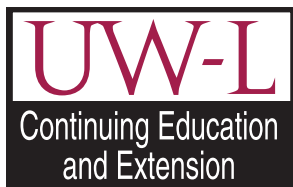
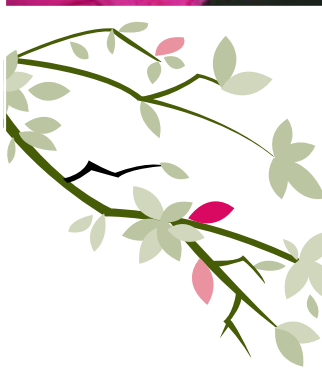


Access

January-August 2005



Connecting the University and the Community

LEARN SOMETHING NEW!

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Access

Access is published each August and January 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

Please contact us:

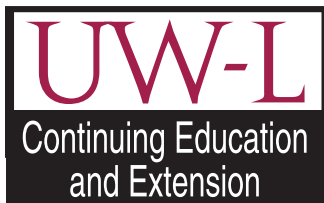
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By E-mail: continuinged@uwlax.edu

Web site: www.uwlax.edu/conted



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

Hamilton Family Learning Center Builds Strong Families

Self-Sufficiency Programs Prepares Adults for College

The Hamilton Family Learning Center, located in the Hamilton Elementary School, offers community services for families that focus on building family strengths. One of those services is the UW-La Crosse Self-Sufficiency Program, a free college-prep program supported by Continuing Education/Extension. This program is for low-income adults with a high school diploma or GED equivalency who are interested in learning more about how to apply and succeed in area colleges. Attending college as an adult can be intimidating and complicated because of work and family obligations. This program is designed to make the process of entering college less daunting.

Since 1988, the UW-La Crosse Self-Sufficiency Program, an outreach program of the Women's Studies Department, has extended higher education to low-income parents by preparing them to be successful college students. Students learn about college applications, financial aid, scholarships and success strategies for non-traditional students. They visit with local college admissions officers, take career assessment and interest surveys, and develop research and writing skills. This program is delivered in a supportive environment and targeted to individuals who are looking to improve their lives through education.

Western Wisconsin Technical College, Family Resources, the School District of La Crosse and the La Crosse County Health Department also offer programs at the Hamilton Family Learning Center that include preschool and head start programs, parent and child activity groups, immunizations and health screenings, and other adult education classes. The success of the Hamilton Family Learning Center will come from the collaboration among families, providers and the community.

Persons interested in the Self-Sufficiency Program can contact Sandra McAnany for more information at (608) 785-8733 or mcanany@uwlax.edu.

Jan. 27-May 5, Thursdays, 4-7 p.m.

Hamilton Family Learning Center, Hamilton Elementary School
Free child-care available.

Susanne Koehler

Marketing and Database Coordinator

Susanne Koehler began working with CEE eight months ago overseeing our in-house database and coordinating direct marketing, online and general marketing efforts. She also manages our office and supervises student workers. Susanne is a primary contact for individuals inquiring about programs and answering general questions.



If you would like to be added to our mailing list and receive information about our programs, contact Susanne at (608) 785-6502 or koehler.susa@uwlax.edu.

College Survivor

Girls ages 15-17

This fun event is designed to encourage you to pursue a post-secondary education. The morning will consist of a tour of the UW-La Crosse campus followed by an interactive presentation with university staff and faculty. The afternoon will offer programs that challenge you to see how many pairs of jeans will fit in a washer, find the most quarters in a couch and more! Lunch will be at the Whitney Center, UW-La Crosse's student cafeteria. This program is offered in collaboration with the Girl Scouts of Riverland Council and Campus Girl Scouts. For further information and registration materials, please call the Girl Scouts office at (608) 784-3693.

*April 15, 9 a.m.-5 p.m.
Great Hall Cleary Center,
UW-La Crosse*



ACT Prep Course

The ACT contains four curriculum-based tests that measure academic achievement in the areas of English, reading, math and science reasoning.

Preparing for the ACT can increase test scores that are important for gaining entry into the college of your choice, and in receiving scholarships. If you are interested in enhancing your test-taking skills and strengthening your academic preparation for the Enhanced ACT, then enroll in the ACT Preparation Workshop. The program provides 18 hours of instruction in:

- Orientation to the Enhanced ACT and its four parts
- Opportunity to take diagnostic assessments and receive analysis
- Instruction in all four areas
- Test-taking strategies for each of the components and the whole test
- Practice with printed materials where test taking tips can be applied and reinforced
- Interactive skill drills in deficit areas as measured by the diagnostic test

*Feb. 5-March 12, Saturdays, 8:30-11:30 a.m.
Wimberly Hall, UW-La Crosse
\$149*



Young Scholars Program

Students entering grades 5-9

Young Scholars challenges you to grow personally and academically within a supportive community of students and faculty. The program focuses on conceptual development through hands-on experience that includes inquiry, creativity, aesthetic expression and problem solving.

The workshops provide high-ability students with a wide variety of educational experiences in various subjects. You will learn filming, editing and producing in a TV class. Other students will explore the world of computer animation. Additional classes tentatively scheduled are chemistry, psychology, biology and astronomy.

July 11-15, 8:30 a.m.-3:45 p.m.

UW-La Crosse

\$199, full-day students, includes lunch each day

\$99, half-day students



Girls in Science Program

Girls entering grades 6-8

Would you like to participate in scientific experiments, learn through hands-on activities and find out about a variety of scientific fields? Girls in Science is meant to encourage middle school girls to pursue science and mathematics, a time when many girls lose interest in such programs. The goals of this program are to offer intensive academic exploration, provide you with the opportunity to work with other young women of similar abilities and interests, and create an environment where talents need not be hidden. In addition to the science activities, you will 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 cosponsored with the Wisconsin Center for Academically Talented Youth (WCATY).

June 25, 12:30-10 p.m.; June 26, 8 a.m.-4 p.m.

UW-La Crosse

\$155, includes instruction, room and board



wcaty

Wisconsin Center for Academically Talented Youth

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.

Environmental Explorers Program

Students entering grades 4-6

Grab your binoculars, hip boots and come and explore - adventures are waiting for you! Here's your chance to explore the hidden treasures of science and nature. From mayflies to frogs, the Mississippi River is bursting with life. In this program, you will have the opportunity to see what plants and animals live and thrive in this unique habitat. You 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, observe and identify birds and the nests they make in the floodplain forest, and learn how to sample water quality. You will also simulate tracking animals with radio transmitters and use global positioning systems and aerial photographs to develop land-use maps of the backwater and floodplain forest. The program will be held at the United States Geological Survey (USGS) Upper Midwest Environmental Sciences Center (UMESC) on French Island. Come experience this adventure in exploration! Class size is limited to 36 participants to ensure hands-on participation, so courses fill quickly. Early registration is encouraged. This program is co-sponsored with USGS and UMESC.

June 14, 7:30 a.m.-3 p.m.; June 15, 8:30 a.m.-4 p.m.

