knowledge of the grief process, network with others in the field and develop skills needed for a variety of grief situations. This conference will offer useful and relevant strategies for helping individuals faced with loss. Workshops and presentations are designed to engage both the professional as well as those dealing with personal grief.

Featured conference speakers are:

Dr. Charles Corr
Pat Schweibert
Tom Golden
Dr. Harold Ivan Smith
Rabbi Earl Grollman
Dr. Rob Stevenson
Fritz Roth
Joy Johnson
Rev. Dick Gilbert
Rev. Wanda Henry Jenkins

June 3-6

UW-La Crosse

"I received great information and gained ideas from others. I will incorporate a number of the skills learned in my job as a grief counselor."

— *Death, Grief and Bereavement participant*

22nd Annual Wisconsin Institute for Peace and Conflict Studies (WIPCS) — Multiculturalism, Pluralism and Globalization

A multidisciplinary conference on the roots of violence, national and global security issues, including ecological security and all factors necessary for global peace in the post-Cold War world. This conference serves those who want to enhance their understanding of war, peace, justice and environmental issues. Attendees will include secondary educators, post secondary educators and the general public

Oct. 4-5

UW-La Crosse

Ireland Walking Tour

The Islands, Mountains and Coastlines of Connemara and County Mayo
Join Jim Gallagher, UW-La Crosse professor emeritus, as he guides you through the scenic countryside and takes you to destinations not visited by most tourists.

- Breathtaking scenery along the rugged sea cliffs, beautiful islands and mountains of the coast of County Mayo.
- Exhilarating hikes and walks viewing a spectacular countryside; nesting shore bird colonies; spring wild flowers; archaeological and historic sites; and traditional Irish culture and music.
- Local Irish guides and experts; great food and accommodations!
- Small groups size (14-16 maximum) builds great camaraderie.
- Van transport for all luggage — No need to carry heavy packs on the trail

For a complete itinerary and further details:

www.uwlax.edu/conted/tours (608)785-6506 or (608)784-8042

June 14-23

The Annual Chicago Art and Theater Tour

As one of the most acclaimed and influential living artist, Jasper Johns (b.1930), has been the subject of numerous exhibitions in many countries. The Chicago Art Institute has put together an outstanding collection of John's works, examining for the first time the artist's use of gray in his paintings, sculptures, prints and drawings from 1955 to the present. This is a show not to be missed — more than 100 works will be featured. Some of his most expressive rich statements are made in gray.

We will also visit the Impressionist paintings of the Art Institute and the many other areas of interest. A Saturday evening theater event will be announced at a later date. Join us for our annual venture to Chicago, and have some fun.

Nov. 3-4