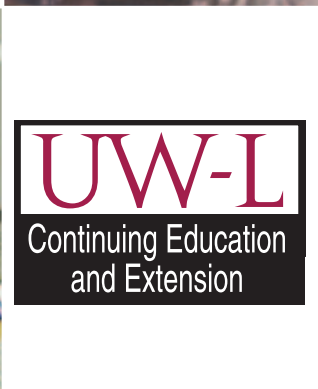


Access

January-August 2004



Connecting the University and the Community

LEARN SOMETHING NEW!

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Tracy Noyes, ME-PD Marketing Specialist

Marketing is a never-ending process. Since joining Continuing Education three years ago, Tracy's working hours consist of developing marketing plans, conducting formal and informal market research, overseeing Web page development and maintenance, as well as overseeing the production and distribution of marketing publications, including Access.

This publication is one way to inform the community about the programs offered and about other ways UW-L reaches out to the community.

Marketing also involves listening to the community, to learn how UW-L might best meet educational needs. We welcome hearing from you.



Steve Stach Marketing Specialist

Steve Stach has promoted news and events on campus for the past eight years before joining our office last summer. He has continued his publicity efforts and maintains effective media and community relations. Steve ensures the information about our programs and services is accurately communicated.



Fine Arts Summer Camp for the Visually Impaired

- Students will create art through a variety of mediums including clay, stone, textiles, paint and more. Appreciation of other artists' work will occur through the experience of the art gallery and art show.
- Students will experience the performing arts through activities of drama and dance, with the week's work culminating in a performance for the campers, family and the community.
- Vocal and instrumental music classes will assist students in improving their music abilities both in solo and ensemble settings. Skills in the reading of music, including Braille music, will be offered at the introductory and more advanced levels.

Students who are eight years of age through high school graduation, who are blind or have a visual impairment, are eligible to attend. This program is offered in partnership with the Wisconsin Center for the Blind and Visually Impaired.

June 20-26
UW-La Crosse



For more information contact Lisa Tomberline at (920) 872-9212 or lisa.tomberlin@wcbvi.k12.wi.us.

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

For more information, contact:

UW-La Crosse
Continuing Education and Extension
205 Morris Hall
1725 State St.
La Crosse, WI 54601
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Access

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

Young Scholars Program

Students entering grades 5-9

Young Scholars challenges students 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. Students 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, biology of insects, physics and astronomy.

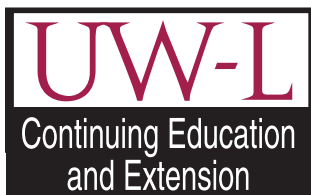
Call (608)785-6508 to request a brochure.

July 12-16, 8:30 a.m.-4 p.m.

UW-La Crosse

\$198, full-day students, includes lunch each day

\$97, 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 science and mathematics for middle school girls, a time when many girls lose interest in such programs. The goals of this program are to offer intensive academic exploration, provide students 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, the students 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 (WACTY).

June 26-27

UW-La Crosse

\$175, includes instruction, room and board



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, the young explorers will have the opportunity to see what types of plants and animals not only live but also thrive in this unique habitat. 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, 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 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 15, 7:30 a.m.-3 p.m.; June 16, 8 a.m.-3 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, 2004.** This program is largely funded by a grant from the US Army Research Office.

Sept. 19-21

UW-La Crosse

\$20



SCHOLARSHIPS

for most Youth Programs are available for financially-disadvantaged and minority 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.



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 11-15

Center for the Arts, UW-La Crosse

Commuter fee: \$199, includes daily lunches, instructional materials and camp T-shirt

Resident fee: \$255, includes all meals beginning with Sunday dinner and ending with Thursday dinner, instructional materials, camp T-shirt 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 (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. Contact 1-800-876-7464 for more information.

June 10-13

UW-La Crosse



Hooked on Fishing

Students entering grades 6-12

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 and enjoy mouth-watering meals of fish. Bring your own gear, or use equipment provided.

June 21-23, 8 a.m.-noon

Pettibone Park, La Crosse

\$45

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

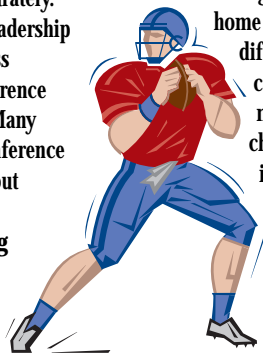
Since 1974, the Gymnastics Camp has offered girls expert instruction in all levels of gymnastics. With a sound reputation and a skilled, caring staff, this is the camp where goals are set and met.

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 7-July 13 (Tentative dates)
Program is free. For more information, (608)785-8696 or visit: www.uwlax.edu/nysp

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

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.

July 13-14, 9 a.m.-3 p.m.

311 Wimberly Hall, UW-La Crosse

\$90, includes travel fee

Introduction to Archaeology

Students entering grades 5-9

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

July 6, 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.

July 7-8, 9 a.m.-3 p.m.

311 Wimberly Hall, UW-La Crosse

\$125, includes travel fee

Arrowheads, Rocks & Dinosaurs

Students entering grades 4-6

What's the difference between a geologist, archaeologist and paleontologist? You'll find out by taking this introduction to the sciences. Check out real artifacts and fossils from Wisconsin and learn about past people, dinosaurs, rocks and the earth. Hands-on activities emphasized.

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

311 Wimberly Hall, UW-La Crosse

\$50, includes supplies

Public Archaeology Field Schools – multi-age

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.

Three-day Field School: July 26-28

259 Cartwright Center, UW-La Crosse

\$300, includes some meals

One-week Field School: July 26-30

259 Cartwright Center, UW-La Crosse

\$450, includes some meals



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. Some discounts may apply. 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.

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. 18-19, 8:30 a.m.-4 p.m.
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.

Mar. 24-25, 8:30 a.m.-4 p.m.
Cleary Alumni & 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 re-views 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 5-6, 8:30 a.m.-4 p.m.
Cleary Alumni & Friends Center,
UW-La Crosse

ELECTIVE SEMINARS

Maximizing Performance

This seminar focuses on creating an environment for excellence, identifying what you are really rewarding, fine-tuning your coaching and goal-setting techniques, diagnosing performance problems, turning around undesirable behaviors and rewarding desirable behaviors.

