

# Access

Spring/Summer 2003

**UW-L**  
Continuing Education  
and Extension



## Connecting the University and the Community

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## UW-La Crosse leading an education-based economy

The state of Wisconsin's future economic prospects are tied in large part to increasing the educated populace. Education is a significant link to raising incomes and improving the state's economy. The investments made in higher education pay off for a lifetime. Higher education is an investment in the future, not another form of state spending.



Ron Lostetter

The University of Wisconsin-La Crosse — with its programs, resources and partnerships — is helping to drive the development of an education-based economy. We are positioned to link university resources with emerging community needs to meet the state's economic challenges.

This issue of *Access* offers you many opportunities to invest in yourself, whether you are enhancing current skills or learning new ones. Please take the time to pick a class or two that fits your needs. You will be glad you did, for a lifetime!

Sincerely,

Ron Lostetter  
Vice Chancellor

As part of a statewide Hmong educational needs assessment funded by UW-Extension, focus groups met at nine sites throughout Wisconsin last January and February. From the research conducted, three key areas were identified as challenges facing the local Hmong community: family, education and economics. Continuing Education is working with an advisory group to put some of the findings into action. One such effort is to create a program on successful parenting of middle and high school children to address the challenges Hmong parents face when raising teenagers.

## Parenting Teens: The Joys and the Challenges Facing Hmong Parents

Join Cher Teng (Timothy) Vang as he helps Hmong parents develop more effective ways to communicate with their teenagers. Vang is well respected throughout the Hmong communities in the United States. He has a doctorate in ministry from the Fuller Theological Seminary in Pasadena, Calif., and a master of divinity from the Canadian Theological Seminary.

Vang has most recently served as the senior pastor at the Sacramento Hmong Alliance Church. He is the former district superintendent of the Hmong District of the Christian and Missionary Alliance. Vang also has ties to Wisconsin. He was the founder of the Fox Valley Lao/Hmong Mutual Assistance Association. Vang has worked with families and teens to help them succeed in all areas of their lives. He has taught Hmong parents in Sacramento how to help their children succeed in education.



Cher Teng  
(Timothy) Vang

March 1 • 9 a.m.-1 p.m.

Great Hall, Cleary Alumni & Friends Center, UW-La Crosse  
Free admission

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

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# The Center for Death Education & Bioethics is

The deathbed for people in the United States 75 years ago would be their home. Death was familiar - most family members were exposed to it in some fashion. Today, nearly 80 percent of all deaths in the country are out of the home, usually in an institution. Families have become spectators rather than participants.

Discussion of death and dying before the early 1970s was taboo. Then, in 1969, Elizabeth Kubler-Ross published a book, *On Death & Dying*. The book caused a whole new awareness and opened new discussions on death and dying.

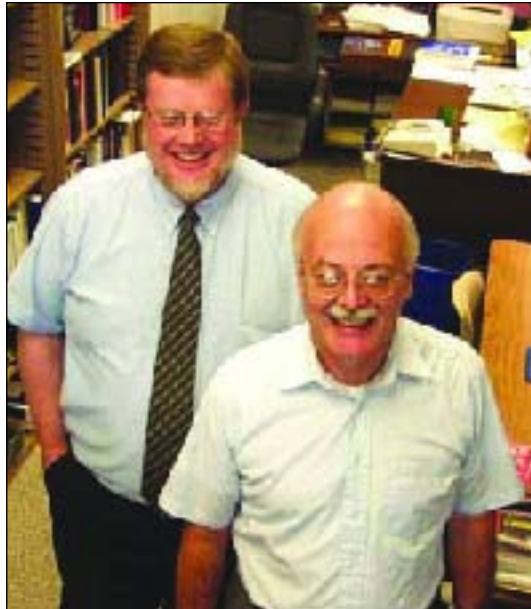
With growing interest for more education, the Center for Death Education & Research was founded at the University of Minnesota in 1977 and directed by Robert Fulton until he retired in 1997. The center was then renamed The Center for Death Education & Bioethics and relocated to UW-L. Robert Bendiksen became the center's director. Today, the center's main objectives are to provide bereavement information and consultation for healthcare professionals and hospice programs. The center also publishes a quarterly journal, *Illness, Crisis and Loss*, and other publications.

Bendiksen, a professor of sociology at UW-L who retired in 2002, has been involved in the ethics of biomedical research for 25 years. He says the center is a resource library that provides educational materials to funeral directors, school counselors and Web sites. Materials are distributed all over the world, from Canada to Australia, and are designed to help people through the bereavement process.

The center, along with Gundersen Lutheran Medical Center, has also set up a student internship with the medical center's bereavement program and many hospice programs throughout the area.

UW-L Associate Professor Gerry Cox provides training for hospice programs. "I first became involved with hospice programs when I was teaching a course in death and dying," explains Cox. "The local hospital felt that it needed to offer better end-of-life care and I was asked to help them start a hospice program based upon a model developed in England."

A hospice group is usually a team of eight to nine members, which could include physicians, clergy, nurses and volunteers. Typically, a person admitted to the hospice is close to death within six months. The person's doctor makes the decision to change from aggressive medical treatment to comfort care, usually in consultation with the patient and family members.



*Robert Bendiksen, left, and Gerry Cox of the Center for Death Education and Bioethics.*

"Generally, people who are part of the hospice program and are helping someone through the process usually get more out of the program than they give," Cox notes.

Death and dying remain topics that do not create a large amount of discussion in American culture, but they have more interest today. More families want to share in a family member's life process. That is why there is a significant rise in requests for more information regarding bereavement and an increase in hospice programs. It is a main reason the Center for Death Education & Bioethics thrives in today's environment.

## Annual International Death, Grief and Bereavement Conference

This conference will offer useful and relevant strategies when helping individuals faced with the many losses experienced in the past, present and future. The goal of the conference is to expand knowledge of the grief process, network with others in the field and develop skills needed for a variety of grief situations. The workshops and presentations are designed to engage both professionals and those dealing with personal grief.

This conference is intended for program directors, chaplains, clergy, hospice providers or volunteers, palliative care providers, nurses, social workers, case managers, counselors, funeral service directors and others dealing with personal grief, death and bereavement issues.

**Pre-conference workshops: May 24-25**

**Conference: May 25-28**

**Cartwright Center, UW-La Crosse**

**Fee: 1 day-\$132; 2 days-\$247; 3 days-\$329;**

**4 days-\$394; 5 days-\$438**

## Human Services

# 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, (608)785-6509, kerns.done@uwlax.edu or visit: [www.uwlax.edu/csp/gerontology.cert.html](http://www.uwlax.edu/csp/gerontology.cert.html).

Gerontology 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.

The planning committee wishes to thank: the La Crosse Community Foundation, Norman L. Gillette Sr. Family Fund, Franciscan Skemp Foundation, Franciscan Sisters of Perpetual Adoration, and Gundersen Lutheran Community Contributions Fund for helping to establish the scholarship fund.

### Core Workshop

#### Drugs and Aging

As individuals age, there is an increased likelihood that they will be on one or more medications. This workshop will cover the current use of medications, drug interactions, adverse drug reactions and ineffective outcomes. Drugs commonly used for cardiovascular disease, gastrointestinal problems, diabetes and neurological diseases will be examined using case studies. Common medications used in pain management and psychotropic drugs will also be covered. Proper use of medication in the elderly will be emphasized.