Upper Midwest Environmental Science Center,

La Crosse

\$45, includes instruction, supplies and two lunches



Junior Science & Humanities Symposium

Founded in 1958 by the Army and joined after 1995 by the Navy and Air Force, the primary aim of the Junior Science & Humanities Symposium (JSHS) encourages students at the high school level to engage in original research in the sciences, engineering or mathematics. JSHS achieves this aim in a symposium format which features presentations of research conducted by high school students, public recognition and awards, and interaction with practicing researchers. The objectives are to:



- Promote research and experimentation in the sciences, mathematics and engineering at the high school level.
- Recognize the significance of research in human affairs and the importance of humane and ethical principles in the application of research results.
- Search out talented youth and their teachers, recognize their accomplishments at symposia and encourage their continued interest and participation in the sciences, mathematics, and engineering.
- Expand the horizons of research-oriented students by exposing them to opportunities in the academic, industrial and governmental communities.
- Increase the number of future adults capable of conducting research and development.

Teachers and guidance counselors should call (608)785-6508 for further information and to receive student nomination forms. **Student nomination forms are due to Continuing Education no later than June 1, 2005.** This program is largely funded by a grant from the US Army Research Office.

Sept. 18-20

Pigeon Lake Field Station

\$20



USA Cycling Midwest Regional Development Camp

UW-La Crosse will again host the USA Cycling Midwest Regional Development Camp. The 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. The top six men and the top six women will be selected from the three days of time trial competitions. For more information contact Larry Martin at (763)566-4359.

June 20-24

UW-La Crosse



NYSP

A free summer youth program

The Coulee Region National Youth Sports Program (NYSP) in partnership with Gang Resistance Education and Training (GREAT) offers 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 13-July 19

Program is free. For more information, (608)785-8696 or visit: www.uwlax.edu/nysp

Karen Langaard Noncredit Program Coordinator

Karen Langaard works with youth programs, the Gerontology and Autism certificate programs, and health and human service programs. She coordinates distribution of program information, logistical arrangements and registration of noncredit courses.

If you are interested in enrolling in noncredit programs, contact Karen at (608) 785-6508 or langaard.kare@uwlax.edu.



YOUTH PROGRAMS

Vocal Jazz Camp

Students entering grades 9-12

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.

The daily curriculum for the four-day event consists of workshops in jazz improvisation, performance styles and techniques, solo performance preparation, music theory and social activities. The camp concludes with a student concert in which all camp participants perform.

Students stay three nights in residence halls with meals provided. Camp begins 4 p.m. Sunday and ends 8 p.m. Thursday with a public performance at Valley View Mall. Vocal Jazz Camp is limited to 50 participants, so register early!

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

July 17, 3-10 p.m.; July 18-20, 8 a.m.-10 p.m.; July 21, 8 a.m.-8 p.m.

Center for the Arts, UW-La Crosse

Commuter fee: \$199, includes daily lunches, instructional materials and camp tote bag

Resident fee: \$255, includes all meals beginning with Sunday dinner and ending with

Thursday dinner, instructional materials, camp tote bag and campus housing



Harmony Explosion Camp

Students entering grades 9-12 and high school music teachers

This four-day camp introduces barbershop harmony and traditional male glee-club music to high school students and their teachers in rehearsals, sectionals and classes. Clinicians and a guest quartet instruct the students and teachers alike. Students will perform six pieces of music in a cappella 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 9-12

UW-La Crosse

Hooked on Fishing

Students entering grades 6-12

This camp will bring youth ages 12-17, from novice to the experienced, into the outdoor realm of being "hooked on fishing." Make lures, fish with live and artificial bait, learn how to clean and enjoy mouth-watering meals of fish. Bring your own gear, or use equipment provided.

July 25-27, 12-4 p.m.

Pettibone Park, La Crosse

\$50



Summer archaeology programs for youth offered

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 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. Bring a lunch with drink and snacks, water bottle, insect repellent and sun screen. Wear comfortable walking shoes.

July 12-13, 9 a.m.-3 p.m.

311 Wimberly Hall, UW-La Crosse

\$90, includes travel fee

Experimental Archaeology-grades 4-6

Students entering grades 4-6

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

July 21, 9 a.m.-3 p.m.

311 Wimberly Hall, UW-La Crosse

\$90, includes travel fee

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. Bring a lunch with drink and snacks, water bottle, insect repellent and sun screen. Wear comfortable walking shoes

July 18, 9 a.m.-3 p.m.

311 Wimberly Hall, UW-La Crosse

\$50, includes travel fee

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). The location of this year's field experience is yet to be determined. Weather may require alternate activities. Bring a lunch with drink and snacks, water bottle, insect repellent and sun screen. Wear comfortable walking shoes.

July 19-20, 9 a.m.-3 p.m.

311 Wimberly Hall, UW-La Crosse

\$125, includes travel fee

See the back cover
for additional teen and adult
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

Programs Address Health Issues

Health Education and Health Promotion programs address issues affecting the health of society. Many topics are drawn from major guidelines for the health of the state and nation, to include the "Healthiest Wisconsin 2010" health initiative in Wisconsin and the national health framework, "Healthy People 2010."

These important frameworks 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, as well as access to quality health care.

For more information about available programs, the programs listed on these pages, or the opportunity to work in partnership for the development of educational activities that address special needs, contact Gary Gilmore, MPH, Ph.D., Community Health Program Director, at (608)785-8163 or gilmore.gary@uwlax.edu.



2005 Violence Intervention and Prevention (VIP) Institute

This is the fifth Violence Intervention and Prevention (VIP) Institute with a **focus on youth and families**, to be held on the campus of the UW-

La Crosse. Dr. Robert Brooks from Harvard University will be the Wednesday evening keynote presenter addressing "The Power of Mindsets: Stemming the Tide of Violence in Our Society." Community and school professionals from throughout the nation will gather in La Crosse at the 2005 VIP Institute. This highly regarded event provides an opportunity for educators, health and human service professionals, community action leaders, law enforcement professionals, counselors, shelter workers and others who are concerned about the impact of violence in our society to come together to receive major updates, build new skills and network. Participants will:

- Review the range of factors that serve as actual and potential contributors to violence among youth and within families;
- Explore, experience and evaluate violence intervention and prevention strategies that have positive impacts;

Adolescent Health Symposium

The Adolescent Health Symposium focuses on health risk and health protection behaviors of adolescents. It addresses current challenges to the health of youth, along with proven strategies for their health enhancement. The symposium provides a variety of opportunities to help communities, schools, teachers and parents in finding action-oriented solutions to address youth related health issues. For 2005, three health-related tracks will be the focus: health promotion; violence prevention and intervention; and nutrition and physical activity.

Feb. 3, 8:30 a.m.-4:30 p.m.; Feb. 4, 8:30 a.m.-12 p.m.
Pioneer Hotel, Oshkosh
6-9 CECHs

- Develop skills related to violence intervention and prevention; identify major barriers that could interfere with intervention and prevention efforts;
- Identify local, regional and national resources that support violence prevention;
- Identify elements of successful coalition building.

