

Wednesday, Jan. 30, 2008

ROSTER OF K-STATE EVENTS PROMOTES NONVIOLENCE THROUGHOUT COMMUNITY

MANHATTAN — Kansas State University's annual Season for Nonviolence this year includes a roadside cleanup campaign; workshops on compassionate communication, soldiers' rights and healthful eating habits; as well as the return of the popular Penny Jar and Empty Bowls donation drives.

" 'A Season for Nonviolence' started as a national educational and grassroots campaign," said Susan Allen, director of nonviolence education at K-State. "These 64 days are dedicated to demonstrating that nonviolence is a powerful way to heal and empower our lives and our communities."

The events are scheduled for the two months between the anniversaries of the assassinations of two globally recognized proponents of nonviolent change, Mohandas Gandhi (killed Jan. 30, 1948) and Martin Luther King Jr. (who was shot April 4, 1968).

"This year brings the 50th and the 30th anniversaries of the deaths of these two transformative leaders," Allen said. "We hope the campaign can emphasize just how effective nonviolent means are at creating positive change in relations, whether between individuals, groups or nations."

A Season for Nonviolence events include:

* Saturday, Feb. 2: Adopt-A-Highway cleanup of Kansas Highway 177, 10 a.m. to noon. Volunteers will meet at Scenic Overlook south of Manhattan along 177. Bring gloves and a sack lunch. Sponsored by the K-State Social Justice Alliance.

* Saturday and Sunday, Feb. 2-3: "G.I. Rights" workshop for lawyers, social workers, clergy and concerned citizens. Topics include discharge, discrimination, sexual orientation and conscientious-objector status. For location, time and registration, contact Anne Cowan, 785-537-2025 or e-mail mapj@mapj.org. Sponsored by the Manhattan Alliance for Peace and Justice, Unitarian Universalist Social Action and the Mennonite Church. (Continuing-education credits are available.)

* Monday, Feb. 11: "What is Progressive Spirituality?" Michael Nelson of the Unitarian Universalist Fellowship and F. Matt Cobb, Mercy Hospital chaplain, will show how the spiritual progressive network connects with nonviolence. 4 p.m. in K-State Student Union Room 207. (Evening meditation will follow from 5:15-6 p.m.)

* Wednesday, Feb. 13: "Let's Talk it Out: Compassionate Communication in Relationships." Discussion will be led by Molly Traffas of the Peace and Justice Center of South Central Kansas. 7 p.m. in Student Union Room 212. Sponsored by ACTION and Alpha Phi Alpha.

* Thursday, Feb. 21: "Violence/Nonviolence and Disability," a presentation by Ann Fahrback Branden from the Kansas Department of Health and Environment and Stephanie Sanford of the Prairie Independent Living Resource Center in Hutchinson. 7 p.m. in Student Union Room 213. Sponsored by emPower Cats and Campaign for Nonviolence ACTION.

* Monday, Feb. 25: "Making Food Your Friend Again," a talk by Jessica Setnick, a speaker with the National Eating Disorders Awareness Week. 7 p.m. in the Student Union Main Ballroom. Sponsored by Sensible Nutrition And Body Image Choices, K-State Student Governing Association and Lafene Health Center. Information at <http://www.k-state.edu/lafene/SNAC/>

* Monday, March 10: Nonviolent martial arts, including aikido, tae kwon do, yoga and tai chi. Noon to 1 p.m. in the Student Union Courtyard. Sponsored by Aikido Club and Campaign for Nonviolence ACTION.

* Saturday, March 15: St. Patrick's Day Parade: Walk with the "Whirled Peas for World Peace" group. Wear green! Call 785-532-6444 for location information.

For information on these and other activities, call 785-532-6444 or visit <http://www.k-state.edu/nonviolence/>