*Instructors:*

- Linda Butterworth, GNP, is a geriatric nurse practitioner with Franciscan Skemp Healthcare. She provides medical services to nursing home patients, teaches inservice programs and has an expertise in symptom control and pain management.
- Thomas Loepfe, M.D., is chair of the Franciscan Skemp department of Geriatrics; medical director of nursing homes, hospice and home care; and director of the Alzheimer's program at Franciscan Skemp. Loepfe completed a fellowship in geriatric medicine with the Mayo Graduate School of Medicine.

April 16, 23, 30 • 5:30-9:30 p.m.

Marycrest Auditorium, Franciscan Skemp Healthcare, La Crosse

Fee: \$100, Gerontology certificate program participants; \$120, Non-certificate participants

## Elective Workshops

### Current Issues in Senior Nutrition

Participants will learn about nutrition and hydration needs of older adults, including the new Food Guide Pyramid for seniors. Common barriers to good nutrition, for seniors in the community and those in residential settings, will be outlined as well as ways to overcome those barriers. Community programs that can assist with shopping, meal preparation, transportation and sanitation will also be covered. Issues or conditions that impact good nutrition, such as individual activity levels, will be discussed. End of life nutrition concerns, hospice and ethics will be addressed.

#### Instructors:

- Carol Paisley, RD, Food and Nutrition Director, Hillview Health Care Center. She works as a clinical dietitian, serving an elderly population in a residential facility.
- Shana Hussin, RD, CD, is a registered dietitian at Gundersen Lutheran Medical Center. She is an outpatient dietitian and Winning Weighs instructor. Shana specializes in senior nutrition, weight management, bariatric nutrition and sports nutrition.

March 28 • 1-5 p.m.

259 Cartwright Center, UW-La Crosse

Fee: \$50, Gerontology certificate program participants;  
\$55, Non-certificate participants

### Therapeutic Use of Music with Elders

Researchers and practitioners, such as Don Campbell (“The Mozart Effect”) and Kay Gardner, have documented the healing effects of music. Scientific studies since the 1940s show that music used in a therapeutic setting has many positive effects including stabilizing blood pressure, regulating heart rate, relaxing muscle tension, reducing anxiety and agitation, creating peaceful sleep and reducing pain. Diane Schneider, theologian and musician, specializes in using the harp therapeutically. Schneider will share with participants how the vibrational energy of music can bathe the listener in the healing effects of music.

#### Instructor:

- Diane Schneider, Ph.D, J.D., has been an attorney and advocate for the physically and mentally disabled, a pastoral theologian and chaplain and concert performer. She is now a full-time harpist, teacher, researcher and concert-lecturer in vibration medicine. She is currently the principal investigator in research studies in the Mayo System hospitals on the healing effects of harp vibrations with those who suffer from pain, dementia or reduced quality of life.

Feb. 26 • 1-5 p.m.

Center for the Arts, UW-La Crosse

Fee: \$50, Gerontology certificate program participants;  
\$55, Non-certificate participants

### Growing With Change: What Grows, Never Grows Old

Using art, spirituality and children’s literature, the instructors will illustrate several ways to help elders cope with change.

Participants will gain tools to help expand their working ability across many areas of care, taking into account the needs of spiritual, emotional and creative well-being.

With the combined perspective of pastoral care and art therapy, the instructors will demonstrate how creativity can enhance well-being at any age. The workshop offers the opportunity and the tools for both staff development and geriatric growth.

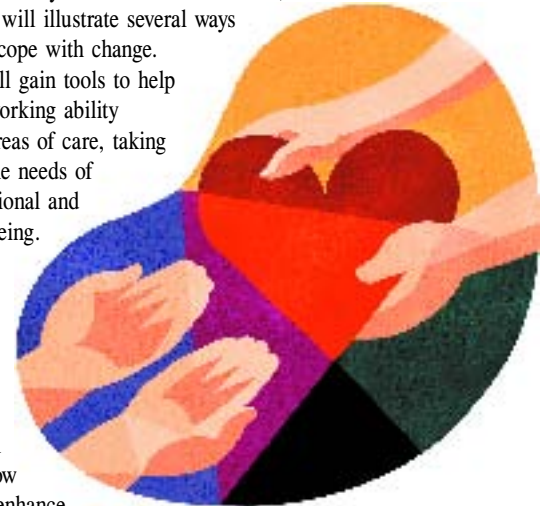
#### Instructors:

- Gwen Brandfass has a master of counseling and higher education and a master of divinity with a concentration in pastoral care. She has served seven years as chaplain in a continuum of care facilities.
- Denny Geller, M.S., ATR, has a background in the arts, including ceramics, watercolor, doll making and beading. Geller’s concentration for the last nine years is as an art therapist for elders in continuum of care facilities, including independent living.

May 2 • 1-5 p.m.,

259 Cartwright Center, UW-La Crosse

Fee: \$50, Gerontology certificate program participants;  
\$55, Non-certificate participants





## Geriatric education targeted

UW-La Crosse has teamed up with other state organizations to strengthen gerontology education in western Wisconsin through the Wisconsin Geriatric Education Center (WGEC).

UW-L Continuing Education and Extension has been named a partner of the WGEC, a federally-funded center housed at Marquette University in Milwaukee. The center's mission is to enhance, through education and training, the quality and availability of health care for Wisconsin's aging population.

"The partnership will help us expand our gerontology certificate program to offer more gerontology and geriatric education to the La Crosse area," explains Donell Kerns, assistant director of continuing education. "It also opens the door to bringing in more experts to address current issues."

WGEC offers educational products, such as videos, training kits, manuals and computer programs to its partners. Also, center partners are responsible for developing conferences, seminars, workshops, online courses and video conferences for collaboration.

Kerns expects the partnership to improve educational opportunities for those who work with the elderly and for agencies caring for the aged. Ultimately, she says, older people in the area will benefit.

WGEC, founded in 1986, consists of Marquette University, Medical College of Wisconsin, Aurora Health Care, UW-L, UW-Milwaukee, Marshfield Clinic, and UW-Madison. UW-L's professional certificate program in gerontology was the primary impetus for WGEC's invitation to join the consortium, says Kerns.

"The certificate program is an excellent example of a university-community collaboration to provide high quality education and training in gerontology," she explains. "By partnering, both entities will strengthen their ability to provide gerontology and geriatric education in western Wisconsin."

Kerns is also working with the WGEC and other UW institutions to develop an online, credit certificate program in gerontology.

## Autism Spectrum Disorders Certificate Program

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



UW-L, 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, their 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 issues. The history of autism will be reviewed, common characteristics outlined and controversial treatments discussed.

### 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.

The entire certificate program consists of 30 hours of workshops. CEU's are available for all or parts of the certificate. To register, call (608)785-6508.

**March 1, 15 • 9 a.m.-5 p.m.;**

**March 29, April 12 • 9 a.m.-4 p.m.**

**2064 Health Science Center, La Crosse**

**Fee: \$300; \$15 per hour, for those taking only some of the program, if space is available.**

## 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

### Geographies of Health

Participants will be introduced to the most fundamental aspects of Geographic Information Systems (GIS) and their relationships with key issues in public health and health care.

The spread of diseases, the ecology of both urban and rural populations, the environmental factors of food and water supplies, the quality of air, the amount and pattern of health care we receive are all examples of a geography that can contribute to the health and well-being of a person. By studying such kinds of geographies, we may begin to understand how such factors are spatially interrelated, how we can use these spatial patterns to better understand the spread of diseases, to be prepared to improve health conditions, and to be better able to deliver health care to the general public.

