

Events planned to promote nonviolence, healthy living on campus, community

By Sheila Ellis
KANSAS STATE COLLEGIAN

Just as it is important for humans to maintain a healthy diet, it is important to maintain healthy, nonviolent relationships with one's self, others and the world, said Susan Allen, director of nonviolence education at K-State.

"Social nutrition is thinking about problems in society before there is an in-balance or a problem occurs," Allen said.

From Feb. 2 to March 15, K-State will be celebrating "A Season for Nonviolence" 2008. Events are scheduled for the two months between the anniversaries of the assassinations of two globally recognized leaders of nonviolent change, Mohandas Gandhi, who was killed Jan. 30, 1948, and Martin Luther King, Jr., who was shot April 4, 1968, Allen said.

The events are geared toward helping people think about how they can be well-balanced individuals, Allen said.

"Americans in particular have been taught to wait for the crisis before we attend the problem," she said.

According to the Association for Global New Thought Web site, www.agnt.org, the purpose of the 64-day season is to create an awareness of nonviolent principles and practices as a powerful way to heal, transform and empower peoples' lives and communities.

Kate Boysen, senior in Spanish and sociology and student coordinator for the season, said the events will show students how they can do little things to practice nonviolence in their own lives.

Events such as Adopt-a-Highway this Saturday promote having a healthy relationship with the environment, Boysen said. Other events like "Making Food Your Friend Again" will promote healthy body image and inner peace.

"We want students to learn you don't have to be Gandhi or King to study nonviolence," Boysen said.