



LIFE LONG LEARNING FOR ALL GENERATIONS

News You Can Use

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John A. Logan College
Center for Life Long
Learning
Educational Programming
Office, B30
985-2828, Ext. 8583

Did You Know That

- George Washington is the only man whose birthday is a legal holiday in every US state?
- The hummingbird is the only bird that can fly backwards?
- Woodrow Wilson was the only US president to earn a doctorate?
- The bloodhound is the only animal whose evidence is admissible in court?

Want to learn more? Become a part of the John A. Logan College Center for LifeLong Learning for All Generations where you can tell us what you want to know more about. Call (618) 985-2828, Ext. 8583, to receive more information.

Last Chance to Register for 2010 Intergenerational Spring Conference



Author and keynote speaker Dr. David Snowdon will highlight this year's conference with an hour-long presentation on the Nun Study, a 23-year-old on-going project in which researchers study aging and disability using data collected from nuns. The goal of the study has been to determine the causes and prevention of Alzheimer's disease, other brain diseases, and mental and physical disability associated with old age. Snowdon, a professor of neurology at the University of Kentucky's College of Medicine, earned his Ph.D. from the University of Minnesota in epidemiology (i.e., the study of the causes of diseases in populations). Snowdon will discuss his findings, which indicate that traits in early, mid and late life have strong relationships with the risk of Alzheimer's disease, as well ways to enhance mental and cognitive abilities.

Other conference topics include:

- How Environmental Changes are Effecting Our Weather (Meteorologist, Jim Razor)
- Reduce, Reuse, Recycle (University of Illinois Extension)
- Maintaining Your Assets While Maintaining Your Health (Tiffany Sievers, SI Elder Law)
- Grow Your Own Kitchen Garden (University of Illinois Extension)
- Quilting with Recycled Items (Shawnee Quilters)
- Healthy Walking and Stretching (Chris Georgantas, JALC Community Health Center)
- Shallow Well Project (Marion Medical Mission)
- Get the Skinny on Artificial Sweeteners (University of Illinois Extension)
- Getting to Know Nigeria (Toyin Fox)
- Build Your Brainpower (Mabel Hayes)
- Does it Work Wednesday (KFVS12)
- Viewing and discussion of Al Gore's award winning documentary, *An Inconvenient Truth*

There are still a few opening left. Call before sending in your registration!!

A special thank you to The Hodge Group, Man-Tra-Con, Connect SI, SI Elder Law and Heartland Regional Medical Center for their sponsorship of the conference!!

JALC Events You Can Attend for FREE

March 25, 2010

James W. Loewen Is...

A sociologist who spent two years at the Smithsonian surveying twelve leading high school textbooks of American history, only to find an embarrassing blend of bland optimism, blind nationalism, and plain misinformation, weighing in at an average of 888 pages and almost five pounds. A best-selling author who wrote Lies My Teacher Told Me: Everything Your High School History Textbook Got Wrong and Lies Across America: What Our Historic Sites Get Wrong. A researcher who discovered that many, and in many states most communities were "Sundown Towns" that kept out blacks (and sometimes other groups) for decades. (Some still do.) An educator who attended Carleton College, holds the Ph.D. in sociology from Harvard University, and taught race relations for twenty years at the University of Vermont. **Dr. Loewen will be speaking at John A. Logan College on Thursday, March 25 at 3:30 in the O'Neil Auditorium. Come hear him share his knowledge about "Sundown Towns and Why They Are Important in Southern Illinois."**

This event requires Preregistration. See enclosed flyer.

May 5, 2010

St. Louis "Green" Study Tour

- Visit the Earthways Center, a division of the Missouri Botanical Garden, charged with promoting energy and resource conservation.
- Visit the Donald Danforth Plant Science Center, the nation's largest independent research institute focused on plant science.
- Lunch at Pumpnickles Deli in Creve Coeur with choice of several sandwiches and soups.
- Visit Alberici Construction's environmentally progressive headquarters. The only LEED platinum level "green" building in St. Louis county, it is an example of a clunky industrial building receiving a "green" makeover. From solar wind power to walking paths, it is a fascinating place.
- Spend a few frivolous minutes at Gringo Jones' and the Bug Store . Browse/shop for everything from ladybugs and worm castings to sculptures and artworks.

Intergenerational Book Discussion Club



Horse Soldiers, Doug Stanton
The Nun Study, Dr. David Snowden

March 23
April 27

This book discussion group is open to anyone. The discussions are lively and enlightening. The group meets the fourth Tuesday of the month from 1:30 –3:00 in the Terrace Dining Room, just off the cafeteria. Bring your book and ideas for discussion and join us.