*Instructors:*

- Gregory Chu, Ph.D., professor, UW-L geography and earth science department
- Gary Gilmore, MPH, Ph.D., professor, UW-L health education and health promotion department

**Mondays and Thursdays, Jan. 27-May 8 • 4-6 p.m.**  
**Business Education Building, WWTC**

### 2003 Wisconsin Health Education Network (WHEN) Annual Meeting: A Focus on Diversity

Join others who advocate for health education and health promotion as the Wisconsin Health Education Network (WHEN) conducts its 2003 annual meeting. The focus will be on the multiple and emerging aspects of diversity in our society and how they impact on the roles and responsibilities of health educators.

**June 12**  
**Kalahari Resort, Wisconsin Dells**  
**Fee: \$75**



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

This workshop is for parents and professionals who want to enhance the nutrition and fitness levels of children and youth with whom they interact, while improving their own levels as well. Experience helpful individual and group activities. Participants will:

- Develop strategies for helping children become involved in safe, effective and fun activities during developmental years
- Develop strategies for helping children eat more nutritiously
- Develop their own plans for nutrition and fitness enhancement
- Experience networking opportunities with others.

*Instructor:*

- 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. The Personal Trainer/Group Fitness Coordinator at La Crosse Fitness.

**March 6 and 27 • 6-9:15 p.m.**  
**257 Cartwright Center, UW-La Crosse**  
**Fee: \$55**

### Adolescent Health Symposium

The Adolescent Health Symposium focuses on health risks and health protection behaviors of adolescents. The symposium addresses current challenges to the health of youth, along with proven strategies for their health enhancement. The symposium provides a variety of opportunities to assist communities, schools, teachers and parents in finding action-oriented solutions to address youth-related health issues. For 2003, three major health-related tracks will be the focus: Human Sexuality, Asset Development and Addressing Youth-Related Nutrition and Overweight Issues. Marc Mannes, director of research for the Search Institute, will be focusing on Asset Development. UW-Oshkosh and UW-L Community Health are jointly planning the symposium.

**Feb. 6 and 7**  
**Oshkosh Convention Center, Oshkosh**  
**Fee: \$170 for Feb 6-7; \$115 for Feb. 6; \$70 for Feb. 7**

#### This session will give you:

- 10 Fun Fitness Activities for Kids
- Ideas on how to get the entire family in shape
- Kids in the kitchen
- After school snack ideas
- Family cooking — nutritious and delicious treats

# Community Health

## Experiential Learning Strategies for Health Education:

### T'ai Chi Chih—Joy Through Movement

Participants will experience the inner calmness and vitality evoked through *T'ai Chi Chih—Joy Through Movement*. It is a moving meditation that can help teachers, students, health and human service professionals and others learn how to loosen their grip on stress and increase their grasp on life. Additionally, mindfulness strategies to manage stress, quiet the mind, transform feelings, deepen relationships and focus more fully on daily activities will be introduced.

*Instructor:*

- Richard Detert, Ph.D., professor emeritus, UW-L health education and health promotion department

**Feb. 13 and 14, and March 13**

**Brown County Extension Building, Green Bay**

## Stress Management and Relaxation Skills

The workshop will provide a practical overview of stress, stressors and principles of stress management and regular relaxation, along with their health-related benefits. It will focus on the basic skills of relaxation and provide an experience that focuses on the practical application of these skills in one's life.

*Instructor:*

- Gerald Matheson, Ed.D., professor emeritus, UW-L health education/health promotion department

**March 28 and 29**

**Riverview Medical Center, Wisconsin Rapids**



## Basic Emergency Lifesaving Skills in Schools (BELSS)

The workshop is designed to:

- increase the number of Wisconsin youth skilled in safety, first aid and CPR, including Automatic External Defibrillator (AED) training
- provide a framework for teaching emergency lifesaving skills to children and adolescents
- develop a state mandated Emergency Preparedness Plan for your school

All participants will receive the American Heart Association's CPR/AED Certification, Emergency Preparedness Plan Training, and instruction on how to integrate safety components into a comprehensive school health program. Each participant will also choose from the following tracks with its corresponding training and/or certification: Risk Watch Training — PK-8, American Red Cross Community First Aid Certification, American Red Cross Community First Aid CPR/AED Instructor Training; and American Heart Association's CPR/AED Instructor Training.

This workshop is intended for health service directors, safety/security directors, K-12 curriculum and instruction directors, in-service training directors, physical education teachers, social workers, health teachers, school nurses and those responsible for teaching safety, first aid, CPR and AED to school district youth and staff.

**Jan. 31, Feb. 1 • 8 a.m.-5 p.m.**  
**Marshfield Medical Research Foundation, Marshfield**  
**Fee: \$25**



## Women in Leadership Forum

As part of efforts to prepare the community for the Next Coulee Region Economy, UW-L will partner with local businesses and organizations to host a second annual women in leadership educational series this spring. Recognizing the essential role local women will play in this transition, UW-L has developed an educational, community outreach program for women in the Coulee Region who are currently in mid-management or seeking mid-management positions and who are seeking additional support, guidance and educational information in the area of leadership.

Numerous community initiatives currently work to serve the needs of women across the region. This program, however, features many unique characteristics including a cohort model, opportunities for small-group discussion and interaction, and exposure to a variety of perspectives on women in leadership. Sessions will cover a broad range of topics related to women in leadership:

- People skills
- Aligning personal and professional values
- Communication styles and gender differences
- Leadership styles and assessment
- Evaluating, adapting and changing the culture of your organization

For more information or to receive a brochure, call (608)785-6500.

**The UW-La Crosse Small Business Development Center works with you to build on your knowledge and years of hard-earned experience. The center helps you to**

- Access world-class information resources of the UW System.
- Develop more control of your business through small business workshops, including marketing, finance, quality and more.
- Discuss your management decisions and challenges with a knowledgeable business adviser.



## The First Steps to Starting Your Business

The Small Business Development Center offers a class for new entrepreneurs. In a small group setting, you will review the basics of going into business and identify your next steps. Instruction time is three hours and includes time for questions/answers.

**Jan. 28, Feb. 18, March 25, April 22, May 27, June 24, July 22**  
**Wimberly Hall**  
**UW-La Crosse**

## Entrepreneurial Training Course

Whether just starting or expanding your business services, an entrepreneur who wants to be successful in the new economy has a plan. A well thought out business plan is critical to your 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 position you for applying for funding from banks and public institutions, including the Wisconsin Department of Commerce.

**La Crosse:**  
**Feb. 26-April 30**  
**Room 126, Wimberly Hall**  
**OR**  
**Mauston: March 4-May 6**  
**UW Extension campus,**  
**Co-sponsored with Juneau Alliance**  
**for Economic Growth**

# Business Development

## Supervisory Management Certificate Program



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 that face work groups in every business setting.

The seminars in this series help you manage people, learn new skills, and meet other managers from your area. Small group formats provide opportunities 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
- Completion of certificate requirements within five years

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 programs, call 1(800)582-5182 or

(608)785-8783.

### Facing Conflict Head-On!

Conflict in organizations is inevitable because all important relations go through times of impasse. When managed productively, however conflict serves as an important catalyst for initiating change. Participants in this seminar will discuss the conflict "process," examine frequent causes of organizational conflict, learn a process for diagnosing root causes of impasse and much more.

**Jan. 22 and 23**

**Cleary Alumni & Friends Center,  
UW-La Crosse**

### Supervisory Management I

First-line managers need good leadership skills. Topics:

- (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.

**Feb. 4 and 5**

**Cleary Alumni & Friends Center,  
UW-La Crosse**

### Supervisory Management 2

Supervisory Management 2 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.