The 2005 VIP Institute will address the following topics:

- Strategies for Fostering Self-Discipline, Cooperation, Hope and Resilience in Our Youth
- Community-Based Action Steps for Societal Violence Prevention and Intervention
- Prevention of Bullying Behavior; Reviewing a Project that Works
- Prevention and Intervention of Abuse with Elderly and Disabled Populations

June 15, 4 p.m.-9 p.m.;

June 16, 8 a.m.-5 p.m.

**Cleary Center and Health Science Center,
UW-La Crosse**
**\$199, 1.2 CEUs; \$219, 12 CECHs; Tuition plus \$199 conference fee,
1 credit (UG/GRAD)**

Specific topics will include:

- Strategies for youth health promotion
- Decision-making and planned behavior change
- Motivational strategies for youth health enhancement
- Prevention of bullying behavior
- Violence prevention for youth and families
- Prevention of self-mutilation behavior
- Suicide prevention
- Nutrition and physical activity strategies for youth



Basic Emergency Lifesaving Skills in Schools (BELSS)

The BELSS initiative is designed to increase the number of school-aged youth who are competent in emergency health skills by training instructors and providing curriculums to promote the development of these skills. Emergency health and safety encompasses injury prevention, safety, first aid, CPR, AED, emergency preparedness and coordinated school health programs. More importantly, it represents the interaction and integration of these components into the school experience for our youth from preschool through 12th grade. BELSS is the first comprehensive model of emergency health and safety in schools.

The workshops are intended for school nurses, health teachers, physical education teachers, elementary teachers, health service directors, safety/security directors, social workers, EMS personnel, and ALL those responsible for teaching emergency health skills to school district youth and staff. Participants who attend the workshops will receive curriculum and resources for implementing safety education in their schools.

Jan. 12-13, 8 a.m.-5 p.m.

St. Patrick's Catholic Church, Whitewater

Feb. 9-10, 8 a.m.-5 p.m.

CESA #4, West Salem

June 7-8, 8 a.m.-5 p.m.

**MidState Technical College,
Wisconsin Rapids**

\$60, individual; \$50, team of two or more from same district

Stress Management and Relaxation Skills

This workshop will provide an introduction to the detrimental effects of stress on an individual and the corresponding benefits of regular relaxation. The program will emphasize the basic skills of relaxation and will provide an experience that focuses on the practical application of stress management and relaxation skills in one's life. The program will be taught by Dr. Keely Rees, Community Health faculty member in the Department of Health Education and Health Promotion. The program is offered as a one-day noncredit experience on March 4, 4-10 p.m., or as a two-day one-credit experience on March 4, 4-10 p.m. and March 5, 8 a.m.-5 p.m.

March 4, 4-10 p.m.;

March 5, 8-5 p.m.

**Dale Conference Room, Franciscan Skemp Medical Center, La Crosse
\$79, .6 CEUs/6 CECHs or
Tuition,**

1 credit (UG/GRAD)

Wisconsin Health Education Network (WHEN) Annual Meeting:

Bridging Community-Based Education, Advocacy, and Service: Addressing Our Overweight and Obesity Epidemic

Numerous reports are documenting the major health impacts related to overweight conditions and obesity in our state and in the nation. To more fully address these issues and the illnesses associated with them, multiple approaches need to be mounted incorporating education, advocacy, and key services at the local and state levels. Health educators and other health practitioners will explore the latest evidence regarding the health impacts of overweight and obesity; review specific examples of innovative ways to focus on appropriate prevention and intervention strategies; discuss health education's role; and network with other health practitioners from around the state. Dr. Leslie Lytle, professor, Division of Epidemiology, at the University of Minnesota, will present the keynote address. Lytle has served as a major national researcher investigating youth health promotion strategies and eating behavior change interventions in children since 1993. The Barbara A. Lange Memorial Award will also be presented during the meeting.

May 16, 9 a.m.-4 p.m.

Madison Marriott West, Middleton

\$79, .5 CEUs/5 CECHs, includes award luncheon, breaks and resource materials

Choose From Two Gerontology Certificate Programs

The Gerontology Certificate programs are designed to enhance the knowledge and skills of those who work with or would like to work with older adults. Workshops are collaboratively planned and taught by UW-L faculty and community professionals. Gerontology workshops are open to the public. You do not need to be enrolled in one of the certificate programs to take a workshop. For a detailed brochure or more information, call (608) 785-6509, visit www.uwlax.edu/conted or e-mail

Gerontology Certificate Program – 60 hour program

The new Gerontology Certificate Program consists of 60 hours of core workshops covering a broad range of knowledge related to aging. Participants will be able to complete the program in approximately one year. Topics to be covered include:

- Foundations of Gerontology
- Social Issues of Aging
- The Psychology of Aging
- Drugs and Aging
- Physiology of Aging

Advanced Gerontology Certificate Program – 120 hour program

The Advanced Gerontology Certificate Program is designed to give participants depth of knowledge through core workshops and allows for individual focus through elective workshops and work practicum. It will take approximately two years to complete all aspects of this certificate. The Advanced Gerontology Certificate has three components:

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

CORE WORKSHOPS Social Issues of Aging

A general introduction to the social aspects of aging will be presented 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.

Instructors: *Stephanie Genz*, MS, RN, Assistant Professor of Nursing, Viterbo University

Beverly Ruston, MA, Director of Social Services, Hillview Healthcare Center
Feb. 11, 1-6 p.m.; Feb. 12, 9 a.m.-5 p.m.

UW-La Crosse

\$100, certificate participants; \$120, other participants

Physiology of Aging

This core workshop provides an overview of the normal physical and physiological changes that occur in an individual with increasing age. The implications of these changes on the day to day activities of the elderly will be explored. The workshop will present strategies that can be used to assist the elderly in maintaining physical and mental well being. Examples of physically active older individuals and their physical accomplishments will be examined.

Instructors: *Judy Anderson*, DNSc, RN, CCRN, Associate Professor, Viterbo University; staff nurse, Gundersen Lutheran
Jane Mrozek, MSN, RN, Assistant Professor, Viterbo University; staff nurse, Gundersen Lutheran

March 18, 4-9 p.m.; March 19, 9 a.m.-5 p.m.

UW-La Crosse

\$100, certificate participants; \$120, other participants



ELECTIVE WORKSHOPS

Ethical Issues in the Care of the Elderly

Professionals who work with the elderly are often faced with ethical dilemmas that require thoughtful resolutions. This workshop will review the principles of ethics, identify ethical dilemmas faced by the elderly in the community and in nursing homes, discuss decision-making guidelines, consider legal issues that may impact the decision-making process, and examine the role of ethics consultation and ethics committees in resolving ethical dilemmas.

Instructor: *Sandra Matson*, MA, RN, C, quality monitor, Community Care Organization. Sandra is a member of the Milwaukee County Department on Aging Family Care Ethics Committee and the Community Care Organization Ethics Committee.

April 2, 9 a.m.-1 p.m.