Mar. 10-11, 8:30 a.m.-4 p.m.
Cleary Alumni & Friends Center,
UW-La Crosse

Training Employees

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

May 19-20, 8:30 a.m.-4 p.m.
Cleary Alumni & Friends Center,
UW-La Crosse

Facing Conflict Head On!

Conflict in organizations is inevitable because all important relationships go through times of impasse. When managed productively, however, conflict serves as an important catalyst for initiating change. 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.

June 9-10, 8:30 a.m.-4 p.m.
Cleary Alumni & Friends Center,
UW-La Crosse

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

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

Economic Indicators:

An Update for the 7 Rivers Region

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 tourism in the regional economy.

April 1, breakfast at 7 a.m., program 7:30-9 a.m.

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



Women in Leadership Forum

As part of the efforts to prepare the community for the Next Coulee Region Economy, UW-L will partner with local businesses and organizations to host a third 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 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:

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

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

Wednesdays, April 14-May 19, 8-11:30 a.m.

Cartwright Center

\$295, includes six sessions and closing luncheon

Save \$50/person when two or more individuals from the same organization attend!

\$79 per session, not applicable for session 1 and 6.

Business over breakfast series

This series is co-sponsored 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 (SBDC) 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

SPRING 2004 SCHEDULE

<i>January</i>	Servant Leadership	<i>April</i>	Increase Sales
<i>February</i>	Team Building	<i>May</i>	Performance Appraisal
<i>March</i>	Leadership		

BUSINESS DEVELOPMENT

Entrepreneurial Training Course

Whether just starting or expanding your business services, entrepreneurs who want to be successful in today's economy have a plan. A well-conceived business plan is critical to 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 to apply for funding from banks and public institutions.

Fee is \$250 (after 75% tuition reimbursement award). Call to receive an application for tuition reimbursement.

In La Crosse:

**Feb. 17-April 20,
Tuesdays, 6-9 p.m.
Room 126, Wimberly Hall
UW-La Crosse**

In Black River Falls:

**In partnership with WWTC
Extended Campus
Feb. 23-April 26,
Mondays, 6-9 p.m.
WWTC Campus,
Black River Falls**

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 identifying your next steps. Instruction time is three hours, including time for questions and answers. Fee is \$25.

In La Crosse:

**Jan. 20, Feb. 24, March 23, April 20,
May 25, June 22, July 27, 9 a.m.-noon**

In Black River Falls:

**March 16, 9 a.m.-noon
Location TBD**

In Buffalo:

**Apr. 27, 9 a.m.-noon
Location TBD**

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 16 or May 11, 9 a.m.-noon

Room 120, Wimberly Hall

\$25



Marketing Basics for Business

Understanding marketing is a crucial step in getting your business off the ground and running. Determining target markets, analyzing the competition, building your promotion calendars and evaluating your marketing will help keep your business on the right path. Begin to plan your marketing efforts.

April 22, 9 a.m.-noon

Room 120, Wimberly Hall

\$25

The Legal Side of Business

Discuss the many legal issues that are important to the success of your business with attorneys from Parke O'Flaherty, Ltd., our co-sponsor for this program. Participants will learn about collection laws, contracts and liens, regulatory issues and taxes, personnel issues and more. Even though most people would rather leave the legal side of business to someone else, this information can be critical to the success and growth of your business.

Date TBD, 8:30 a.m.-4 p.m.

Cleary Alumni & Friends Center,

UW-La Crosse

\$119



The U.S. Census Bureau estimates that 11 million teenagers go beyond normal adolescent rebellion to out-of-control or extreme behavior. Raising teenagers is hard work. But, there's help.

Scott Sells, Ph.D., clinical director of the Savannah Family Institute and associate professor of social work at Savannah State University, provides parents and professionals with a step-by-step approach to teen behavioral problems. Sells' six years of research has resulted in a book for parents, "Parenting Your Out-of-Control Teenager," and one for professionals, "Treating the Tough Adolescent."

His goal is to help professionals and parents reduce or eliminate severe behavior problems in teenagers and children through a step-by-step roadmap, while restoring love and limits.

Transforming the Difficult Adolescent: "A Step-by-Step Approach to Restoring Love and Limits"

Professionals will obtain step-by-step tools to stop parent abuse and acts of teen terrorism. The workshop first shows professionals concrete steps to build an ironclad contract to stop extreme behaviors of disrespect, ditching school, violence, alcohol or drug use, sexual promiscuity or suicide threats. The workshop also shows how to restore lost nurturance between parents and their teen and how misbehavior is as much connected to a lack of structure as it is to a lack of love. This one-day workshop outlines the seven steps necessary to stop an out-of-control teenager. Videos and role-plays demonstrate how each step works and can be applied.

April 19, 9 a.m.-4 p.m. — Milwaukee

June 14, 9 a.m.-4 p.m. — Madison

\$99 — Registration on or before March 29

\$125 — Registration after March 29

\$75 — Student rate with copy of student I.D.

For more information: (608)785-6506

Savannah Parenting Certification

Based on Dr. Sell's new book, *Parenting Your Out-of-Control Teenager*, this two-day intensive training will show professionals how to set up, market and conduct their own six week parenting program.

Throughout the workshop you will:

- Learn to increase a professional referral base, since no other program is custom designed for the out-of-control teenager
- Receive intensive training and the parenting package
- Learn how to use the unique inner-outer circle to demonstrate concepts with parenting groups
- Be included on a nation wide referral network on www.difficult.net. Parents will be directed to the web site to look for certified trainers in their area.

Training also includes observing an actual parenting class with real families. Participants receive a parenting program education kit (a \$395 value) and 16 hours of continuing education, 1.6 CEUs. Registration is limited to 12 participants for each session.