**March 4 and 5**

**Cleary Alumni & Friends Center,  
UW-La Crosse**

### 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. We discuss why there is resistance to performance assessment, how to establish job expectations and how to conduct coaching sessions.

**April 8 and 9**

**Cleary Alumni & Friends Center,  
UW-La Crosse**

### Managing Differences

Our workforce is a complex mix of people, whether their differences are as apparent as age or gender, or as transparent as expertise. Assess your adaptation to difference, and learn approaches to managing different people. Discuss barriers to productivity, communication, and work satisfaction. You learn techniques to help all employees thrive.

**May 21 and 22**

**Cleary Alumni & Friends Center,  
UW-La Crosse**

### Maximizing Performances

This seminar focuses on:

- (1) creating an environment for excellence;
- (2) identifying what you are really rewarding;
- (3) fine-tuning your coaching and goal-setting techniques;
- (4) diagnosing performance problems;
- (5) turning around undesirable behaviors and rewarding desirable behaviors.

**June 4 and 5**

**Cleary Alumni & Friends Center,  
UW-La Crosse**



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

State Bank of La Crosse, in collaboration with UW-La Crosse and the La Crosse Tribune, is continuing sponsorship of this program. These updates will continuously build on a base of information and provide decision makers with valuable tools for strategic planning. The focus this spring will be on housing as an indicator of trends in the regional economy.

## Back to Basics for Employee Retention

(Reprinted with permission from River Valley Business Report)

by Jan Gallagher, Director, UW-L Small Business Development Center

Valued employees quit and organizations lament the loss. It happens all the time.

Employee turnover takes a tremendous toll in time, money and morale. Clearly, when the turnover is extreme, owners and managers need to find some solutions to the problem.

There are many contributing factors, but sometimes the simplest steps contribute more than you would expect to longevity and employee contentment. These are things we learned as children but are very often overlooked: hospitality, attention to personal and career needs, clarity about the rules and expectations and hope for the future.

**Simple hospitality** may contribute more than any other single factor to retaining employees and building commitment and loyalty to the organization. It starts with demonstration of respect and the extension of courtesy the minute the new recruit walks in the door and reports for the first day of work.

As strange as it sounds, the first hours and the first days set attitudes of belonging and attachment, conscious or unconscious, that carry over into the months and years ahead. When possible, the owner or top manager needs to personally greet and welcome the new employee right away with the same kind of enthusiasm expressed during recruitment.

Go out of the way to welcome this person as an individual. Too often we get right to the tasks and logistics and forget to say hello to a new member of the group. Arrange for a coffee break or lunch and get the group together. The first days on the job typically are unsettling and uncomfortable. The sooner the newcomer can feel "at home" the better. Share



information about company social events. Provide a chance for the new person to ask about comfort topics like parking tips or recommended lunch spots.

**Orientation** needs to be planned by people who know the position and the organization. Have a thoughtful plan as if you were expecting an important visitor. An outline can be developed together by workmates and the supervisor to be sure that the first days will have a logical flow and help the newcomer become adjusted to the environment. Assign responsibility for each part of the outline to the most appropriate person. Share the outline with the new employee.

Orientation topics might include the following: company background, introductions to key people, facility tour, personnel policies, equipment training, safety guidelines and other guidelines such as dress codes or attendance expectations. Even though some of this may have been covered in the interview process, start over to ensure it is all clear. Encourage questions.

**Job overview** and performance expectations are probably best handled by the immediate supervisor. This is a time to discuss training needs and plans, evaluation procedures and work priorities. The new person needs to know from the start about the expectations, but also feel free to ask for clarification and assistance.

**Open communication** needs to be encouraged in the first week on the job. Perhaps the most astounding aspect of employee resignations is when employees quit without ever saying what was wrong and giving the employer a chance to address concerns or problems.

Even if the recent interview process uncovered the new recruit's work goals and preferences, it is time again to talk about these things to increase the likelihood of continuous discussion about employee expectations and needs. Once the supervisor starts this type of communication, it is easier for both to reopen these discussions later.

Job turnover is expensive and disruptive. Of course, the causes are varied and may not always be avoided. However, these practices are inexpensive and have the distinct benefit of building solidarity in the workplace.

Don't treat your new employee like the out-of-town guest who finds a note on the front door "Let yourself in. There's food in the fridge. Sorry I'm not here. Had to sub at bowling. I'll be home around 10."

# Youth Programs

## Young Scholars Program

The Young Scholars Program is for students who are highly motivated and enjoy learning. A wide variety of learning opportunities are available. Students will learn filming, editing and producing in a TV class. Other students will accept the challenge of testing their mental and physical abilities on an indoor rock climbing wall. Other classes tentatively scheduled are chemistry, biology of insects, drawing and painting and astronomy. This program is for students entering grades 5 through 9. Call (608)785-6500, ext. 2 to request a brochure.

**July 7-11 • 8:30 a.m.-4 p.m.**  
**Cowley Hall, UW-La Crosse**  
**Fee: \$175, Full-day students;**  
**\$88, Half-day students**



## Girls in Science Program

The Girls in Science Program is for talented girls entering grades 5 through 7 who are interested in science. The girls will work with UW-L faculty, including many women, in their choice of exciting, hands-on science workshops. The students will also participate in 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. This program is meant to encourage girls to continue with science and mathematics courses throughout middle school and high school, a time when many girls drop out of such programs. The girls will also be given a list of faculty who taught in the program, along with addresses they can use to make future contacts.

**June 28-29**  
**Cowley Hall, UW-La Crosse**  
**Fee: \$155, includes instruction, room and board**



## Environmental Explorers Program

Environmental Explorers is a program for students interested in the environment. The program will be held at the U.S. Geological Survey's Upper Midwest Environmental Sciences Center (UMESC) on French Island where students will explore several habitats and get hands-on experience studying plant and animal life. They will collect and identify macro invertebrates, the small "critters" living in the mud and swimming in the water, identify and learn about aquatic plants and trees of the floodplain forest, amphibians and reptiles, observe and identify birds and the nests they make in the floodplain forest, and learn how to sample water quality. Students will also simulate tracking animals with radio transmitters and use global positioning systems, aerial photographs and computers to develop land-use maps of the backwater and floodplain forest at the UMESC. Enrollment is limited to 36 participants.

**June 17 • 8 a.m.-3 p.m.; June 18 • 8 a.m.-3 p.m.**  
**Upper Midwest Environmental Sciences Center,**  
**La Crosse**  
**Fee: \$45, includes instruction, supplies and two lunches**



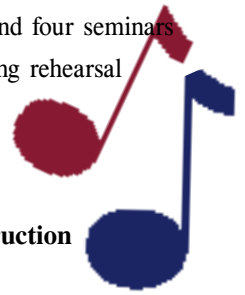
## Harmony Explosion Camp

This four-day camp introduces barbershop harmony and traditional male glee-club music to high school students and teachers in rehearsal, sectionals and classes. Clinicians and a guest quartet instruct the students and teachers alike. Students will perform six pieces (a cappella) of music in 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.

**June 12-15**

**Cartwright Center, UW-La Crosse**

**Fee: \$140, includes room, board and instruction**



## Vocal Jazz Camp

The Vocal Jazz Camp is designed for high school-aged singers to learn the musical skills necessary for outstanding performance in the diverse and exciting world of vocal jazz. Singers will be placed in a mixed vocal jazz ensemble, rehearsing every day and culminating in a performance at Valley View Mall. Singers will also be involved in workshops in elementary music theory, scatting and vocal solo techniques. Vocal jazz directors Gary Walth and Janette Knutson are the musical guides.