UW-La Crosse

\$60, certificate participants; \$70, other participants

Experiencing Diabetes ... Through the Eyes of the Elderly

This interactive workshop will focus on the impact of diabetes on the elderly population and their support systems. We will be integrating a "hands on" approach to viewing the management of diabetes from the patient's perspective.

Instructors: *Barb Kaufmann*, RD, MS, CD, CDE, a Diabetes Educator since 1991, her primary focus is diabetes self management training with the adult population
Wanda Blenka, RN, CDE, a Diabetes Educator since 1995, focusing on adult self management training.

April 16, 9 a.m.-1 p.m.

UW-La Crosse

\$60, certificate participants; \$70, other participants

Caring for the Self: Therapeutic Use of the Arts

Too often when we care for others, we have little time and energy left to care for ourselves. In this experiential workshop we will explore how the arts can nurture the human spirit and revitalize our lives. Drawing on the work of Natalie Rogers, author of "The Creative Connection: Expressive Arts as Healing" we will use the various arts to let go, to express and to reenergize. The focus of this approach is the process, not the product. You need absolutely no previous art experience! We will engage in joyful, lively learning utilizing movement, writing, doodling and image making.

Instructor: *Donell Kerns*, Ph.D., assistant director, UW-L Continuing Education and Extension. In addition to a Ph.D. in child and family studies. She has pursued intensive training in therapeutic use of the arts.

March 11, 10 a.m.-2:30 p.m.

UW-La Crosse

\$65, certificate participants; \$75, other participants (includes lunch)

The Dancing Heart: Vital Elders Moving in Community

The Dancing Heart, an intergenerational program of the Kairos Dance Theatre of Minneapolis, is designed to encourage elders to explore their creativity. The program helps caregivers engage elders cognitively, physically, emotionally and spiritually through the arts of dance, movement improvisation and storytelling. Caregivers will learn skills such as "chair dancing" to help elders discover new modes of creative expression for their memories, hopes and dreams.

Instructor: *Maria DuBois Genne*, MsEd, artistic director of Kairos Dance Theatre of Minneapolis, Minn. Maria and her colleagues bring their Dancing Heart work to elder day programs throughout the Twin Cities.

April 22, 9 a.m.-1 p.m.

UW-La Crosse

\$70, certificate participants; \$80, other participants

Scholarships Available

Those who wish to participate in the Gerontology Certificate Program but are facing financial restrictions can apply for a scholarship to assist with program costs. If interested, call (608)785-6508 and request a scholarship application form. Thanks to the following for establishing the scholarship: La Crosse Community Foundation, Norman L. Gillette, Sr. Family Fund, Franciscan Skemp Foundation, Franciscan Sisters of Perpetual Adoration and Gundersen Lutheran Community Contributions Fund.

Autism Spectrum Disorders Certificate Program

A certificate for educators and human service professionals

UW-L, in partnership with Chileda, 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 personality, interests and responses to problems are influenced by the severity of the autism, intellectual ability, the impact of additional disabilities, inherited traits, family culture and past educational and community experiences. The Autism Spectrum Disorders Certificate covers best teaching practices for communication, education, nutrition, medication, sensory stimulation and social issues. The history of autism will be reviewed, common characteristics outlined and alternative treatments discussed.

The entire program consists of 30 hours of workshops. An optional credit course is offered in conjunction with the certificate (see page 18). Credit course participants complete additional assignments.

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.

Jan. 29, Feb. 5, 12, 19, 9 a.m.-4:30 p.m. (One additional class for optional credit course.) \$300, CEU option; Tuition plus special course fee For UG credit; Tuition for GRAD credit

To receive notification of the next Autism Spectrum Disorders offering, please call (608) 785-6508 to be placed on the mailing list. For information about credit offering call (608) 785-6513.

Mental Health Assessment and Diagnosis: Review for Human Service Workers

This workshop will help participants gain beginning skills in using the mental status exam (MSE) format, the Diagnostic and Statistical Manual (DSM) of the American Psychiatric Association and the process of differential diagnosis. Videotaped segments will demonstrate criteria for a variety of mental disorders, including schizophrenia, bipolar disorder, depression, dissociative disorders, anxiety disorders, personality disorders and others. Participants will practice formulating tentative diagnoses by utilizing the MSE to organize their impressions of clients, and then employing decision trees and the DSM criteria.

To provide a context for appreciating the uses and abuses of diagnostic labeling, the history and characteristics of the DSM will be briefly presented. Tradeoffs and values in applying this diagnostic system will be discussed. Each participant will receive the DSM-IV Quick Reference Guide paper edition, and related handouts as part of the registration.

Instructor: *Vince Fish*, Ph.D., MSSW, psychotherapist, consultant and trainer in private practice at Family Therapy Center of Madison

March 31-April 1, 9 a.m.-4 p.m. • UW-La Crosse \$190

INTERNATIONAL

Death, Grief and Bereavement Conference: The Child



This conference is the leader for offering strategies for helping individuals faced with loss. It will offer opportunities 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 the professional and those dealing with personal grief.

Featured conference speakers are:

- Dr. Sandra Bertman, Newton, MA
- Dr. Robert Kastenbaum, Arizona State University, Tempe, AZ
- Dr. Jack Morgan, King's College, London, Ontario
- Dr. Darce Sims, American Grief Academy, Louisville, KY
- Dr. Robert Stevenson, Mercy College, NY
- Rev. Richard Gilbert, Sherman Hospital, Elgin, IL

This conference is for program directors, chaplains, clergy, hospice providers or volunteers, nurses, social workers, case managers, counselors, funeral service directors, and others dealing with personal grief, death and bereavement issues. Registration is limited, so register early.

Call (608)785-6500 for a brochure

June 5-8 • Cartwright Center, UW-La Crosse

Healthcare Management Certificate Program (HMCP)

This certificate program will provide health care management professionals with a solid foundation in business education. Participants in the program will gain strategic business skills allowing them to lead departments and organizations more efficiently and effectively. The focus of the program is on marketing management, financial management and strategic management plus the role these three disciplines have within the healthcare organization. This program is tailored to the unique business needs and specific challenges of medical clinics and hospital environments. Offered in partnership with the Rural Wisconsin Hospital Cooperative (RWHC) and the Health Science Center.

Jan. 26-March 30, Wednesdays, 6-9 p.m.

Origination site: Health Science Center

*Receive sites: Tomah, Whitehall and Sauk City
\$175*

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 focus on our nine-county region. These programs continuously build on a base of information and provide decision makers like you with valuable tools for strategic planning. In addition to a report on our core economic indicators, the special topic this spring will be on the new direction of agriculture and food processing in the regional economy.

April 6, Breakfast, 7 a.m.;

Program 7:20-9 a.m.

Great Hall, Cleary Alumni and Friends Center, UW-La Crosse



Power Tools

A new fully charged series will be offered this spring on sales training and marketing. High powered sales tools and marketing tips will be shared that can energize your bottom line. Look for more information next month.

Co-sponsored with Wells Fargo Bank.



Women in Leadership Forum

UW-La Crosse will partner with local businesses and organizations to host the fourth annual Women in Leadership educational series. This educational community outreach program is for women in the Coulee Region who are currently in mid-management positions and who are seeking additional support, guidance and educational information in the area of leadership.