March 4-5 — La Crosse; April 19-20 — La Crosse
\$595

MUSIC AND MEANING

Music can be a wonderful antidote to anxiety, anger, and grief -helping to transform these feelings into understanding and peace. In the midst of very busy lives, music can be used to renew your spirit, understand your deepest longings, and celebrate your joys! In this workshop you will be invited to explore music's meaning through drawing, movement, and journaling. Each session will focus on pieces of music of the great composers, some recorded, some played live on the piano, that have been found to be especially effective in healing and returning us to life. We will begin to build a repertoire of music to which we can turn to re-establish our connection to our deepest self and to that which makes life meaningful.

The workshop can be helpful for personal and professional growth. Counselors, therapists, psychologists, nurses, social workers - anyone who assists clients who are dealing with stress, grief, anger, or similar emotions - will find this workshop useful and inspiring.

Dorinda Hawk, MA, MFT, is a leader with the Guild for Psychological Studies of San Francisco, where she has taught the use of music for spiritual-psychological integration. She has trained with Mary Priestley in improvisational music therapy in London, England.

March 27-April 3, 10, 17, 10 a.m.-noon

UW-La Crosse

\$80

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
- 12-20 hours of work practicum

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 the certificate program to take a workshop. For a detailed brochure or more information, call (608)785-6509, visit www.uwlax.edu/conted or e-mail continuinged@uwlax.edu



New Online Credit Gerontology Certificate Program!

A new Online Gerontology Certificate Program, an 18-credit undergraduate program, uses the Internet to bring UW education to working professionals around the country. It combines the expertise of seven UW institutions: UW-La Crosse, UW-Madison, UW-Milwaukee, UW-Parkside, UW-Stevens Point, UW-Stout and UW-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.

CORE WORKSHOP Psychology of Aging

Based on Maslow's hierarchy of needs, this workshop will explore how the elderly meet their needs. Basic needs of food and shelter can be a problem for some elderly, while the need for touch and social connection may be major issues for others. Safety needs will be addressed including coping strategies, elder abuse and fears. Belonging needs, family support, interpersonal intimacy and sexuality as well as self-esteem will be discussed. Normal versus pathological cognitive changes will also be covered.

Instructors: Sara Sullivan, Ph.D., UW-L Department of Psychology and Mary Faherty, M.S., Care Management Organization Director, La Crosse County Human Services.

April 3, 24, 9 a.m.-4 p.m.

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

Scholarships Available

Those who wish to participate in the Gerontology Certificate Program but are facing financial restrictions can apply for a \$500 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.

ELECTIVE WORKSHOPS

Living with Dying

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

Instructor: Sue (Hulse) Fletcher, MA, Chaplain, Franciscan Skemp Healthcare, has ministered for over 15 years to the sick, specializing in end of life care. She has helped individuals and families in nursing homes, home hospice, medical centers and clinics find meaning in dying.

Feb. 17, 24, 6-9 p.m.

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

Safety Strategies for Seniors

Deteriorating physical and/or mental abilities put aging adults at a higher risk of falls or other injuries. Professionals who work with this population continually seek better methods for assessing both environmental and personal threats to their safety. In this practical and interactive workshop participants will role-play real life scenarios, gain new skills in assessing patient safety and practice mobility exercises for functional fitness. Safety concerns such as impaired vision, medication side effects, environmental risk factors and dementia will be covered.

Instructor: Bernice Olson-Pollack, MS, CAN, is a therapeutic exercise instructor and wellness educator for the Franciscan Sisters of Perpetual Adoration at St. Rose Convent in La Crosse.

March 13, 9 a.m.-1 p.m.

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

Chronic Pain in Older Adults

Management of chronic pain in the older adult is a challenge, but it is also a realistic goal. In this workshop participants will learn about the common problems that lead to chronic pain, how to assess pain, and the emotional toll that such pain takes on patients and their families. Conventional and complementary methods used to alleviate pain will be discussed. Quality of life issues will be emphasized, and advanced care planning will be covered.

Instructors: Carrie Lapham, RN, CS, MSN, palliative care clinical nurse, Gundersen Lutheran Medical Center, has worked extensively in the area of hospice and palliative care. She co-authored "Care When Care is Not Possible - Illness, Crisis and Loss."

Barb Hammes, RN, MSN, Palliative Care Advanced Practice Nurse

Feb. 27, 9 a.m.-1 p.m.

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

Autism Spectrum Disorders Certificate Program

A certificate for educators and human service professionals

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

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

Who will benefit?

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

A new rotation of the Autism Spectrum Certificate program is planned for fall 2004. To receive more information, call (608)785-6508.

CONFERENCES



Society of Environmental Toxicology and Chemistry (SETAC) Meeting

The Society of Environmental Toxicology and Chemistry (SETAC) is an independent, nonprofit professional society that provides a forum for individuals and institutions engaged in the study of environmental issues, management and conservation of natural resources, environmental education and environmental research and development.

A joint meeting of two SETAC regional chapters, Midwest and Ozark-Prairie, will be held in La Crosse. The meeting will include a plenary session with invited speakers, contributed poster and platform sessions, field trips and social events. The meeting is open to professionals, scientists, students and academics. For more information on the conference and registration fees, call (608)785-6502 to receive a conference brochure.

March 4-5

Radisson Hotel, La Crosse

For more information and registration fees on these conferences, meetings and workshops, call (608)785-6502

Penny Tiedt, M.S. Assistant Director

Since 1989 Penny Tiedt has managed professional development educational opportunities around the state and across the nation. Her conferences and workshops are developed to meet the needs and interests of all ages. A few programs have included Wetland Delineation Trainings (see page 18), Jazz on the Mississippi (see page 25), Transforming the Difficult Adolescent (see page 11) and additional conferences in areas of science, education and health and human services.

Penny also manages campus summer pre-college programs. Successful programs offered to middle school and high school students include Young Scholars, Girls in Science and Environmental Explorers.

Penny can provide conference support, including planning, marketing, logistics, financial management and overall program execution. She can handle all of the details and arrangements to make your next conference or workshop a success. Contact her at (608)785-6503 or tiedt.penn@uwlax.edu.