**July 20-24**

**Center for the Arts, UW-La Crosse**

**Resident fee: \$255, includes room, board and instruction**

**Commuter fee: \$199, includes instruction and lunch**



## Teacher World

Teacher World is for high school sophomore students interested in pursuing careers in teaching. Students will develop social skills, teaching skills and diversity awareness through teaching demonstrations by exemplary teachers, guided diversity activities and a formal diversity program. Students will build self-confidence by performing in a talent show, demonstrating or performing skills developed in specialty classes, participating in the diversity program and developing and delivering teaching lessons. For more information, contact the Wisconsin Department of Public Instruction, (608)267-9215.



# Youth Programs

## Summer archaeology programs for youth

### Introduction to Archaeology - grades 1-4

Discover the science of archaeology by participating in hand-on activities like those used by archaeologists out in the field. Explore MVAC's Archaeology Laboratory, and discover how people lived in Wisconsin by checking out the artifacts that have been recovered in the area. Tour an excavation (if in the area), and visit archaeological sites at Perrot State Park in Trempealeau, weather permitting.

July 7 - 8

311 Wimberly Hall, UW-La Crosse

Fee: \$80, includes travel fee

### Egypt – 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 11

311 Wimberly Hall, UW-La Crosse

Fee: \$45, includes supply



### Introduction to Archaeology - grades 5-9

The first day of class provides an introduction to the science of archaeology and a tour of the Archaeology Laboratory. Spend the second day touring an excavation (if in the area), and visit archaeological sites at Perrot State Park in Trempealeau, weather permitting. Participants may also be involved in shovel testing to locate an archaeological site.

July 9 - 10

311 Wimberly Hall, UW-La Crosse

Fee: \$80, includes travel fee

### Public Archaeology Field Schools – grade 5-adult

Choose from a three-day or one-week field school and discover participating in an actual archaeological excavation by working alongside professional archaeologists. Participate in small-scale excavations and survey work. Lab work may include washing ceramics, stone tools, and other remains and sorting them into basic categories. No previous experience is necessary. Teachers may take this activity for continuing education units. Supervised dorm facilities are available for middle and high school students at an additional cost.

#### 3-day Field School:

July 28 - 30

259 Cartwright Center,

UW-La Crosse

Fee: \$300

#### One-week Field School:

July 28 - Aug. 1

259 Cartwright Center,

UW-La Crosse

Fee: \$450



### Hooked on Fishing

This camp will bring youth from novice to the experienced into the outdoor realm of being “hooked on fishing.” Make lures, fish with live bait and artificials, learn how to clean fish and enjoy mouth-watering meals of fish. Bring your own gear if available, or use equipment provided. Scholars available for financially disadvantaged youth under the age of 18.

#### Week I

June 24-26 • 8 a.m.-12 p.m. or 1-5 p.m.

(Middle School students

8 a.m.-Noon; High School students 1-5 p.m.)

La Crosse

Fee: \$45

#### Week II

July 22-24 • 8 a.m.-12 p.m. or 1-5 p.m.

(High School students

8 a.m.-Noon; Middle School students 1-5 p.m.)

La Crosse

Fee: \$45

See page 19 for more fishing classes.

## 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

The boy's basketball camps can ensure that you can perform up to your full potential and receive a competitive edge. Whether a novice and looking to have some fun, or a skilled high school athlete preparing for the next level, the camp fulfills individual needs.

**Variety of camps open to boys entering grades 2-12**

### Girls Basketball

The UW-L women's basketball staff welcomes campers to an enjoyable, exciting, competitive and rewarding summer camp to become successful basketball players. We emphasize individual skill development, personalized instruction and a low camper to staff ratio. The camp staff is committed to providing a positive and challenging environment in which to assist with the campers' skill development.

**Variety of camps open to girls entering grades 3-12**

### Gymnastics

Since 1974, the Gymnastics Camp has offered girls expert instruction in all levels of gymnastics. With a sound reputation and a skilled, caring staff, this is the camp where goals are set and met.

**Camps open to girls ages 3-18**

### Football

The football camps continue to stress the positive mental attitude in performing fundamental skills quickly and accurately. Athletes leave the camp with the leadership abilities, pride and mental toughness needed to help their teams to conference championships and state playoffs. Many campers have earned individual conference and all-state awards for their standout seasons.

**Camps open to boys entering grades 9-12**



### Swimming

UW-L offers swim lessons for children of all ages. Lessons will improve swimming skills from getting comfortable in the water for toddlers to learning competitive training techniques for the more advanced swimmer.

**Lessons open to boys and girls ages 2-18**

### Tennis

All-Round Court Excellence (ACE) tennis camps offer campers an opportunity to learn the secrets of successful tennis, while making sure tennis stays fun for lifelong enjoyment. Campers get personal attention from instructors in learning a variety of tennis skills, strategies and drills as well as techniques for conditioning, mental training and concentration.

**Camps open to boys and girls entering grades 6-12**

### Volleyball

The volleyball camps group campers according to age and ability for training, drills, practice and competition. The emphasis on fundamental skills and strategies of team offensive and defensive systems are taught. Quad and round robin team competition, and group championships make these camps reputation among the best.

**Camps open to girls entering grades 7-12**

### Wrestling

Wrestling camps ensure campers will take home a number of new ideas in many different areas of the sport. Each camp focuses on both physical and mental skills necessary to be a champion. UW-L faculty will be involved, as well as the UW-L wrestling team.

**Camps open to boys entering grades 3-12**



## NYSP

### A free summer youth program

The Coulee Region National Youth Sports Program (NYSP) in partnership with Gang Resistance Education and Training (GREAT) offer a comprehensive sports and educational enrichment program for youth, ages 10-16. The free program is hosted by UW-L for 25 days throughout the summer and offers experiences in a wide variety of sports and educational activities.

Besides sports skill instruction and competition, educational programming includes nutrition, personal health, life skills, higher education orientation and career counseling, as well as interactive, hands-on math and science activities.

Participants receive a free medical examination, daily USDA-approved hot lunch and snack, free T-shirts and prizes, round-trip transportation and accident medical insurance. A caring, motivated staff, including youth group counselors, sports skill specialists and other educators create a positive and nurturing environment for approximately 250 youth per day.

**June 11-July 17 (Tentative dates)**  
**Program is free. For more information, (608)785-8696 or visit: [www.uwlax.edu/nysp](http://www.uwlax.edu/nysp)**

**For more information or to register, call (608)785-6544**

# Teacher Education

## Teacher quality is the

Better quality teachers make a big difference. Without quality teachers and teaching, not even the most promising school improvement effort will succeed. We know this from decades of research and from the experience and feedback of many La Crosse area teachers.

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

We can provide the following programs or assist you in your program development in:

- Curriculum development in writing, math, reading, science, social studies, or community building
- Exceptional education
- Human growth and development
- Research
- Standards and assessments
- Data-based decision making and school improvement planning
- School district management
- In-service programs



### ATTENTION TEACHERS!

If you haven't received your copy of the spring 2003 Educator Options, contact our office and we'll send you one. Educator Options describes credit and non-credit courses for school professionals.

Call us if you would like to receive a copy of our latest Educator Options – toll-free at 1(866)895-9233

## Substitute Teachers Workshop

This workshop is designed to provide critical information for potential substitute teachers.

Participants must currently possess a bachelor's degree and have, or be eligible for, a substitute teaching license 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

The workshop will provide opportunities to practice techniques used by successful teachers. Educators who have had many successful years in PK-12 teaching and administration will provide the instruction.

