

Programs a La Carte

CAREER

- 101 Career and Marriage: *Planning for Success*
- 102 Learning: *Career Preparation*
- 104 Career Rewards: *Attitudes, Planning and Achievement for Career Rewards*
- 106 Life Management: *Building a Successful Support System*
- 108 Career and Life Planning: *Marketing Yourself and Your Skills for the Job Market*
- 110 Effectively Asserting Yourself
- 114 Entrepreneurship
- 116 Starting Your Own Home-Based Business
- 121 You and Your Environment: *What Your Efforts can Accomplish*
- 122 Getting Toxins Out of Your Home
- 124 You and Your Environment: *Organic Gardening and Growing a Safe Garden*
- 126 Environmental Benefits of Recycling

HOME

- 204 Rewards Harvested from Family Life
- 207 Art In Our Houses: *Uses of Art Elements In the Home*
- 208 Home Planning: *The House - Architecture to Finance*
- 214 Walls: *Decorative Treatment*
- 215 Textiles: *Practical and Decorative Uses In the Home*
- 217 Better Lighting: *Lighting for Function and Design*
- 218 Pictures and Mirrors: *Their Uses In Decoration*
- 219 Accessories In the Home: *Reflections of Ourselves*
- 222 Outdoor Living: *Garden and Lawn Decoration and Use*
- 223 Apartment: *Decorating and Furnishing for Comfort*
- 224 Protecting Your Home: *Security Through Knowledge and Planning*
- 226 Rearranging Rooms for More Warmth and Style
- 228 Feng Shui (pronounced Fung Shway): *The Ancient Art of Placement for Health and Healing*

- 231 Gazing Balls
- 232 All About Pickles
- 233 **Aprons Tie Us To Memories**

HEALTH

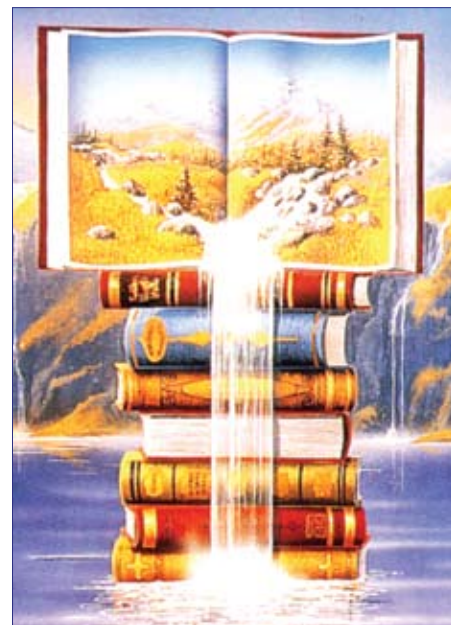
- 301 Diet: *Generalities of Healthful Diet*
- 303 Medicine: *Exploring Your Interests*
- 306 Getting The Best Of Stress
- 307 Nutrition (for women only!)
- 310 Pick Up Your Stamina
- 311 Walking
- 322 Healthy Homestyle: *Soup*
- 327 Healthy Homestyle: *Desserts*
- 329 Healthy Homestyle: *Vegetables You Want to Eat*
- 331 Wines For All Times
- 334 Acupuncture
- 335 Water Aerobics
- 340 Breast Cancer: *Myths and Realities*
- 343 Women and Heart Disease
- 344 Living With Diabetes
- 345 Candle Comforts
- 346 Rest and Relaxation Soiree

HUMAN RELATIONS

- 400 Friendship: *Finding, Developing, Maintaining*
- 402 Service: *The Need To Serve and Its Rewards*
- 403 Everyone A Teacher: *Teaching As A By-Product of Communications*
- 406 Living Fully: *Members Sharing Experience of Living*
- 409 A Good Example: *Study of A Role Model For Morals and Customs*
- 413 Sign Language Basics
- 419 My Sister, My Friend
- 421 Natural Remedies: *Menopause*
- 422 Natural Remedies: *Preventing Osteoporosis*
- 424 Natural Remedies: *Preventing Cancer*
- 426 Natural Remedies: *Keeping Your Memory Sharp*
- 428 Natural Remedies: *Wrinkles*
- 431 Natural Remedies: *Backaches*
- 432 Natural Remedies: *Allergies*

PERSONAL GROWTH

- 501 Perception Of Beauty: *Discovering The Why Of Beauty*



- 505 Mental Enrichment: *Modern Methods For Fuller Lives*
- 509 Getting Established: *Security Through Understanding and Planning*
- 512 Private Speech: *What Our Speech Shows Us To Be*
- 514 Winning: *How To Be A Winner In Life*
- 519 Happiness: *What It Takes To Be Happy*
- 523 Your Personal Score: *Relationship Of What You Are and What You Expect Of Yourself*
- 524 Perspective On Self: *By Looking At A Modern Woman*
- 525 Perspective On Self: *Looking At A Modern Man*
- 529 Communicating Effectively To Build Your Child's Self-Esteem
- 531 Resolving Conflicts So Everyone Wins
- 546 Living History
- 547 The Way We Were
- 548 Women Alone
- 549 Alpha Females