Council on Undergraduate Research, 10th National Conference

“Crossing Boundaries:

Innovations in Undergraduate Research”



The Council on Undergraduate Research (CUR) will hold its 2004 national conference “Crossing Boundaries: Innovations in Undergraduate Research” at UW-La Crosse. CUR supports and

promotes undergraduate student-faculty collaborative research. Through research, faculty members enhance their teaching and contribution to society. The conference will bring together more than 500 faculty, administrators, policy makers and representatives of funding agencies with an interest in undergraduate research. There will be over 100 workshops and presentations — promises to be an outstanding conference.

June 21-26

UW-La Crosse



INTERNATIONAL
**Death, Grief and
 Bereavement Conference:**

The Family

This conference will offer strategies when 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.

Pre-conference workshops include:

- Sing Your Way Home: The Value of Music and Poetry During Bereavement
Kent Koppelman, Ph.D., UW-La Crosse
- Late Adolescents and Their Grief, an M&M (Mystery and Miracle) Experience
Rev. Dan Festa, Henderson State University
- Loss: Relating to Inner Grief with Depth Psychology
Douglas Daher, Ph.D., Stanford University
- Changes in Expressions of Mourning in the United States: From 1800-2004
David Balk, Ph.D., Oklahoma State University

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.

June 5-9
Cartwright Center, La Crosse

For more information and registration fees on these conferences, meetings and workshops, call (608) 785-6502



14th Annual Wisconsin Space Conference

The Wisconsin Space Grant Consortium is a Wisconsin-wide, nonprofit organization supported by NASA, with matching support from public and private universities and colleges, industry and nonprofit aerospace associations. Its purpose is to coordinate and improve Wisconsin's future in aerospace science, design and technology, with particular emphasis on assuring a diverse, well trained aerospace work force and informed public. The conference will include keynote presentations and a variety of informative sessions including student presentations.

The public is welcome to attend.

Aug. 19-20
Cartwright Center, La Crosse

Cooper Ornithological Society Meeting

The Cooper Ornithological Society, an organization of over 2,000 professional and amateur ornithologists, is one of the largest ornithological societies in the world. The society was organized in 1893 by a small group of individuals in California who were interested in the study of birds. The name of the society commemorates an early California naturalist, Dr. James G. Cooper. Its primary goal is to advance the scientific study of birds and their habitats. The society accomplishes those objectives through its meetings, its sponsorship of symposia and workshops, and its publications.



The Cooper Ornithological Society will hold its 74th annual meeting in La Crosse and will feature researchers presenting findings of their recent studies. Birding opportunities abound in the area, since early May is peak time for spring warbler and sparrow migration. Topics of symposia will include avian diseases, hierarchical models and migration stopover ecology. Workshops, book displays, field trips, a banquet, award presentations and a variety of social events are also included in this three-day meeting.

The annual meeting is open to the public.

May 6-8
South Hall, La Crosse Center

CONFERENCES/CUSTOM PROGRAMS



USA Cycling Midwest Regional Development Camp



UW-La Crosse will 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 21-25

UW-La Crosse

Brethren National Youth Conference



The Brethren National Youth Conference

(BNYC) will bring more than 2,000 high school youth from throughout the country to the campus. Youth will participate in general and breakout sessions, community service projects and recreational activities through out the La Crosse area. Hosted by universities across the nation, BNYC travels to all areas of the country allowing participants to experience different community and cultural activities.

July 17-23

UW-La Crosse

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.

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

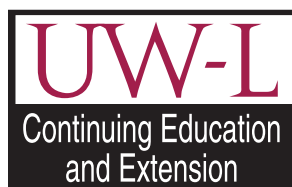
Our programs can be offered on campus, at your workplace, at other locations or through distance education technology. Delivery can be scheduled for days, evenings or weekends.

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

BENEFITS

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

Contact us to determine how we can work with you.



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 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, as well as access to quality health care.

Gary Gilmore, MPH, Ph.D., CHES
Professor and Director, Community Health Programs
Programmer, Continuing Education/Extension

For three decades, Gary has developed numerous community health courses, conferences and workshops. His programs have included the Violence Intervention and Prevention (VIP) Institute, which explores the intricate and complex web of violence in society, and the Adolescent Health Symposium, a popular event offered in collaboration with UW-Oshkosh that emphasizes health promotion strategies for youth.



He also chairs the Wisconsin Health Education Network (WHEN), an association of health educators in the state of Wisconsin whose goal is to improve the health of the citizens and the practice of health education through continuing education.

Gary received a UW-Extension award for excellence in 1998 and is a former Fulbright Senior Scholar to India

He works with health-care organizations and public health agencies at the local, state and national levels. He is willing to explore new educational venues that meet specific needs of your organization. For more information,

Wisconsin Health Education Network (WHEN) Annual Meeting:

“Addressing Social Determinants of Health as Influences on Individual and Community Well-Being”

Join other participants to review specific examples that influence the social determinants of health, discuss health education’s role and network with other health practitioners from around the state. Health educators and other health practitioners can draw from an understanding of these influences in order to address their responsibilities in a more comprehensive and health promotional manner.

April 22, 9 a.m.-4 p.m.

Chula Vista Resort, Wisconsin Dells

\$79

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 2004, three health-related tracks will be the focus: physical and social dimensions of health promotion, mental and spiritual dimensions of health promotion, and balanced approaches to living.

Nationally-recognized keynote presenters will be followed by a wide array of breakout sessions. Topics will include social determinants of youth risk behavior, nutrition and health enhancing factors and assets for youth.

Feb. 5, 8:30 a.m.- 4:15 p.m.;

Feb. 6, 8:30 a.m.-12 p.m.

Oshkosh Convention Center, Oshkosh

\$170

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 (CEUs) will be awarded to each participant. Participants will be added to a list of delineators provided to federal, state and local officials.

Aug. 16-18

**Cartwright Center, UW-La Crosse
\$395**

Aug. 30-Sept. 1

**Wagon Trail Resort, Door County
\$395**

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 will be awarded to each participant upon successful completion of the training session.

