

season 4

THOUGHT

FOOD

nonviolence

January

23

K-State Sustainability Conference will focus on developing awareness of sustainability efforts at K-State and foster networks and build collaborative partnerships in the K-State community. Register online. For more information visit <http://sustainability.k-state.edu>.

30

11 AM - 1 PM, Fundraising in the K-State Student Union **64 Days...\$500!**
Help raise money to send a Heifer to Africa. Visit the table near the food court to donate!

February

6

11 AM - 1 PM, Fundraising in the K-State Student Union **64 Days...\$500!**
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9

7 PM, Little Theatre
Connecting the Dots at K-State: Sustainability, Food Systems and Nonviolence
Keynote speaker Dr. Rhonda Janke, Associate Professor of Horticulture, Forestry and Recreation, speaks about how the local Manhattan food system supports nonviolence in our everyday lives. Learn about sustainable agriculture and sustainability at K-State as well as all of the Manhattan area. With an introduction by Dr. Ben Champion, Director of Sustainability, KSU.

10

7 - 8:30 PM, Manhattan Public Library Auditorium
Favorite Food Books: Talk and Tasting
Hear Carol Barta of Manhattan Public Library and member of the People's Grocery Cooperative Board of Directors discuss our favorite books about food including food systems authors Barbara Kingsolver and Michael Pollan. A local food dessert will be served. Come hungry for knowledge...and sweets!

17

6:30 PM, Manhattan Public Library Auditorium
Film: King Corn
Sponsored by MAPJ.

18

7 PM, Manhattan Public Library Auditorium
Film: The Future of Food
Sponsored by People's Grocery Education Committee.

23-27

Eating Disorders Awareness Week 2009
Sponsored by: SNAC, Sensible Nutrition And body image Choices Peer Educators, Diversity Programming Committee, KSU Healthy Decisions, Lafene Health Center. Information at www.k-state.edu/lafene/snac

23

7 PM, Forum Hall
'Change How You See, Not How You Look'
Cut through the cultural barbed wire about super-thin bodies and 6-pack abs! Woody Winfree, founder of The I Am Beautiful Project, has been inspiring audiences across the country with her positive message.

24

7:30 PM, K-State Rec Center
Yoga for a Better Body Image.
Join us for a free yoga session and get some quick tips on ways to improve body image.

25

7:30 PM, K-State Student Union, Little Theatre
Film: The I Am Beautiful Project.
This powerful, uplifting 44-minute documentary focuses on the rich stories women have to tell about coming to terms with their self-image and explores the obstacles many women have overcome to claim their beauty and worth. It features women from the book, I Am Beautiful, as well as celebrities including Courteney Cox Arquette, Gayle King, Gloria Steinem, Linda Ellerbee and Trisha Yearwood.

27

Celebrate 'Fearless Friday: A Day Without Dieting'!
Take a break from the diet mentality and enjoy your favorite meal guilt-free. Reflect on all the wonderful things in life that can occupy your time and thoughts. See how empowering a day of self-acceptance can be!

March

6

11 AM - 1 PM, Fundraising in the K-State Student Union **64 Days...\$500!**
Fundraising in the Union
Help raise money to send a Heifer to Africa. Visit the table near the food court to donate!

9

7 PM, Little Theatre
Vegetarian or Carnivore? Wait-there's more!
Why do we eat the way we eat? Learn about dietary choices from a panel of eaters-vegan, vegetarian, lacto-vegetarian, carnivore and more. Student of dietetics Cathy Benco and the panel will provide answers to some of the questions concerning the way we eat.

14

11 AM, Manhattan, Kansas
31st Annual St. Patrick's Day Road Races
Whirled Peas for World Peace
Join the Campaign for Nonviolence and local Girl Scouts for our annual parade for peace and nonviolence in the Manhattan St. Patrick's Day Parade in Aggieville. Girl Scouts will dress as green "Whirled Peas for World Peace." Bring your kids, your dog, your favorite peace or nonviolence message on a sign and join us! Everyone welcome.

26

7 PM, Hemisphere Room, Hale Library
Film: Black Gold: A Film about Coffee and Trade
Follow Tadesse Meskela, General Manager of the Oromia Coffee Farmers Cooperative Union in Ethiopia, as he searches for a fair trade market for over 74,000 coffee farmers in the cooperative. Summer Lewis, K-State graduate and former Equal Exchange employee will introduce the film. Fair trade tea and chocolate will be served!

April

4

11 AM - 2 PM, Long's Park
Local Food Fair in the Park
Join us in celebrating the Season for Nonviolence at our final event featuring local farmers and producers, community groups and grocery stores that support the local food economy. People's Grocery Cooperative, Bossie's Best Beef, Flint Hills Breadbasket, Emerich's Creamery, K-State Student Farm and many more!

For more information about the season and the Campaign for Nonviolence at K-State please visit our website at www.k-state.edu/nonviolence

SAFE ZONE

Friday, January 9th :
Resource Fair, International Students' Orientation
Union courtyard, 1-4 PM

Thursday, January 29th:
Ally-Networking, a non-formal meet for all SafeZone allies
Union 212, 3-4:30 PM

Wednesday, February 11th:
SafeZone Introductory Training
Union Staterooms 1 & 2, 1-3 PM

Wednesday, February 25th:
GLBTQ
Union 212, 12-2 PM

Wednesday, March 4th:
Dealing with Anger
Union 212, 1-3 PM

Thursday, April 2nd:
International Students
Union 206, 1-3 PM

For these and more SafeZone/Counseling Services presentations, sign up online at

www.k-state.edu/womenscenter/SafeZone.htm

From Kansas to Africa...