**8 a.m.-4 p.m., April 12**

**165 Morris Hall, UW-La Crosse**

**Fee: \$50**

## Washburn Academy: Helping K-12 teachers

Teaching in the 21st century is a challenge! In an era of increasing standards and accountability in education, teacher quality and teacher training are more important than ever. The Washburn Academy was developed to address this challenge. Originally designed to improve classroom instruction in science, math and technology the program has expanded to include language arts, reading and writing, curriculum integration and other areas.

The program, designed for all K-12 public and private school teachers, has been offered since 1993 in partnership with the School of Education and the Cooperative Educational Services Agency (CESA) #4. Educators who attend Washburn are provided with experiences that enhance teaching practices, better meet the needs of diverse learners and learn new ways to motivate students. The workshops also return teachers to the classroom with new enthusiasm and confidence.

**Week I, Holmen**

**Monday-Friday**

**8:30 a.m.-3 p.m.**

**July 14-18**

**Week II, Onalaska**

**Monday-Friday**

**8:30 a.m.-3 p.m.**

**July 28-Aug. 1**

## Get a master's degree through a unique, empowering program



Join a group of 20 or more graduate students who enroll together and work through the curriculum as a community. This community 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 the development of a portfolio. The portfolio will include a capstone project, an intense learning plan that can be woven into all, or most of your learning 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, discussing, 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, members of other Learning Communities and nationally recognized consultants.

For more information, admission materials or questions, call toll-free 1-866-UWLX-CEE (895-9233) or e-mail at [lc@uwlax.edu](mailto:lc@uwlax.edu).

# Science and Allied Health

## Basic Plant Identification for Wetland Delineation

This unique workshop is offered in response to requests from past Basic and Advanced Wetland Delineation workshop participants.

Workshops will introduce participants to the process of identifying wetland and aquatic plants using technical keys. No prior use of keys or previous identification experience is assumed, making this truly a "basic" course.

Planned workshop activities include an introduction to plant keys and plant key structure during the morning of day one. Participants will learn basic plant structure and morphology during the afternoon of day one.

Woody (trees and shrubs) plant identification will be emphasized during the morning of day two. Herbaceous plant identification (with emphasis on rushes, hedges and grasses) will be the focus during the afternoon of day two and the morning of day three. A survey will conclude the planned activities. A mixture of lab and field work is planned.

### Workshop I

June 23-25

Cowley Hall, UW-La Crosse

Fee: \$385

### Workshop II

June 25-27

Cowley Hall, UW-La Crosse

Fee: \$385



## Basic Wetland Delineation Training Workshop - Wisconsin Rapids

This workshop is being offered to engineers, planners, scientists, resource managers, local and tribal officials and other parties who deal with wetland delineation in Wisconsin. The workshop combines classroom instruction with field exercises taught by leading government experts in hydrology, vegetation, soils and wetland policy. A certificate of completion and University of Wisconsin Extension Continuing Education Units will be awarded to each participant upon successful completion of the training session. Participants will be added to a list of delineators provided to federal, state and local officials.

Aug. 25-27

Hotel Mead, Wisconsin Rapids

Fee: \$385, includes instructional materials, two lunches, three continental breakfasts and breaks

## Advanced Wetland Delineation Training Workshop - Wisconsin Rapids

This workshop will provide more in-depth training in wetland delineation methodology and field experience. Successful completion of the Basic Wetland Delineation Training Workshop is a prerequisite for admission. A certificate of completion and University of Wisconsin-Extension Continuing Education Units will be awarded to each participant upon successful completion of the training session.

Aug. 27-29

Hotel Mead, Wisconsin Rapids

Fee: \$385, includes instructional materials, two lunches, two continental breakfasts and breaks

## Regulatory IV: Wetland Identification and Delineation

The course is designed to help implement uses of the Corps of Engineers 1987 wetland delineation manual and the State of Wisconsin's Basic Guide to Wisconsin's Wetlands and Their Boundaries. The course is an intensive 4.5 day workshop combining classroom lecture and guided hands-on field experience in the identification and delineation of Wisconsin wetland boundaries. Supervised field exercises will be used to demonstrate the concepts, methods and techniques discussed in the classroom.

Aug. 11-15

Cartwright Center, UW-La Crosse

Fee: \$800



## Hand Crafting Lures that Catch Fish

There is nothing like catching fish on something you have made. In this series of classes, you will make an assortment of lures that catch fish, not fishermen! Bob Bott will assist you in making spinners, buzz baits, crankbaits and more. With this training, you will be able to make lures for fun and profit! The series will be held in a classroom setting. Videos will be provided. Lure-crafting tools will be provided also, but some supplies will need to be purchased by participants.

**Feb. 18, 20, 25, 27**  
**6-8 p.m.**  
**230 Morris Hall,**  
**UW-La Crosse**  
**Fee: \$45**

**Scholarships available for financially disadvantaged youth under the age of 18.**

Bob Bott is a professional, state-licensed fishing guide. He has been fishing area waters for approximately 40 years. He guides in area waters, as well as northern Wisconsin and Minnesota. Bott is the author of fishing articles in Wisconsin Woods and Waters. He's heard on "Hook, Line and Sinker," a three-hour radio showed on La Crosse radio station WLFN Friday mornings May through September.

All classes listed on the page are open to anyone 9th grade to adult.

## Stalking Wild Turkey

Wary wild turkeys are no match for a well-trained stalker. Prospective outdoors participants will be trained in the basics and in-depth methods of stalking turkeys. Bring your camera. You will be in the woods, observing and using techniques to tease and trick long-bearded gobblers. This is a great primer for upcoming turkey seasons or just to take super pictures!

**March 7, 14, 6-8:30 p.m.**  
**March 8, 15, 5-9 a.m.**  
**La Crosse**  
**Fee: \$45**

## Early Season Northern Pike

After ice is out on area waters, the northern pike become aggressive ... if you know where they are and how to catch them. These huge long-toothed predators put on a battle you will never forget. This on-the-water series will put you in the action with fish weighing in at 10-15-20 pounds. If you are ready for a "wall hanger," come join us!

**April 5, 12, 19, 26, 7-11 a.m.**  
**La Crosse**  
**Fee: \$45**

## Spring Walleye

There is nothing like the taste of fresh, cold water walleyes! Rather than paying at a supermarket, why not learn how to catch these beauties on your own. The newest tactics and tips will be used.

**May 6, 8, 13, 15, 6-8:30 p.m.**  
**La Crosse**  
**Fee: \$45**

## Live Bait for Big Fish

You can toss out lures. You can watch TV fishing shows. You can visit freshwater aquariums. But you cannot beat catching huge fish of all species using the right live bait, at the right time and at the right location. Participants will learn on-the-water techniques for fishing with live bait. Learn how to catch your own bait, what to look for when buying it in bait shops and how to care for it so it lives longer.

**June 13, 20, 6-8:30 p.m.,**  
**June 14, 21, 6-8:30 a.m.**  
**La Crosse**  
**Fee: \$45**

## Fishing and Cooking Your Catch

Fishing can be fun. Catching is even better! But what about the cleaning and cooking? Some people struggle in these areas; others want some tips and secret recipes. Participants will learn tactics for catching fish for eating, along with cleaning techniques and cooking recipes. All participants will feast on freshwater fish that are fried, smoked, pickled and cooked on an open fire. You will be provided with a new cookbook with recipes for preparing fish.

**July 8, 10, 15, 17, 6-8:30 p.m.**  
**La Crosse**  
**Fee: \$45**

**See page 14 for archaeology workshops and more fishing**

# Learning in Retirement

## Retirement time is the right time to continue



Interested in learning? In lively discussions? In sharing knowledge and exploring ideas? The Learning in Retirement (LIR) program is just 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.