Sept. 1-3

**Wagon Trail Resort, Door County
\$395, includes instructional materials, two lunches, two continental breakfasts and breaks**



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

May 17-19

**Cowley Hall, UW-La Crosse
\$395**

Workshop II

May 19-21

**Cowley Hall, UW-La Crosse
\$395**

Basic Hydric Soil Identification for Wetland Delineation

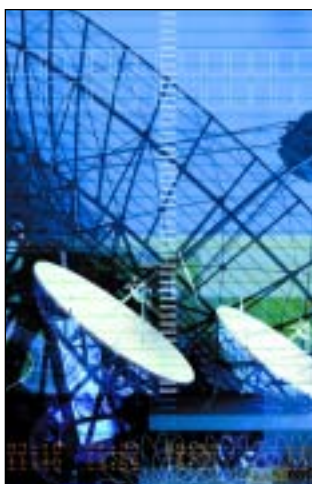
Basic Hydric Soil Identification is offered in response to requests from past Basic and Advanced Wetland Delineation workshop participants.

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. 18-20

**Cowley Hall, UW-La Crosse
\$395**

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.



CHI 102 Elementary Chinese II
Mondays-Thursdays, 8:50-9:45 a.m.
Origination site: UW-La Crosse
Receive sites: 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 Japanese II
Mondays-Wednesdays and Fridays, 11:05-12 a.m.
Origination site: UW-River Falls
Receive site: UW-La Crosse

MLG 202 Intermediate Japanese II
Mondays-Wednesdays and Fridays, 2-2:50 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 sites: UW-Oshkosh, UW-Stevens Point

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

Receive sites: UW-Oshkosh, UW-Stevens Point
EDM 773 Current Trends in Literature for Children & Young Adults
(See page 20 for a description)
Thursdays, Jan. 29-May 6; 5-7:45 p.m.
Origination site: UW-La Crosse
Receive sites: Brookwood High School, Hillsboro High School, Holmen High School

PSY 770 Educational Psychology Learning and Instruction
(See page 20 for a description)
Wednesdays, Jan. 28-May 5; 5:30-8:15 p.m.
Origination site: UW-La Crosse
Receive sites: Sparta High School, Hillsboro High School

CSC 106 Introduction to Health Careers
(See page 20 for a description)
Tuesdays and Thursdays, 12:05-1 p.m.
Origination site: UW-La Crosse
Possible receive sites: DeSoto High School, Holmen High School, Sparta High School

SPE/EFN 716 Teachers and the Law
(See page 20 for a description)
Wednesdays, Jan. 28-May 5; 5-7:45 p.m.
Origination site: UW-La Crosse
Receive sites: Viroqua High School

MBA designed to be flexible

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

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

Program electives and a core requirement are also offered online. The program offers a wider variety of elective courses through Internet partnerships with other University of Wisconsin business programs.

Information about the MBA program and the Internet courses below can be accessed at www.uwlax.edu/ba/graduate. For more information and registration, contact the College of Business Administration at (608)785-8090.

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



Becoming an Authentic Teacher: Leading with Soul

Participants will reflect on why they chose to become a teacher, describe what is most important to them about teaching, and identify the unique gifts they bring to their teaching. Examine writings of William Glasser and other educators to define what authentic teaching is and describe the outcomes expected.

Feb. 6, 20, 4:30-10 p.m.; Feb. 21, 28, 8 a.m.-6 p.m.

**Franciscan Spirituality Center, La Crosse
Tuition, 2 credits (UG/Grad)**

Using Choice Theory as a Basis for Conflict Resolution

Choice Theory is examined as a foundation for developing effective communication skills and conflict resolution strategies. The class explores the concept of success/failure identity and its relationship to setting realistic goals and taking responsibility for one's behavior. This course is designed for teachers and professionals working in behavioral sciences.

**Jan. 16, 5:30-9:30 p.m.; Jan. 17, 8 a.m.-4 p.m.;
Jan. 21, 28, Feb. 4, 11, 18, 25, Mar. 3, 10, 17,
24, 5:15-9 p.m.**

**Northwoods Elementary
Tuition, 3 credits (UG/Grad)**

See page 4 for Junior Science: Humanities Symposium.

See page 7 for archaeology workshops.

Educational Psychology: Learning and Instruction

Consideration of psychological principles, concepts, processes and interpretations of human learning and related empirical evidence. Emphasis is given to those most relevant for instruction and learning in schools.

Jan. 28-May 5, Wednesdays, 5:30-8:15 p.m.

**Origination site: UW-La Crosse
Receive sites: Sparta High School,
Hillsboro High School
Tuition, 3 credits (Grad)**

Current Trends in Literature for Children and Young Adults

Designed to study new and recent trends in literature for children and young adults. Thematic approach for discussion of emerging trends such as sexism, cultural and ethnic backgrounds in books for children and young adults, troublesome titles and censorship.

Jan. 29-May 6, Thursdays, 5-7:45 p.m.

**Origination site: UW-La Crosse
Receive sites: Brookwood High School,
Hillsboro High School
Tuition, 3 credits (Grad)**

Introduction to Health Careers

High School educators will acquire general understanding of the health care system in the United States including the role of holistic (alternative/complementary) medicine. Various professionals will present educational and occupational requirements relevant to their role in the health care system.

**Jan. 27-May 11, Tuesdays & Thursdays,
12:05-1 p.m.**

**Origination site: UW-La Crosse
Possible receive sites: De Soto High School,
Holmen High School and Sparta High School
Tuition, 2 credits (UG)**

Teachers and the Law

Study how the legal system affects the role of teachers and the teaching process in public education settings.

Jan. 28-May 5, Wednesdays, 5-7:45 p.m.

**Origination site: UW-La Crosse
Receive site: Viroqua High School
Tuition, 3 credits (Grad)**

Substitute Teachers 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 workshops 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. For registration information call (608)785-6506.

April 17, 8 a.m.-4 p.m.

165 Morris Hall, UW-La Crosse

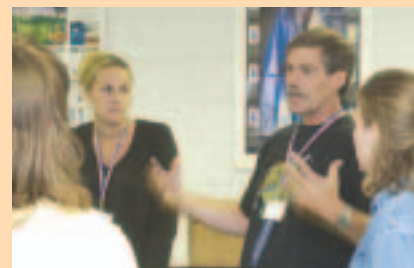
\$55, includes breaks and materials; lunch on your own

Summer Teachers Institute in London, England

Earn graduate credits in a two-week program at London Metropolitan University, a comprehensive university of over 25,000 students, located in a vibrant urban neighborhood convenient to Central London.

