

1) Source: Susan Allen, 785-532-6444

NONVIOLENT COMMUNICATION SPECIALIST TO BE AT K-STATE DURING CAMPAIGN FOR NONVIOLENCE RALLY SEPT. 1

MANHATTAN -- Jean Ryan, a nonviolent communication trainer from Topeka, will be at Kansas State University Sept. 1. Ryan's workshop on "Nonviolent Communication" is the final event of K-State's fall Campaign for Nonviolence rally.

"We are excited to begin the fourth year of our local K-State Campaign for Nonviolence," said Dorinda Lambert, clinical director of counseling services and chair of the K-State Campaign for Nonviolence. The campaign teaches nonviolence and promotes a safe and equitable campus and community with their fourth annual rally Sept. 1 from 11 a.m. to 1 p.m. in the K-State Student Union.

"It has been so hot outside in past years, the rally will be in the Courtyard area of the Union," Lambert said. "Music will be provided by the K-State department of music. There will be a brief awards ceremony to recognize local nonviolence activists."

Lambert said the new Campaign for Nonviolence "Win-Win" public service announcement -- featuring Coach Bill Snyder and athletes Kendra Wecker and Marquis Clark -- will be shown. There also will be student activists with tables of information that highlight campus and community citizen groups working on justice and safety issues in a variety of ways, from Habitat for Humanity and Pflag to health, education and politics. A voter registration table will be available so people may register to vote.

Jean Ryan will introduce a methodology for nonviolent communication based on the work of Marshall B. Rosenberg. Ryan's seminar follows the rally, from 3:30 to 5:30 p.m. in Union Room 213. Seating is limited, so those who are interested in this introduction to the topic should call the Women's Center at 532-6444 to reserve a spot.

"The CNV continues to build interest in activism and social justice projects at K-State and in the community," said Susan Allen, director the K-State Women's Center and organizer for a new Nonviolence Studies Program at K-State.

"The rally is a way to remind ourselves that all of us can participate in the nonviolence movement, one choice at a time, by working toward better balance in our relationships -- personal, community and global," Allen said.

"Gandhi told us to, 'Be the change you hope to see in the world.' The Campaign for Nonviolence highlights the enormous variety of ways and means to become active participants in creating a safer and more just campus and world," Allen said.

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Sidebar:

NONVIOLENT COMMUNICATION SEMINAR SCHEDULED

MANHATTAN -- "Welcome to a world where everyone's needs are met. It's a world where communication skills become life-enriching tools and emotional intelligence is valued over intellectual analysis," said Jean Ryan, trainer in nonviolent communication methods.

Ryan called nonviolent communication "a life-changing way of interacting that facilitates the flow of communication needed to exchange information and resolve differences peacefully. With its focus on human feelings and needs, the practice of nonviolent communication emphasizes emotional intelligence over intellectual analysis in expressing what's going on in people. With its reliance on objective observations rather than evaluations nonviolent communication avoids making people defend themselves from value-laden judgments. And finally, by employing clear requests in place of demands, nonviolent communication raises the bar for communication skills by allowing everyone to get their needs met on their own terms, without coercion, fear of retribution, or loss of self-esteem."

Ryan said nonviolent communication skills will help individuals:

- * Build your emotional intelligence and enhance your communication skills so you act in harmony with your values rather than react from your habitual emotions.
- * Create satisfying solutions based on safety, mutual respect, and Consensus
- * Establish effective business communication between co-workers and employers, and with your customers and community.
- * Meet basic individual, family, school, community and societal needs In life-enriching ways.

Ryan's seminar is 3:30 to 5:30 p.m. Sept. 1 in Union Room 213. Seating Is limited. Call the Women's Center at 532-64

Nonviolence rally promotes activism, safety

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Jeff Smith, junior in political science, signs up for Campaign for Nonviolence while getting information from Trisha Gott, sophomore in social work, about the organization. The Nonviolence Rally gave students a chance to get involved with all the organizations on campus that deal with nonviolence.

Drew Rose/Collegian

Kelley Gaunt, senior in hotel restaurant management, sings during the Nonviolence Rally on Wednesday in the K-State Student Union courtyard. The Department of Music provided music for the event.

Drew Rose/Collegian

Jessica Ballard

Kansas State Collegian

□A string quartet and jazz group entertained guests as they scanned information at Wednesday's Nonviolence Rally in the Union Ballroom.

The 2004 Campaign for Nonviolence kicked off at 11 a.m., featuring a variety of organizations promoting messages of safety and activism.

The League of Women Voters, for example, sponsored a voter registration table.

Getting women to vote can offer a better balance of women's and men's voices, said Karen McCulloh, president of the League of Women Voters.

"It's important to vote, but it's also important to be educated about voting," McCulloh said.

There are many outlets through which students can learn more about the candidates before voting, she said.

Other organizations promoted good citizenship.

Helene Marcoux, adviser of Honesty Integrity Peer Educators, said HIPE's mission is "to

promote a culture of integrity.”

She said the organization also offers assistance to those who have violated the university’s honor code.

Olivia Collins, coordinator of Lou Douglas Lecture Series, said UFM has been involved in supporting Campaign for Nonviolence.

Collins said UFM also offers a teen mentoring program which matches a K-State student with Manhattan middle and high school students.

Susan Allen, director of K-State’s Women’s Center, said she wants people to realize issues of violence affect the planet and its people.

“The goal of the rally is to teach students ways to practice nonviolence. This can mean giving better homes for Habitat for Humanity, cleaning up a stream, taking courses on non-conflict or mediation,” Allen said.

Proactive Educators for the Elimination of Sexual Assault offered information about rape awareness, and buttons were available for a \$1 donation.

Josh Ault, president of Sexual Health Awareness Peer Educators, said the group was offering information on STD awareness and sexual responsibility. The group also handed out free condoms in support of safer sex.

Victor Force, executive director of the Regional AIDS Project, said he was offering information on HIV, AIDS and STDs, as well as facts about men who have sex with men.

SafeZone is a new program sponsored by the Women’s Center that trains teachers to serve as a liaison to offer support for hate crimes, sexual non-violence, gay, lesbian, bisexual and transgender issues.

Susan Scott, public relations for Parents, Families and Friends of Lesbians and Gays, said SafeZone is a new organization supporting, advocating and educating all.

Specifically, PFLAG celebrates the diversity of a society that values people of all sexual orientation, she said.

Two awards were given at the rally to recognize individuals who have been leaders in taking steps toward nonviolence.

Cindy Jeffrey received an award for her efforts in creating a nonviolence public service announcement, which was shown at the rally.

Madonna Stallmann was given an award for organizing a community walk for nonviolence.

Jean Ryan, certified national trainer, gave a speech about nonviolent communication, which encourages seeing everyone as human, despite the fashion in which they are meeting their needs.

She said she was attending a nonviolence workshop herself when her passion for nonviolence was ignited.

“I have always worked on providing a more just experience for kids and yet didn’t have all the tools or knowledge about how to do it,” Ryan said.

The rally gave Ryan the chance to pass on her message in hopes of inspiring other students to pursue their own paths towards nonviolence.

“We may not agree with their strategies and yet we can still have compassion for their struggle in getting their needs met. Often we experience the same struggle in our attempt to get our own needs met,” Ryan said.

Help can always be found, Allen said.

“We need to intervene in a dysfunctional system to get ahead of violence. We want to step in before the crisis,” Allen said.