This program 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:

- Aligning personal and professional values
- Communication styles and gender differences
- Leadership styles and assessment
- Conflict management and resolution

For a registration brochure with complete details, call 608-785-6500.

April 6-May 11,

Wednesdays, 8:30-11:30 a.m.

Port O' Call Cartwright Center,

UW-La Crosse

1.8 CEUs

\$295, individual; \$245, two or more individuals from the same business

Supervisory Management Certificate Program



Managers throughout Wisconsin have participated in this series over the past 20 years. Concerned about doing their jobs well, managers look to our seminars for practical discussions about issues which face work groups in every business setting.

The seminars in this series are your opportunity to determine how well you manage people. Learn new skills while you meet other managers from your area. Our small group settings 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
- Five years are allowed to complete certificate requirements

You may register for any seminar without participating in the certificate program. For complete details on registration and program content, call 1-(800)-582-5182 or (608) 785-8783. **Fees are \$425 per seminar which includes instruction, materials, lunch and refreshments.** Some discounts may apply.

CORE SEMINARS

Supervisory Management 1

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

Feb. 15, 16, 8:30 a.m.-4 p.m.

*Cleary Alumni and 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 29, 30, 8:30 a.m.-4 p.m.

*Cleary Alumni and Friends Center,
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 coaching sessions.

May 3, 4, 8:30 a.m.-4 p.m.

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

ELECTIVE SEMINARS

Managing Projects and Project Teams

You will learn long-range project planning techniques, how to run efficient team meetings and how to review systems for organizing multiple projects. We touch on many other 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.

March 15, 16, 8:30 a.m.-4 p.m.

*Cleary Alumni and Friends Center,
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. We focus on the strategies, skills and motivations for negotiating win-win outcomes. We will apply the concepts to both everyday interactions and specialized contract or conflict situations. You will learn how to efficiently reach satisfying agreements for both parties in a negotiation.

April 12, 13, 8:30 a.m.-4 p.m.

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

Entrepreneurial Training Course

Whether just starting or expanding business services, an entrepreneur who wants to be successful in today's economy has a plan. A well conceived business plan is critical to your success and often 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. The Wisconsin Department of Commerce has developed the Entrepreneurial Training Grant to underwrite a portion of the cost of the certified program for successful applicants. Call for more information.

In La Crosse:

Feb. 15-April 19, Tuesdays, 6-9 p.m.

Room 126, W. Carl Wimberly Hall,

UW-La Crosse

\$250 with successful grant application

The First Steps to Starting Your Business

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

In La Crosse:

Jan. 25, Feb. 22,

March 29, April 26,

May 24, June 28,

9 a.m.-noon

\$25



Financial Basics for Business

Financial statements can help you make crucial decisions for your business. This three-hour workshop provides an introduction to three basic financial statements used by business owners: income statement, cash flow statement and the balance sheet. Not only will you learn how to read these financial statements, but you will also learn how to use them for better management control.

March 8 or June 7, 9 a.m.-noon

\$25

Marketing Basics for Business

Understanding marketing is a crucial step in getting your business off the ground and running. 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.

April 14, 9 a.m.-noon

Cleary Alumni and Friends Center, UW-La Crosse

\$25

Writing Your Employee Handbook

An effective employee handbook leads to the consistent treatment of employees, reduces discrimination, and enhances productivity and morale. Avoid common pitfalls and learn the legal status of employee handbooks, how to write and review your handbook and how to introduce it to your employees. Co-sponsored by Johns & Flaherty, SC

TBD, 8:30-11:30 a.m.

Cleary Alumni and Friends Center,

UW-La Crosse

\$59; \$45 for each additional person from the same organization

Business over breakfast series

Business owners and managers meet to discuss topics ranging from team building, to increasing sales, to performance appraisals. This series is cosponsored by the La Crosse Area Chamber of Commerce, Downtown Mainstreet Inc., SCORE, the Extended Education and Training Division of WWTC, and UW-L's Small Business Development Center for business people in the 7 Rivers Region. The series is held from 7:30 – 8:45 a.m. monthly, every fourth Wednesday at the Chamber, 712 Main St., La Crosse. Cost is \$5 per session. For more information and the complete schedule, visit the SBDC Web site at www.uwlax.edu/sbdc or call (608)784-4807.

SPRING 2005 SCHEDULE

January Increasing Business Value

February Motivating Employees

March Customer Service

April Interviewing

May Hiring the Older Worker



North American Mycological Association Annual Foray

The North American Mycological Association (NAMA) annual international foray will feature many different activities including mushroom collection and identification, dyeing of mushrooms (not to be confused with dying from mushrooms), numerous lectures by world-renowned invited presenters and a wild mushroom eating session. The NAMA foray is a good way to learn about mushrooms in a short time and an excellent way to meet people from around North America who are also interested in, and passionate about, mushrooms and other fungi. Participants must be NAMA members, but you can easily join. See the link at www.TomVolkFungi.net for more information.

Basic Wetland Delineation Training Workshop

This workshop is 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 participation and University of Wisconsin-Extension



Continuing Education Units (CEU's) will be awarded to each participant.

Participants will be added to a list of delineators provided to federal, state and local officials.

Workshop I • Aug. 8-10 **Workshop II • Aug. 22-24**
Cartwright Center **Middleton, Wis.**
UW-La Crosse **\$395, 1.8 CEU's**
\$395, 1.8 CEU's

Advanced Wetland Delineation Training Workshop

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 (CEU's) will be awarded to each participant upon successful completion of the training session.

Aug. 24-26
Middleton, Wis.

\$395, 1.8 CEU's

Basic Plant Identification for Wetland Delineation

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 6-8 **Workshop II • June 8-10**
Cowley Hall **Cowley Hall**
UW-La Crosse **UW-La Crosse**
\$395, 1.8 CEU's **\$395, 1.8 CEU's**

Basic Hydric Soil Identification

Basic Hydric Soil Identification is offered in response to requests from past Basic and Advanced Wetland Delineation workshop participants. This course is an introduction to the concepts of hydric soils and wetlands. Topics include soil descriptions, wetland chemistry, redoximorphic features and field indicators. Emphasis is placed on identification and writing hydric soil profile descriptions and use of the NRCS field indicators of hydric soils.

Aug. 10-12
Cowley Hall, UW-La Crosse
\$395, 1.6 CEU's

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



Reasons why you should consider getting your ME-PD degree from UW-La Crosse:

- Weekend formats: one weekend a month, Saturday 8 a.m.-4:30 p.m. and Sunday 8 a.m.-3:30 p.m. in a school district near you
- Development of a portfolio that can be tied to your district's goals and your professional development plan
- Complete your degree in two years – four semesters with summers off
- Interactive and practical learning formats which will be immediately applicable to your work setting and tied to your district's goals
- Accredited state university
- Financial aid available

The Learning Community program is designed for school professionals, educators or others who want to develop education competencies for professional growth.