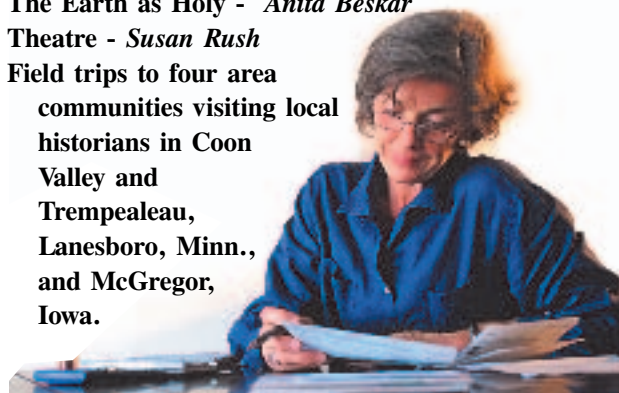
The focus of LIR is on classes, sometimes led by university or area experts, but often led by members of the organization themselves. Most important, the subjects are determined by peer interests. There are other LIR activities,

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.

### Proposed spring 2003 classes planned include:

- Eastern Religions - Earl Medary**
- The Common Good - Richard Kyte**
- Writing your Life - Marilyn Ondell**
- Financial Planning Revisited - Roger Deets**
- The Earth as Holy - Anita Beskar**
- Theatre - Susan Rush**
- Field trips to four area communities visiting local historians in Coon Valley and Trempealeau, Lanesboro, Minn., and McGregor, Iowa.**



## Retirement Group sees Cuba firsthand

A group from campus got an inside view of Cuba last November. The 37 Learning in Retirement (LIR) members explored the country from a historical and contemporary perspective through visits to museums, landmarks and cultural centers. This was the first LIR group in the United States to go to Cuba. UW-L emeritus Professor Burt Altman organized this study tour that began in Havana and ended in Trinidad. "I was naturally interested in visiting Cuba," explains Burt. "It was the vacation spot many years ago. When I inquired about setting up a tour I was told it couldn't be done, that just added to the challenge for me."

The group's experiences in Cuba were exciting, educational and memorable. "Cuba is the most musical country I've ever been to," says Norma Altman, Burt's wife. "There was music everywhere, in the streets and hotels, children in the school playgrounds singing, and even the residents of a nursing home we visited sang us Guantanamo as we were leaving."

While the singing was enjoyable, other things were not. "What was amazing for me was to see a country go from riches to rags, so much is deteriorating," "The people are desperately

poor, their food, soap, clothes, everything is rationed," says Burt.

Many of the LIR members handed out clothes, soap, antibiotics and dollar bills they had brought for the needy. Despite the desolate conditions the country was immaculately clean, from streets to their clothing and personal hygiene.

"We had opportunities to see the rhythm and daily life of the Cubans by listening to their music and observing their activities," continues Burt. "Our trip would not have been complete if we had not had the opportunity to luxuriate at a Caribbean resort in Trinidad, as well as spend an evening in Havana at a Paladar, the Tropicana nightclub, visit the Bay of Pigs and enjoy strolling around the grounds and home of Ernest Hemmingway."

To enhance their travel experience, the LIR members attended a special course on Spanish, as well as a seminar on Cuba before they departed. "It really made the trip a success because we had a lot of information about the country before we left," says Burt. A presentation about their trip is tentatively scheduled for April 11. For more information, call 785-6500.

# Learning in Retirement/Fitness

This August another Elderhostel program will be offered —Jazz on the Mississippi— which will incorporate much of the 18th annual Great River Jazz Festival. The program will feature the history of La Crosse, as well as traditional jazz and big band music.

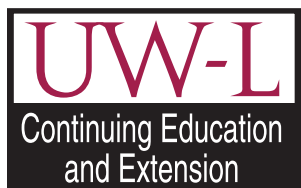
## Jazz on the Mississippi

The Great River Jazz Fest is in its 18th 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 pianorama 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. Enjoy lunch at the 1854 home of the “Merchant Prince” Mons Anderson. 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 Eldershostel. For more information, contact Continuing Education at (608)785-6500, ext. 3

**Aug. 6-11**

**Radisson Hotel, La Crosse**

**Fee:** Double occupancy, \$625, includes lodging in the Radisson Hotel, admission to the Jazz Fest, admission to all featured stops on the itinerary and most meals  
Single occupancy, \$875, includes lodging in the Radisson Hotel, admission to the Jazz Fest, admission to all featured stops on the itinerary and most meals



## 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

**Jan. 27-May 9, 8:45-9:45 a.m.**

**Wittich Hall pool, UW-L**

**Fee: \$85; \$95, includes parking fee**

### SESSION 2

**Jan. 27-May 8, 6-7 p.m.**

**Wittich Hall pool, UW-L**

**Fee: \$60, two nights per week; \$85, three nights per week**

For more information or to register, call (608)785-6529.

# Arts and Humanities/Events

## 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. Then, perfect your techniques at home by following the 60-minute cassette tape provided. This is a beginning course in chord piano techniques that will have you playing all of your favorite songs with both hands after this session. The ability to read the treble clef is recommended.

Topics include: how chords work in a song; musicians' "shortcuts"; how to "speed read" sheet music; how to handle different keys and time signatures; simple techniques of "counting"; and how to substitute for 12,000 complex chords.

Instructor Craig Coffman is in his 10th year of teaching this class and has taught more than 8,000 students. For more information, visit [pianofun.com](http://pianofun.com)

**9 a.m.-12 p.m., Feb. 1**

UW-La Crosse

Choir Room, 58 Center for the Arts



## Spring 2003 CALENDAR OF EVENTS

### JANUARY

**Tony Brown\***

Jan. 31 – Noon & 7 p.m.

Cellar, Cartwright Center

*Soulful, cultural singer/songwriter*

### FEBRUARY

**Gertrude and Otto Natzler,**

**Ceramics from the University Collection**

Feb. 6-28

Opening reception – Feb. 6, 5-7 p.m.

University Art Gallery, Center for the Arts

**Corky Siegel's Chamber Blues with special guest Randy Sabien\***

Feb. 6 – 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

*Classical music meets blues music*

### FOR MORE

### INFORMATION CALL:

Art: (608)785-8237

Music: (608)785-8409

Theatre: (608)785-8522

Archaeology: (608)785-8454

### Recycled Percussion\*

Feb. 12– 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

*Drums, Drums and more Drums*

### COMEDY JAM\*

Feb. 19 – 7 p.m.

**Dave Russo** – Valhalla, Cartwright Center-

Gunning Addition

*Animated Comedy*

**Eric O'Shea**

*Youthful Comedy* – Valhalla, Cartwright Center-

Gunning Addition – 8:30 p.m.

### Big Band Cabaret

Feb. 21 & 22 – 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

### Affairs of Race in America:

#### A Conversation in Black and White\*

Feb. 24 – 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

Featuring Shay Banks-Young and Julia Jefferson

Westerinen. Descendants

of President Thomas Jefferson and Sally

Hemings, his slave.

### "Rocky Horror Show"

*By Richard O'Brien*

Directed by Beth Cherne

Feb. 28 – 7:30 p.m.

Toland Theatre, Center for the Arts

Irreverent, bawdy and just plain fun!

### MARCH

**Gertrude and Otto Natzler,**

**Ceramics from the University Collection**

March 1

University Art Gallery, Center for the Arts

### "Rocky Horror Show"

*By Richard O'Brien*

Directed by Beth Cherne

March 1, 6-8 – 7:30 p.m.