THE ARTS

- 601 Literature - Poetry: *Enjoying Poetry and Lyrics*
- 604 Drama - Theatre: *Television, Stage and Theatre For Fun*
- 606 Popular Music: *For Your Dancing and Listening Pleasure*
- 607 Creative Expression: *Communications, Fine Arts, Crafts As Forms Of Expression*
- 608 The Art Of Photography
- 613 Antiques
- 620 Armchair Traveler: *Sydney, Australia*
- 621 Armchair Traveler: *San Francisco*
- 622 Armchair Traveler: *Rome*
- 623 Armchair Traveler: *Athens, Greece*

THE ARTS

- 624 Armchair Traveler: *London*
- 626 Armchair Traveler: *Paris*
- 627 Armchair Traveler: *New York*
- 628 Armchair Traveler: *Jerusalem*
- 629 Armchair Traveler: *Hong Kong*
- 632 Packing For Travel Like A Pro
- 634 Name This Baby-Boomer Tune
- 635 Paper Making
- 636 Photo Christmas Ornament

THE WORLD AROUND US

- 703 Religion: *Generality and Effect*
- 706 History: *Effect On and By Women*
- 710 Estate Planning: *Planning for Retirement and Beyond*
- 716 The World Around Us: *India and Southwestern Asia*
- 717 The World Around Us: *Eastern Europe*
- 728 The World Around Us: *Canada*
- 732 How Well Do You Know Your Own City?
- 733 Herbs
- 736 Chocolate
- 738 Wildflowers
- 748 Your "Significant Other" and You - Game
- 750 The Golden Age - Retiring in Style
- 751 From Spouse To Single - On Your Own Again
- 752 Make Your Money Work For You
- 754 Finding Bucks For Your New Business - SBA Loans
- 757 Genealogy
- 759 Gateway to the World
- 764 Cats!
- 765 Dog-Gone Good!: Woman's Best Friend
- 766 Surfing The Internet
- 769 Staying Cool Under Pressure
- 772 Local Government: *Stand Up and Be Counted*
- 776 A History Of The U.S. Flag
- 777 Preventing Identity Theft
- 778 Understanding A Little about Blindness
- 779 Tingting's T-Shirts
- 780 **A Taste of Italy**

LEISURE

- 801 Hobbies: *Sharing Your Interests*
- 803 Introduction To Personal Computers
- 806 Memory Quilts
- 811 A Journal Of Self-Discovery Through Writing: *Recording Thoughts and Ideas*
- 820 Learning The Beta Sigma Phi Attributes: *Red Is For Courage*
- 821 Learning The Beta Sigma Phi Attributes: *Yellow Is For Vision*
- 822 Learning The Beta Sigma Phi Attributes: *Blue Is For Humility*

- 823 Learning The Beta Sigma Phi Attributes: *Green Is For Fellowship*
- 824 Learning The Beta Sigma Phi Attributes: *Orange Is For Loyalty*
- 825 Learning The Beta Sigma Phi Attributes: *Violet Is For Service*
- 828 Starting Your Own Book Club
- 994 If You Could Live In Any Period Of History, Which Would You Choose?
- 996 When I Was In High School, People Thought I Was....
- 998 The History Of Thanksgiving And Harvest Celebrations Around The World
- 999 Lipstick - From The Dark Ages To The 21st Century

ORIGINAL OUTLINES

- 900 An Original Outline: *Crafts*
- 901 An Original Outline: *Current Events*
- 902 An Original Outline: *Women's Concerns*
- 903 "We Are Shaped and Fashioned By What We Love."
- 985 Harvest Festivals
- 989 Christmas
- 992 The Coffee Expert: *Drink Up! - Delicious Coffee Recipes*
- 993 What Person Has Had The Most Influence In Your Life?

BETA SIGMA PHI

- 1000 Rushing
- 1001 Friendly Venture
- 1019 Rubber Stamping
- 1026 ABC's Of Organizing Clutter
- 1028 Our Chapter Remembers Our Years In Beta Sigma Phi.
- 1029 The Flat Walter Project
- 1031 **Beta Sigma Phi Jeopardy**

Program Order Form

- Circle the numbers of the programs you want on this order form.
- Please select no more than 18 programs.
- Only one order form per chapter.
- The chapter's program chairperson retains a copy of your order.

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