During the first year of the program, participants develop learning standards focused on the contemporary needs of elementary and secondary classrooms. During the second year, growth and improvement plans are written for each of these standards.

The Learning Community program is offered during the academic year in various locations throughout the state. Courses begin each fall and spring semester. Students come together as a community one weekend each month for two years (summers excluded). This integrated approach to learning includes 30 credits that equal 450 hours of weekend courses and time within the classroom, school or work setting. Students complete a four semester spiraled curriculum, a professional portfolio and a graduate capstone project, which serves as their culminating activity.

Spring 2005 Learning Community Site include:

<i>La Crosse</i>	<i>Hudson</i>
<i>Berlin</i>	<i>Verona</i>
<i>Beloit</i>	<i>Watertown</i>

It's not too late to enroll! Call today for more information, admission materials or questions, toll-free 1-866-895-9233 or e-mail us at lc@uwlax.edu

If you are interested in having a Learning Community begin in your area, please call us and let us know!

Licensing Renewal Support Center

UW-La Crosse School of Education and Office of Continuing Education and Extension in collaboration with CESA #4 have been awarded a Wisconsin Department of Instruction grant that allows them to establish a Licensing Renewal Support Center (LRSC). UW-L is one of sixteen sites in Wisconsin to be named a LRSC. The primary purpose of the Center is to provide PI 34 license renewal-related services to various licensed educators not employed by Wisconsin public schools. The secondary purpose is to provide assistance to licensed Wisconsin educators who wish to renew their license using a professional development plan in 2006, 2007 and 2008.

TEACHER EDUCATION



Mixed Media Art

The natural setting of Kickapoo Valley Reserve is used as a point of departure for participants in this course to explore a wide variety of media and experiment with ways these may be combined to make art. Beginners gain exposure to the possibilities of mixed media; established artists have the opportunity to refine their skills and try new methods. Critiques offer the opportunity to share ideas and consider possible revisions of work in progress.

*June 27-July 1, Monday-Friday, July 16,
Saturday, 9 a.m.-3 p.m.*

*Kickapoo Valley Reserve, Kickapoo
Tuition, 2 credits (UG/GRAD)*

Annette Valeo Program Specialist

Since 2003, Annette Valeo has had various credit and noncredit assignments in CEE before enthusiastically accepting her new position as program specialist last summer. In this new role, she will continue to manage graduate courses offered off-campus in partnership with the Exercise and Sport Science (ESS) department. Additionally, she will focus on providing professional development opportunities for area educators.

If you are interested in the ESS Master of Science Sports Administration degree or the Physical Education Teaching degree off-campus programs or information about professional development opportunities for educators,



Environmental Education Update: Exploring the Outdoor Classroom

Back by popular demand, this course offers students hands-on experiences in geology, human history and natural resources using the Kickapoo Valley Reserve as an example of an "Outdoor Classroom". Participants examine the unique geography of Vernon County's Driftless Area, the people of this region from the Native Americans to contemporary communities, and the dramatic history and impact of the LaFarge Dam Project. Canoe trips will allow students to access sites to conduct water quality testing, as well as to explore the geology of the Kickapoo River. Students will hike to examine rock shelters and explore the ecology of cave, forest and prairie. Teachers across disciplines and grade levels take much away from this course: strategies, resources and ideas for teaching subjects using hands-on methods in an outdoor setting. To inquire about the unique lodging opportunities in Kickapoo Valley, e-mail

kickapoo.reserve@krm.state.wi.us

July 11-15, 9 a.m.-3 p.m.

Kickapoo Valley Reserve, Kickapoo

Tuition, 2 credits (UG/GRAD)

Instructional Strategies for Students with Autism Spectrum Disorders

(For noncredit option, see page 12)

Students with Autism Spectrum Disorder (ASD) and other pervasive development disorders span a wide range of qualities and functioning levels. While many are able to master the regular education curriculum, the methods for delivering instruction and the ways in which students need to respond to that instruction can be significantly different than for other students in the classroom. This course will provide participants with a variety of classroom instructional strategies to meet the needs of students with ASD.

Workshop I

Jan. 29, Feb. 5, 12, 19, 9 a.m.-5 p.m.;

Feb. 26, 12:30-2:30 p.m.

Location to be determined

Tuition plus special course fee

For UG Credit; Tuition for GRAD credit



Educational Psychology: Learning and Instruction

How do children think and learn, and what does this have to do with teachers and teaching? What makes a teacher effective? What makes a school effective? Why do some students try and others simply give up? These and other important issues will be explored in this course which examines empirically-based psychological principles and concepts applied to an educational setting. This course will be offered via distance education technology.

Jan. 20-May 5, Thursdays, 6-8:45 p.m.

Origination site: UW-La Crosse

*Receive sites: Holmen High School,
Sparta High School*

Tuition, 3 credits (GRAD)



Using Technology to Engage Your Students and Audience

This workshop will provide techniques and strategies for teachers to effectively utilize technology to engage the audience both in and out of the classroom. Participants will learn how to create unique and interactive presentations, how to effectively work with digital photography, audio, video and how to create projects that utilize “rich media” to truly engage the audience, leaving a lasting impression.

Participants at this session will have the opportunity to create new presentations/projects or work on existing ones during the two-day workshop. From PowerPoint to Photoshop, to video editing, this course will provide you the opportunity to create projects and lectures that are vibrant, interactive and engaging. Be ready to learn, to create and produce.

Explore scenic Door County as you capture images and video to create presentations during this workshop. The program will take place on Friday and Saturday, leaving Sunday to explore Door County on your own.

June 24-June 25,

8 a.m.-4 p.m.

*Crossroads Learning Center at
Big Creek, Sturgeon Bay*

Tuition, 1 credit (UG/GRAD)

SUBSTITUTE TEACHERS WORKSHOP

Get ready to be a substitute teacher this coming spring with this one day workshop

This workshop is designed to provide critical information for potential substitute teachers. Participants must currently possess a bachelor’s 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

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 instruction. Get ready to begin substituting for the next school year!

April 16, 8 a.m.-4 p.m.

165 Morris Hall, UW-La Crosse

\$55, includes materials and continental breakfast (lunch on your own)

POTENTIAL NEW COURSE!

Digital Imaging Technologies: Applications in Teaching

In this course students will work with a variety of digital image technologies. From image acquisition to manipulation and output, participants will discover numerous applications for use in their classrooms. Students will also explore pedagogical design and effect. (Participants should be comfortably experienced with computer applications.) If interested, contact Annette Valeo at (608) 785-6528.

Summer 2005

Tuition

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)?

In 1994 Continuing Education and Extension established Learning in Retirement, a non-profit local affiliate of Elderhostel. 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. Here's how membership works:

- Annual membership is nominal. Members can attend any of the courses offered for a small registration fee, although restrictions on class size may apply.
- Membership begins July 1, but prospective members may enroll at any time. Membership entitles each member to free campus parking when attending a LIR event, a UW-L library card and UW-L Bookstore discounts.
- There are no prerequisites.
- There are no fees for Travel Talks, Cabin Fever Series and Summer Series.
- You may attend one complimentary class session before joining LIR by calling and notifying us of the class you wish to attend. We'll prepare a nametag and a parking permit for you.