March 2 & 9 – 2 p.m.

Toland Theatre, Center for the Arts

### Bach Festival II

March 2 – 4 p.m.

English Lutheran Church,

1509 King St., La Crosse

### Edgar Cruz \*

March 6 – Noon & 7 p.m.

Cellar, Cartwright Center

*Guitar Virtuoso*

\*Ticket Office for these events is located on the main level (north entrance) of Cartwright Center, 1741 State St. (608)785-8898, TDD (608)785-8897

# Calendar of Events

## Spring 2003

### **Saving Wisconsin's Past for the Future**

March 6

Port O' Call, Cartwright Center-Gunning Addition

The Archaeological Conservancy is a national nonprofit organization dedicated to preserving the nation's most important archaeological sites by acquiring title to them. Since 1980 it has purchased or received as donations over 200 archaeological sites nationwide, including seven in Wisconsin. The presentation will present an overview of the Archaeological Conservancy's endeavors with an emphasis on Wisconsin and the upper Midwest.

### **Symphony Orchestra Winter Concert**

March 8 - 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

### **Symphonic Band Concert**

March 12 - 7:30 p.m.

Annett Recital Hall, Center for the Arts

### **Ragamala\***

March 12 - 7:30

Toland Theater, Center for the Arts

*Eastern Indian Dance*

### **Wind Symphony Concert**

March 13 - 7:30 p.m.

Annett Recital Hall, Center for the Arts

### **Artifact Show**

March 15

Valley View Mall, La Crosse

Come to Valley View Mall and see artifacts representing the area's long history. Local collectors will display their personal collections of artifacts. See artifacts recovered from local excavations. Archaeologists will be on hand to answer questions. Bring your artifacts to have them identified.

### **Shelter Dance**

March 28 & 29 - 7:30 p.m.

Toland Theatre, Center for the Arts

Exhilarating evocative dance

### **Pops Concert**

March 28 & 29 - 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

## **APRIL**

### **All Student Juried Art Exhibition**

April 3-19

Opening reception - April 3, 5-7 p.m.

University Art Gallery, Center for the Arts

### **Arun Gandhi - Distinguished Lecture Series\***

April 2 - 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

*Terrorism and Nonviolence*

### **"The Nightingale" Children's Show**

April 5 - 1 & 3 p.m.

Frederick Theatre, Thomas Morris Hall

### **Tara D\***

April 8 - 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

*Fresh, New Comedy*

### **Karma Sutra\***

April 11

Cellar - 7 p.m.

*World-beat and New Age Electronica Trio*

### **Recent Discoveries in Ice Age Cave Art of Europe**

April 15

Valhalla, Cartwright Center-Gunning Addition

Professor Conkey will focus on several recent cave art discoveries, especially the Grotte Chauvet (Ardèche, France), which she has visited and for which she serves on the International Scientific Advisory Committee. This site has surprised researchers with an unusual bestiary of animals that are depicted and with its consistently early dates, extending back to over 30,000 years ago.

### **Senior Art Exhibition**

April 24-30

Reception - April 24, 5-7 p.m.

University Art Gallery, Center for the Arts

### **Symphony Orchestra Spring Concert**

**Concerto Competition Winners**

April 26 - 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

### **Spring Jazz Concert**

April 24 - 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

### **"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

A gentle, bittersweet tale of homecoming

## **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

### **Troubleshooter and Dixie Cadillacs\***

*Country Rock\**

May 1 - 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

### **Symphonic Band Concert**

May 3 - 1:30 p.m.

Annett Recital Hall, Center for the Arts

### **Wind Symphony Concert**

May 3 - 4 p.m.

Annett Recital Hall, Center for the Arts

### **Field Survey Opportunity**

May 17-18

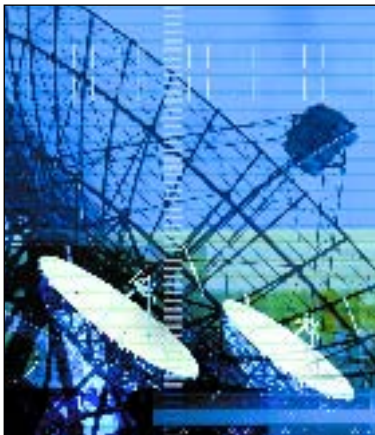
Mississippi Valley Archaeology Center will celebrate Wisconsin Archaeology Week by involving volunteers in the survey of local fields to find unreported archaeological sites. Both days will begin with an introduction at the archaeology laboratory, followed by helping with an actual field survey.



# Distance Education

## Spring 2003 Distance Education Credit

Join students at other locations throughout the state using interactive TV networks that connect students and faculty at various sites or take courses on-line. In some cases, you may register for these courses through the touch-tone registration system. The Distance Education Clearinghouse Web site at <http://www.uwex.edu/disted/catalog/> has a listing of UW System distance education courses.



**CHI 102 Elementary Chinese II**  
Mondays-Thursdays, 8:50-9:45 a.m.  
Origination site: UW-La Crosse  
Receive site: UW-Platteville, UW-Stevens Point

**CHI 202 Intermediate Chinese II**  
Mondays-Thursdays, 9:55-10:50 a.m.  
Origination site: UW-La Crosse  
Receive Site: UW-Platteville, UW-Stevens Point

**MLG 102 Elementary Japanese II**  
Mondays-Wednesdays, Fridays, 11-11:50 a.m.  
Origination site: UW-River Falls  
Receive site: UW-La Crosse

**MLG 202 Intermediate Japanese II**  
Mondays-Wednesdays, Fridays, 2-2:50 p.m.  
Origination site: UW-River Falls  
Receive site: UW-La Crosse

**MLG 102 Ojibwa Language**  
Thursdays, 2-3:40 p.m.  
Origination site: UW-Eau Claire  
Receive site: UW-La Crosse

**PSY 770 Ed Psychology Learning/Instruction**  
Wednesdays, 6-8:45 p.m.  
Origination Site: UW-La Crosse

**RUS 102 Elementary Russian II**  
Mondays-Thursdays, 12-12:55 p.m.  
Origination site: UW-La Crosse  
Receive site: UW-Oshkosh

**RUS 202 Intermediate Russian II**  
Mondays-Thursdays, 1-1:55 p.m.  
Origination site: UW-La Crosse  
Receive site: UW-Oshkosh

### MBA Foundation Courses

These are Internet courses. Information should be obtained from the MBA program office, 223 Wimberly Hall, (608)785-8090.

|         |                                     |
|---------|-------------------------------------|
| ACC 703 | Accounting for Business Decisions   |
| ACC 704 | Accounting for Management Decisions |
| ECO 703 | Foundations of Microeconomics       |
| ECO 704 | Foundations of Macroeconomics       |
| FIN 701 | Foundations of Managerial Finance   |
| MKT 700 | Marketing Principles                |
| MGT 702 | Operations Foundation               |
| MGT 703 | Organizational Behavior             |

## Introduction to Family History Online

Geared for the novice genealogist, this course will guide you through the initial steps of family history/genealogy research. The modules are in two sections: offline and online (Web/Internet) research. Offline research will cover the basics of organizing your data, locating records and utilizing existing sources. Each online session will include 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. Introduction to Family History Online will be conducted by Web page, e-mail and asynchronous conference. The seven-week course requires a minimum time commitment of four hours per week. This is an anytime/anyplace course with no set class time and meets in cyberspace.

**Jan. 15-March 5**  
**Fee: \$69**



**UW-L**  
Continuing Education  
and Extension