Early July

Contact Lynn Weiland, (608)785-6513 for registration information.



Washburn Academy

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
8:30 a.m.-3 p.m.,
Monday-Friday
July 12-16

Week II, Onalaska
8:30 a.m.-3 p.m.,
Monday-Friday
July 26-30

Enjoy credit courses at the Kickapoo Valley Reserve in La Farge, Wis. this summer!

Creative Writing/Nature Writing with Carla Graham

Aug. 2-6

Tuition, 2 credits (UG/Grad)

Exploring the Outdoor Classroom with Brad Steinmetz and Chuck Hatfield

Aug. 9-12

Tuition, 2 credits (UG/Grad)

Drawing with Jennifer Terpstra

Dates TBD

Tuition, 2 credits (UG/Grad)

Call (608)785-6513 for registration information.

Spring Online Courses

Are you interested in online courses in technology? Dr. Ahmed Ali will be instructing two online spring credit courses to start in late January.

- Learning at a Distance: e-Learning Simplified
- Technology Applications in the Classroom

Late January

Tuition, 3 credits (UG/Grad)

Contact weiland.lynn@uwlax.edu for more information.

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 – UW-L is one of only a handful of Wisconsin schools accredited by the National Council for Accreditation of Teacher Education (NCATE)
- Financial aid available

The Master of Education-Professional Development (ME-PD) Learning Community program is designed for school professionals, educators or other individuals 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 480 hours of weekend courses and time within the classroom, school or work setting. Students complete a four semester spiraled curriculum, a graduate capstone project, a professional portfolio and a journal article as a culminating project.

Spring 2004 Learning Community Sites are planned for the following areas:

Chippewa Falls
Hayward
Menomonee Falls

Middleton
Onalaska
West Bend

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!



Lori Petersen, M.Ed.
Lecturer, Exercise and Sport Science
Programmer, Continuing Education/ Extension

Lori Petersen is relatively new to CEE, an assignment she enthusiastically accepted three years ago. In addition to her daily teaching responsibilities for the Exercise and Sport Science (ESS) Department, she develops new continuing education initiatives and manages the very successful graduate degree programs.

ESS, in partnership with CEE, offers two graduate programs in off-campus locations. A master of science in sports administration, offered in Beaver Dam, prepares professionals for managerial positions in the sport industry and a master of science in physical education teaching, offered in Pewaukee, is a practitioner-oriented program for teaching professionals seeking additional qualifications and expertise. The physical education teaching option uses a cohort format for its three-year rotation of classes.

While at UW-L, Lori has made quite an impression — especially among the students. This became evident when she was the recipient of the 2002 Academic Staff Excellence Award.

If you are interested in the ESS Master of Science Sports Administration degree or the Physical Education Teaching degree, contact Lori at (608)785-8186 or petersen.lori@uwlax.edu.

Walleyes & Northerns thru the Ice

Plans for the winter? Anglers will use jigging rods and tip-ups to catch walleyes and northern pike through the ice on area waters. (First class at UW-L; subsequent classes in the field.)

Feb. 5, 6-8 p.m.; Feb. 8, 2-5 p.m.; Feb. 14, 21, 7-10 a.m.

La Crosse

\$45

Time to Talk Turkey

With wild turkey times coming soon, lovers of this majestic bird will be taught skills necessary to photograph or hunt Wisconsin's wild turkeys. Learn camouflage patterns, how to construct blinds from natural and man-made materials and where to position them, decoying, calling and all of the tips for finding your next big gobbler. (March 22 & 30 class at

UW-L; subsequent classes in the field.)

March 22, 30, 6-8 p.m.; April 3, 2-4 p.m.;

April 28, 4-6 p.m.

La Crosse

\$45

Spring Time Walleye & More

The spring can bring excellent table-fare to the aggressive anglers if they have the newest tactics and right information. Get ready to catch fish through a variety of skills, tips and tricks taught by an area professional fishing guide. You can smell those frying fillets! (First class at UW-L; subsequent classes in the field.)

April 5, 6-8 p.m.;

April 6, 12, 13, 5 p.m.-dark

La Crosse

\$45

Bob Bott is a professional, state-licensed fishing guide and owner of TGIF Outfitters. 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 Sinkers," a three-hour radio show on La Crosse radio station WLFN Friday mornings May through September.

Patterning Pan Fish

May is prime time for the under rated pan fish. Crappie to sunfish and everything in between will be the subject of this ultimate pan fish class. Anglers will pull out all the stops and learn the latest and most productive "secrets" in catching pan fish on area waters. (First class at UW-L; subsequent classes in the field.)

May 3, 6-8 p.m.; May 4, 10, 11, 5 p.m.-dark

La Crosse

\$45

Vernon County's Secret Mini-Lakes

Whether it's from shore or in a canoe or boat, students will enjoy the secluded waterways of Vernon County. Learn to kick back and enjoy the moment, time to de-stress yourself with an eye toward nature and a hand on a fishing pole. Bring your camera to capture life as it was meant to be. (First class at UW-L; subsequent classes in the field.)

June 7, 6-8 p.m.; June 8, 22, 29, 5 p.m.-dark

UW-La Crosse

\$45

Summer Time Hawgs

The warmth of summer brings out the best of our waterways including the monsters of the deep: catfish, walleye, sturgeon and more. Anglers in this class will learn tactics to conquer the summer time blues. (First class at UW-L; subsequent classes in the field.)