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 at (608)785-6506 or continuing@uwlax.edu.



LIR courses

Classes, offered in fall and spring, typically meet for two hours, one day a week for three to five weeks. Most classes are offered in the mornings or afternoons during the week. LIR instructors are a mix of university professors, LIR and community members – all willing to volunteer by sharing their expertise.

Courses are offered in a format allowing lively interaction between instructor and members. Some topics are covered in a single session, while others are explored through a series of related sessions. Topics are selected from membership suggestions. Examples of 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. The LIR Curriculum Committee invites members to submit suggestions for courses and names of instructors.



Planned 2005 class topics include:

- Genealogy
- Anthropology
- Chinese Culture
- Exploring Area Communities: Galesville, Black River Falls, Westby
- Amish in Wisconsin
- English Literature
- Jazz Music of the 20th Century
- Movie Directors Born in La Crosse
- Theatre
- Valuing Diversity—Hmong, Native Americans, Afro-Americans

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

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

Planned 2005 tours and field trips:

- Print & Broadcast Media Tours
- Norskedalen Field Trip
- Fanny Hill Dinner Theatre

Activities are in handicapped accessible locations whenever possible.

Jazz on the Mississippi Elderhostel Program

The Great River Jazz Fest is in its 20th 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. 3-8

Radisson Hotel, La Crosse

Adult Water Exercise

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

JAN. 24-MAY 6

SESSION I

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

*Wittich Hall pool, UW-La Crosse
\$85, plus \$15 parking fee*

SESSION II

Mondays-Thursdays, 6-7 p.m.

*Wittich Hall pool, UW-La Crosse
\$65, two nights per week; \$85, three nights
per week*

*For more information or to register:
(608)785-6529.*

Walking Tours:

“Exploring the Heart and Sole of Crete”

May 4-16, 2005

Crete is a great walking destination for its people – the quiet mountain villages, the slow pace of life, the rich culture, the vibrant history, the turquoise blue sea and the intensity of the mountains and gorges.

- Small group size: each tour is limited to a maximum of 16 participants.
- Explore places off the beaten track and learn about the Cretan way of life.
- Stay in small mountain villages and take meals in traditional taverns.
- Tour the natural history of the island and the spectacular archaeology of the Minoan civilization.
- Enjoy the stunning and enjoyable walks through mountains and along the seacoast.

We’ll do it all at a moderate pace to make it a wonderful learning holiday for people of most walking abilities. And we will have the luxury of having our luggage transported by our support van—no heavy packs to carry! Come along and enjoy camaraderie of a small group, a fabulous learning situation, and the challenge and excitement of the trail! Oh, and don’t forget the fresh air and wild flowers!

“Exploring the Heart and Sole of Ireland”

June 14-22, 2005

Visit all three of the Aran Islands as well as the Burren area and Galway, surrounding beautiful Galway Bay in the far west of the country.

- Small group size: each tour is limited to a maximum of 16 participants.
- Explore one of the most spectacular regions of Ireland, noted for its traditional culture, wide diversity of birds, plants and wild flowers, unusual geology and a dazzling array of archaeological sites.
- Tour the amazing islands and sea cliffs and walk along remote paths with scenery that will take your breath away.

The walking will be at an easy pace with options for people of all levels of walking experience and abilities. And our support van means no heavy packs to carry! Our walking will enable us to explore parts of Ireland that most tourists never see, and we’ll do it with highly experienced guides and specialists that will introduce you to this great area. We’ll stay at charming small hotels and B & B’s so that you can get acquainted with the local residents and have good craic (rough translation: “fun”) and traditional music in local pubs in the evenings.

For more information or a complete brochure contact, Jim Gallagher at (608) 784-8042; jimjagallagher@msn.com or Jan Olson at (608) 785-6505; olson.jani@uwlax.edu.



DISTANCE EDUCATION/CUSTOM PROGRAMS



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

www.uwex.edu/disted/catalog.

PSY 770 Ed Psychology Learning/Instruction

(See page 19 for a description)

Thursdays, 5:30-8:15 p.m.

Origination Site: UW-La Crosse

Receive site: Holmen High School,
Sparta High School

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-Stevens Point

MLG 102 Elementary Arabic II

Mondays-Fridays, 9-9:50 a.m.

Origination site: UW-Whitewater

Receive site: UW-La Crosse, UW-River Falls

MLG 102 Elementary Japanese II

Mondays-Thursdays, 11:05a.m.-noon

Origination site: UW-River Falls

Receive site: UW-La Crosse

MLG 202 Intermediate Japanese II

Mondays-Wednesdays, Fridays, 1:15-2:10 p.m.

Origination site: UW-River Falls

Receive 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, UW-Stevens Point

RUS 202 Intermediate Russian II

Mondays-Thursdays, 1-1:55 p.m.

Origination site: UW-La Crosse

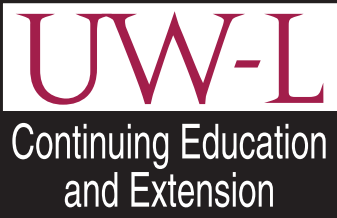
Receive site: UW-Oshkosh, UW-Stevens Point

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.

Information about the MBA program and the Internet courses below can be accessed at www.uwlax.edu/ba/graduate.



CUSTOM PROGRAMS

Continuing Education and Extension's (CEE) custom programs are dedicated to providing the finest professional development opportunities for nonprofit, business, 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.

Contact us to determine how we can work with you.

Online Credit Gerontology Certificate Program

The Online Gerontology Certificate Program, an 18-credit undergraduate or CEU program, uses the Internet to bring UW education to working professionals around the country. It combines the expertise of nine UW institutions: La Crosse, Madison, Milwaukee, Eau Claire, Green Bay, Parkside, Stevens Point, Stout and Superior. 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 will be 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 find out how 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.

CALENDAR OF CULTURAL EVENTS

JANUARY

Alexandra McHale - Comedian
Jan. 27, 8 p.m.
Cellar, Cartwright Center

FEBRUARY

Natty Nation - Reggae
Feb. 3, 8 p.m.
Cellar, Cartwright Center

Faculty Exhibition

(Study Gallery: Emeritus Faculty)
Feb. 3-28
Reception - Feb. 4, 5-7 p.m.
University Art Gallery, Center for the Arts

T.U.G.G. - Local Jam/Rock Band
Feb. 10, 8 p.m.

Cellar, Cartwright Center

Matt Glowacki - Lecture

Feb. 16, 7 p.m.
Valhalla, Cartwright Center-Gunning

Addition

Retta - Comedian

Feb. 17, 8 p.m.
Cellar, Cartwright Center

T.U.G.G. - Local Jam/Rock Band

Feb. 18, TBA
Hollywood Theater

Jason LeVasseur - Singer/Song Writer

Feb. 24, 8 p.m.
Cellar, Cartwright Center

Crimes of the Heart

Feb. 25-26, 7:30 p.m.
Feb. 27, 2 p.m.
Toland Theatre, Center for the Arts

Big Band Cabaret

Feb. 25-26, 7:30 p.m.
Valhalla, Cartwright Center-Gunning

Addition

Concert Choir Concert

Feb. 27, 4 p.m.
English Lutheran Church
1509 King, La Crosse

MARCH

Faculty Exhibition

(Study Gallery: Emeritus Faculty)
March 1-5
University Art Gallery, Center for the Arts

Crimes of the Heart

March 3-5, 7:30 p.m.
March 6, 2 p.m.
Toland Theatre, Center for the Arts

Urizen - Rock/Ska Band

March 5, 7 p.m.
Valhalla, Cartwright Center-Gunning

Addition

Chinese Dance Theater

March 9, 7 p.m.
Toland Theatre, Arts Center

Symphonic Band Concert

March 9, 7:30 p.m.
Annett Recital Hall, Center for the Arts

Wind Symphony Concert

March 10, 7:30 p.m.
Toland Theatre, Center for the Arts

Jude Kastle - Singer/Song Writer

March 24, Noon & 8 p.m.
Cellar, Cartwright Center

Pops Concert

March 25-26, 7:30 p.m.
Valhalla, Cartwright Center-Gunning

Addition

All Student Juried Exhibition

March 31
Reception & Awards-5-7 p.m.
University Art Gallery, Center for the Arts



APRIL

All Student Juried Exhibition

April 1-16
Reception & Awards-5-7 p.m.
University Art Gallery, Center for the Arts

Angela Shelton - Distinguished Lecture Series

April 5, 7 p.m.
Valhalla, Cartwright Center-Gunning

Addition

A Stone in the Road

Children's Theatre
April 9, 1 & 3 p.m.
Frederick Theatre, Thomas Morris Hall

Chapter Six

April 14, 7 p.m.
Valhalla, Cartwright Center-Gunning

Addition

Acoustic Warriors -

Native American Folk Rock
April 21, 8 p.m.
Cellar, Cartwright Center

Senior Student Exhibition

(Study Gallery: Alumni Artists)
April 22-30
Reception-April 22, 5-7 p.m.
University Art Gallery, Center for the Arts

Amadaeus

April 22-23 & 28-30, 7:30 p.m.
April 24, 2 p.m.

Toland Theatre, Center for the Arts

Women's Chorus Concert

April 23, 7:30 p.m.
Annett Recital Hall, Center for the Arts

Don Pepe - Latin/Ska Band

April 29, 4 p.m.
Location: TBA
Rainsite: 7 p.m.
Valhalla, Cartwright Center-Gunning

Addition

Symphonic Band & Wind Symphony Concert

April 30, 2 & 5 p.m.
Annett Recital Hall, Center for the Arts

MAY

Amadaeus

May 1, 2 p.m.
Toland Theatre, Center for the Arts

Choral Union

May 1, 4 p.m.
English Lutheran Church
1509 King, La Crosse

Senior Student Exhibition

(Study Gallery: Alumni Artists)
May 1-6
University Art Gallery, Center for the Arts

Festival of Choirs

May 3, 7:30 p.m.
Toland Theatre, Center for the Arts

Symphonic Orchestra Concert

May 7, 7:30 p.m.
Toland Theatre, Center for the Arts

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.

DEPARTMENT OF ART

The University Art Gallery is located off the lobby area on the first floor of the Center for the Arts. All exhibitions listed on this calendar are FREE. Gallery hours are Monday-Thursday, 12-8 p.m. and Friday and Saturday, 12-5 p.m. The University Art Gallery is open extended hours for events at Toland Theatre and Annett Recital Hall.

DEPARTMENT OF MUSIC

The recitals and concerts scheduled by the Department of Music feature a wide variety of vocal and instrumental groups and soloists. Events are held on campus and throughout the La Crosse community and include jazz, classical and popular music. Many concerts are FREE or have a "suggested donation" price.

DEPARTMENT OF THEATRE ARTS

The University Theatre presents a mix of both classical and contemporary theatre. Patrons may purchase tickets to individual performances or may purchase a Toland Theatre Season Subscription. Theatre Box Office hours are Monday-Friday from 1-4:30 p.m., starting the week of each opening, and one hour prior to each performance. Tickets can be charged to VISA or MasterCard. Special seating is available for persons with disabilities.

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. You will learn to play several songs right in class and then perfect your techniques at home by following the 60 minute tape provided. This beginning course in chord piano techniques that will have you playing all of your favorite songs with both hands. Ability to read the treble clef recommended.

Craig Coffman is in his 10th year of teaching this class and has personally taught over 8,000 students. For more information visit www.pianofun.com

April 2, 9 a.m.-12 p.m.

259 Cartwright Center, UW-La Crosse

\$69, includes CD



The Internet & Family History

Searching for a long lost relative or maybe an interesting activity to fill the long days of winter? Working on your Family History online is a great way to preserve the history of your family and provide a great legacy for future generations.

If you do not have much experience using the Internet as a research tool, relax because the Family History program is geared for novice Internet genealogists. The seven-week program requires a minimum time commitment of four hours per week and will be conducted by Web page, email and asynchronous conference. This is an anytime/anyplace course with no set class times and meets in cyberspace!

Jan. 24-March 11, Mondays

\$69



Career Women in Golf: How to Get More out of the Game

With over 25 years of teaching experience, Margaret "Squib" Olsen focuses on understanding the needs of students at various levels in the game. She recognizes many women seek information and skills that will make them more comfortable in work-related and community-sponsored golf outings. This class is designed to strengthen women with knowledge that can enhance careers and bring new levels of enjoyment to the game.

Margaret "Squib" Olsen is a former member of the LPGA Teaching and Club Professional Division who played on the Women's Professional Golf Tour and is currently executive director of the Three Rivers Golf Association in the La Crosse area.

April 9, 9 a.m.-1 p.m.

Mitchell Hall Fieldhouse, UW-La Crosse

\$60

Public Archaeology Field Schools-High School & Adult

Choose from a three-day or one-week field school and 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 and survey work. Lab work may include washing ceramics, stone tools, and other remains and sorting them into basic categories. An experimental archaeology component of the event may explore making stone tools and pottery. Optional lab hours and local field trips will be available after regular field school hours. No previous experience is necessary. The location of this year's field school is yet to be determined. These schools are open to high school students through adults including educators. Supervised dorm facilities with meals are available for high school students at an additional cost of \$150 for the three-day school and \$250 for the one-week field school. Bring a lunch with drink and snacks, water bottle, insect repellent and sun screen. Wear comfortable walking shoes.

Three-day Field School: Aug. 1, 9 a.m.-5 p.m.;

Aug. 2-3, 7 a.m.-3:30 p.m.

259 Cartwright Center, UW-La Crosse

\$300, includes some meals

See Page 21 for Walking Tours to Crete and Ireland.

One-week Field School: Aug. 1, 9 a.m.-5 p.m.;

Aug. 2-5, 7 a.m.-3:30 p.m.

259 Cartwright Center, UW-La Crosse

\$450, includes some meals