July 5, 6-8 p.m.; July 6, 12, 13, 5 p.m.-dark

UW-La Crosse

\$45



GRAND EXCURSION 2004™

BIKE RIDE

In 1854, the original Grand Excursion brought a flotilla of riverboats up the Mississippi to focus worldwide attention on America's western frontier. Throughout 2004, the fifty-plus communities along 400 miles of the Upper Mississippi will recreate that excitement by inviting the world to celebrations, educational events, enhanced recreational opportunities and cultural programs. The signature event of Grand Excursion 2004 will be the Grand Flotilla, the largest steamboat flotilla in 100 years that will journey through four states, from the

Quad Cities to the Twin Cities from June 25-July 5. For information on the Grand Excursion Flotilla, visit its Web site at www.grandexcursion.com

The Grand Excursion 2004 Bike Ride is being held in conjunction with the Grand Excursion Flotilla. The bike ride will start at the Quad Cities on June 26 and end in St. Paul on July 4. The bike ride will follow the Great River Road and the 1,200 cyclists will take part in many of the festivities planned in the communities along the way. The bikers will arrive in La Crosse on June 30 and will stay through July 1. While in La Crosse, they will experience the festivities of Riverfest and the downtown area. For additional information, contact Tom Bolton, Bike Ride Coordinator at (563)386-7157 or via e-mail at riverpilot@juno.com.

June 30-July 1 • UW-La Crosse

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 continuinged@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, graduate students, 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 2004 spring classes include:

- French for Tourists
- U.S. Presidents
- Learning and Listening Jazz
- Current Public Health Issues
- Day Trip to Milwaukee
- Cooking
- Birding

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

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

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



Jan Olson

Non-Credit Program Coordinator

Jan Olson is a 14-year Continuing Education/Extension veteran who coordinates a number of non-credit programs, many of which are partnered with outside organizations. She has been the point person for numerous conferences ranging from 150 to more than 1,000 participants. Her efficiency and careful attention to detail has helped in the success of many workshops, seminars and conferences.



In addition, she works closely with the Learning in Retirement organization and coordinated the annual state meeting this past fall. Currently she is working on Jazz on the Mississippi, an Elderhostel program offered in conjunction with the 19th annual Great River Jazz Fest (see below).

Jan received an Award for Exceptional Service in September from the University of Wisconsin-Extension, which recognizes her commitment to excellence through her contributions to the campus and to the community.

If you are interested in the Learning in Retirement organization, contact Jan at (608)785-6506 or olson.jani@uwlax.edu.

Vietnam – Past & Present

From the elegant city of Hanoi to bustling Saigon you will discover the beauty and diversity of Vietnam – outdoor markets, women in conical hats, traditional craft villages, unique landscapes, as well as historic sites from the Vietnam War. We will see the Hanoi Hilton, the Gulf of Tonkin, China Beach, the DMZ, the Mekong Delta, the American Embassy in Saigon, Cu Chi Tunnels and many more places familiar to those of you who had friends and family fighting in the war. Also, we will visit a Hmong community, hospital, school and other sites to learn about present day Vietnam.

Price of Trip:

For Learning in Retirement members: \$4,455 per person, non-members: \$4,490 per person; double occupancy (single supplement, \$890). Price includes airfare from La Crosse on Northwest Airlines to and from Bangkok, domestic flights on the tour, meals, luxury hotels, guided sightseeing, pre-departure orientation and much more.

Nov. 1-17, 2004

**For a detailed itinerary please contact:
Jan Olson**

**UW-L Continuing Education/Extension
(608)785-6506 • olson.jani@uwlax.edu
Or,**

**Burt and Norma Altman
(608)788-0424 • altman3131@aol.com**

Jazz on the Mississippi

The Great River Jazz Fest is in its 19th 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. This Elderhostel program will introduce you 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. For more information, contact Elderhostel at 1(877)426-8056



Aug. 4-9

Radisson Hotel, La Crosse

Adult Water Exercise

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

SESSION I

Jan. 26-May 7, Monday, Wednesdays and Fridays, 8:45-9:45 a.m.

**Wittich Hall pool, UW-La Crosse
\$85, plus \$10 parking fee**

SESSION II

Jan. 26-May 6, 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.**

Ireland Walking Tours:

“Seacoast and Islands of County Donegal”

Glenveagh National Park, Tory Island, Horn Head, Portnoo and Inishkeel Island, Glencolumkille and Glen Head, Slieve League and Dublin.

June 10-19, 2004

“Peninsulas of Southwest Ireland”

Cape Clear Island, Mizen Head and Three Castle Head, Sheep’s Head, the Beara Peninsula, Dursey Island, Killarney National Park and Killarney.

July 9-18, 2004



Both tours feature:

- Breathtaking landscapes: towering sea cliffs, isolated islands, beautiful glens and lakes, vistas of ocean and mountains.
- Off the beaten path: visit incredibly beautiful places accessible only on foot, well away from the tourist crowd.
- Small group size: each tour is limited to a maximum of 14 participants.
- Abundant wildlife: coastal sea cliffs and islands teeming with sea and shore birds, wild flowers, and opportunities to see marine mammals.
- Fascinating history: visit archaeological sites and historic places from the Bronze Age, the ancient Celts and the early medieval periods.
- Carefree travel: our guide transports us each day to our walking destination and back to our lodgings, no heavy packs, carry only what you’ll need for that day’s hike.
- Unique culture and heritage: our secluded destinations include areas where the Irish language flourishes, traditional Irish crafts are still practiced and traditional music abounds.
- Wonderful fresh air and exercise: 4-8 miles per day of walking with fresh sea breezes and spectacular scenery.

Tours are led by, Jim Gallagher, archaeologist, professor emeritus at the UW- La Crosse. Call (608)785-6502 for a complete brochure.

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 simply 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 cassette tape provided. This beginning course in chord piano techniques will have you playing 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”
- How to substitute for 12,000 complex chords.

Craig Coffman is in his ninth year of teaching this class and has personally taught over 8,000 students.

For more information visit: www.pianofun.com

Jan. 31, 9 a.m.-noon

58 Center for the Arts, UW-La Crosse

\$61, includes materials



Chancellor/Provost Partner Tour Ensemble to jazz up France and Germany

The UW-La Crosse Jazz Ensemble will perform a series of concerts under the direction of Greg Balfany, music, at Caen and Epinal, France and Frankfurt and Oldenburg, Germany, in May 2004.

Chancellor Douglas Hastad and Provost Elizabeth Hitch will host a companion tour for UW-L alumni and friends. The combined trip is an opportunity to explore the rich culture and history of France and Germany, strengthen relations with

international partners and share in the universal language of music.

The tour begins in one of UW-L's sister universities, Caen France, where the ensemble will perform a jazz concert at the University of Caen. UW-L and the University of Caen have maintained a successful student and faculty exchange for more than 15 years.

The second concert will take place in another of UW-L's sister universities, Frankfurt, Germany in association with the University of Applied Sciences and Goethe University. Oldenburg, Germany and the Carl von Ossietzky University of Oldenburg will be the site of the third concert. The university is one of the youngest in Germany.

Concerts continue in La Crosse's twin city since 1986, Epinal, France, beginning with a selection of national anthems at the Epinal Memorial Day Concert. Jazz will be back on the menu at the Café Jazz Concert, part of the Epinal Community Jazz Series.

A stop in Paris is also planned. The Mona Lisa and other art treasures of the Louvre, Notre Dame Cathedral, the Eiffel Tower, the Arc de Triomphe and walks through The Latin Quarter, along the Seine, and down the Champs Elysees will all be part of the tour as participants end their visit with several days in Paris.

For detailed itinerary and fees, contact Ruthann Benson, associate dean/director of the School of Arts & Communication, at (608)785-8113 or e-mail at benson.ruth@uwlax.edu.

Introduction to Family History Online

Searching for a long lost relative? This course — geared for novice genealogists — 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 covers the basics of organizing data, locating records and utilizing existing sources. Online sessions include examples of related Web resources, 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 together
- Search and locate resources online
- Communicate with other researchers online
- Learn successful strategies for piecing family history.

As a family historian, you can record the history of your parents, grandparents, great-grandparents and others. You may discover some skeletons in the family closest or find the real "black sheep" of the family. The class will be conducted over the Internet, e-mail and asynchronous conference. The seven-week course requires a minimum time commitment of four hours per week.

Jan. 28-March 24

Anytime/anyplace course with no set class times; meets in cyberspace.

\$69



CALENDAR OF CULTURAL EVENTS

JANUARY

Craig Carmean (singer/comedian)
Jan. 26, 7 p.m.
Cellar, Cartwright Center

FEBRUARY

Paradise Point Pottery Joint Party
Feb. 4, 6 p.m.

Pottery Joint, Jackson Plaza

Visiting Artist Exhibition

Feb. 5-28

Reception - Feb. 5, 5-7 p.m.

University Art Gallery, Center for the Arts

Dan Horn (ventriloquist)

Feb. 6, 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

Twelve Millennia Lecture

Feb. 10, 7 p.m.

Port O'Call, Cartwright Center-Gunning

Addition

Karaoke

Feb. 12, 7 p.m.

Cellar, Cartwright Center

EXIT (rock band)

Feb. 13, 8 p.m.

Valhalla, Cartwright Center-Gunning Addition

Big Band Cabaret

Feb. 20, 21, 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

Black Broadway w/ Reflections of Ebony

Feb. 22, 5:30 p.m. dinner;

7 p.m. performance

Valhalla, Cartwright Center-Gunning Addition

David Cooper, Faculty Trumpet Recital

Feb. 26, 7:30 p.m.

Annett Recital Hall, Center for the Arts

"Romeo and Juliet" by William Shakespeare

Feb. 27, 28, 7:30 p.m.; Feb. 29, 2 p.m.

Toland Theatre, Center for the Arts

MARCH

Paul Watson (environmental speaker)

March 3, 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

"Romeo and Juliet" by William Shakespeare

March 4, 5, 6, 7:30 p.m.;

March 7, 2 p.m.

Toland Theatre, Center for the Arts

Bari Koral (singer/songwriter)

March 4, 7 p.m.

Cellar, Cartwright Center

Symphony Orchestra Concert

March 6, 4 p.m.

Valhalla, Cartwright Center-Gunning Addition

B.D. Wong (distinguished lecturer)

March 8, 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

Symphonic Band Concert

March 10, 7:30 p.m.

Annett Recital Hall, Center for the Arts

Wind Symphony Concert

March 11, 7:30 p.m.

Annett Recital Hall, Center for the Arts

Artifact Show

March 13

Valley View Mall

Winner of Battle of the Bands

March 25, 8 p.m.

Cellar, Cartwright Center

Pops Concert

March 26, 27, 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

Heads vs. Feds (debate on marijuana)

March 29, 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

APRIL

All Student Juried Art Exhibition

April 1-17

Reception and Awards - April 1, 5-7 p.m.

University Art Gallery, Center for the Arts

Children's Show

April 3, 1 & 3 p.m.

Frederick Theatre, Thomas Morris Hall

Sailesh (hypnotist)

April 6, 7 p.m.

Valhalla, Cartwright Center-Gunning Addition

Forensic Anthropology Lecture

April 13, 7 p.m.

Port O'Call, Cartwright Center-Gunning

Addition

"The Secret Garden" by Marsha Norman

April 23, 24, 29, 30, 7:30 p.m.

April 25, 2 p.m.

Toland Theatre, Center for the Arts

Easily Amused (guitar duo)

April 23, 7 p.m.

Cellar, Cartwright Center

Spring Jazz Concert

April 27, 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

Oneida Dancers (native American dance)

April 28, 7:30 p.m.

Valhalla, Cartwright Center-Gunning Addition

Senior Art Exhibition

April 29, 30; Reception - April 30, 5-7 p.m.

University Art Gallery, Center for the Arts

Choral Union Concert

April 30, 7:30 p.m.; Viterbo Performing

Arts Center; 815 S. 9th, La Crosse

MAY

Symphonic Band Concert

May 1, 2 p.m.

Annett Recital Hall, Center for the Arts

Wind Symphony Concert

May 1, 5 p.m.

Annett Recital Hall, Center for the Arts

Choral Union Concert

May 1, 7:30 p.m.; Viterbo Performing

Arts Center; 815 S. 9th, La Crosse

"The Secret Garden" by Marsha Norman

May 1, 7:30 p.m.; May 2, 2 p.m.

Toland Theatre, Center for the Arts

Senior Art Exhibition

May 1-7

University Art Gallery, Center for the Arts

Women's Chorus & Mannerchor Concert

May 2, 7:30 p.m.

For more information, contact the University Art Gallery at (608)785-8237, the Department of Music at (608)785-8409, or the Theatre Box Office at (608)785-8522.

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.