

QUICKBOOKS (6ACE 158). An overview and practical application of basic functions of Quickbooks normally utilized by the small business operation.
Sessions: 10, Tuition: \$114.00, Fee: \$10.00

Section No. 1: John A. Logan College, Room H115,
Meets Tuesday beginning January 26, 5:30P-7:45P,
Instructor: Angie Kaye

WEBPAGE DESIGN AND DEVELOPMENT (6ACE 173). Beginning students will learn how to develop and maintain their own web site on the Internet and view existing web pages.
Sessions: 10, Tuition: \$114.00, Fee: \$10.00

Section No. 1: John A. Logan College, Room E203,
Meets Thursday beginning January 28, 5:30P-7:30P,
Instructor: Karen Gibson

WEBPAGE DESIGN (*ADVANCED) (6ACE 207). Beyond the basics, adding pizzazz to your web pages with sound and video, learn how to optimize, promote and increase your web site ranking.
Sessions: 10, Tuition: \$114.00, Fee: \$10.00

Section No. 1: John A. Logan College, Room E203,
Meets Thursday beginning January 28, 7:30P-9:45P,
Instructor: Karen Gibson

Photography

DIGITAL PHOTOGRAPHY (6ACE 284). Learn the basic features of a digital camera, along with how to transfer, edit, email, and print photos. Students should bring their camera to class.
Sessions: 10, Tuition: \$114.00, Fee: \$10.00

Section No. 1: John A. Logan College, Room H115,
Meets Monday beginning January 25, 3:30P-5:30P,
Instructor: Angie Kaye

Section No. 2: Herrin Elementary School, Computer lab, Meets Tuesday beginning January 19
(Early Start), 6:00P-8:15P, Instructor: Josh Bailie

DIGITAL PHOTOGRAPHY (6ACE 284).
Sessions: 8, Tuition: \$76.00, Fee: \$10.00

Section No. 3: Alongi DuQuoin Extension Center, Room DQ5, Meets Tuesday beginning January 26, 5:00P-7:00P, Instructor: Brenda Teaney



PHOTO EDITING – DIGITAL (6ACE 253). Come learn simple little editing tricks, simple techniques to fix photo crop, fix red eyes, and print photos and much more.
Sessions: 10, Tuition: \$114.00, Fee: \$10.00

Section No. 1: John A. Logan College, Room H115,
Meets Monday beginning January 25, 11:30A-1:30P,
Instructor: Angie Kaye

PHOTOGRAPHY (BEG) (6ACE 272). Learn basic digital camera operation. Shooting techniques for a wide variety of subjects. Indoors and outdoors. Covers Exposure, lighting, focal lengths, selective focus, and much more. Includes some basic digital image editing. Many examples and demos.
Sessions: 10, Tuition: \$114.00

Section No. 1: John A. Logan College, Room H206,
Meets Tuesday beginning January 26, 6:00P-8:10P,
Instructor: Jack Holderfield

Section No. 2: West Frankfort Extension Center, Room WF8, Meets Monday beginning January 25, 9:00A-11:15A, Instructor: Rene de Groof

PHOTOGRAPHY (INTER) (6ACE 277). Learn advanced shooting and lighting techniques. High dynamic ranges, raw files, external flashes, backgrounds and much more. Many examples and demos. Adjustable cameras recommended. Includes some digital image editing.
Sessions: 10, Tuition: \$114.00

Section No. 1: John A. Logan College, Room H206,
Meets Thursday beginning January 28, 6:00P-8:15P,
Instructor: Jack Holderfield

General Education

AMERICAN HISTORY (PS 660).

This course provides participants with current options for physical, mental and emotional health including information on hobbies, legal rights, physical exercise and health-life choices. With a strong emphasis as to how history impacted your lives from birth until present.

Sessions: 12, COM: \$40.00

Section No. 1: Carbondale, Liberty Village, 2950 W. Westridge, Activity Room, Meets Monday/Tuesday beginning January 25, 6:00P-8:00P, Instructor: Ron Clark



ANTIQUES (6ACE 252). Learn the basic ability to determine if an object is an antique or a collectible. Decide if it is real or a fake. May include field trip(s), guest speakers, and more.
Sessions: 10, Tuition: \$76.00

Section No. 1: John A. Logan College, Room H132, Meets Thursday beginning January 28, 2:00P-4:00P, Instructor: Teresa Ewell

Section No. 2: John A. Logan College, Room H132, Meets Thursday beginning January 28, 6:00P-8:00P, Instructor: Teresa Ewell

CHAKRA CONNECTIONS (PS 641). Through movement, meditation, written exercises, self-study, healing touch, and discussion, learn to feel your body's major energy centers to help you understand your past, relate to your present, and move toward the future with improved awareness.
Sessions: 8, Fee: \$35.00

Section No. 1: John A. Logan College, Room H132, Meets Tuesday beginning February 23 (**Late Start**), 6:00P-8:30P, Instructor: Lorie Allen

COMMON SENSE CAR CARE (PS 214).

Course provides a common sense approach for the car owner who desires to become knowledgeable enough to deal with basic preventative maintenance, avoiding breakdowns, and operating a safe vehicle. Students will learn to make informed decisions when buying, selling, and repairing their vehicle, along with what to do in case of breakdown on the road.
Sessions: 6, Fee: \$25.00



Section No. 1: John A. Logan College, Room V3D, Meets Tuesday beginning January 26, 6:00P-8:00P, Instructor: Robert Musgrave

CUTTING HOUSEHOLD COSTS (PS 653).

Learn how to make money by cutting costs. Replace expensive products with common household products and homemade solutions. Shop smarter, share effective products/services from A-Z, contribute to group discussions regarding little-known facts and/or ideas that make life easier and more affordable. Share some of the little known facts and/or ideas that make life easier for you.
Sessions: 8, Fee: \$20.00



Section No. 1: Carbondale, Baptist Collegiate Ministry Center, Meets Thursday beginning January 28, 10:30A-12:00P, Instructor: Leah Bening

DEFENSIVE DRIVING-AARP DRIVER SAFETY COURSE (PS 636). Seniors will learn defensive driving techniques, new traffic laws, age-related changes in vision, hearing and reaction time, and more. Seniors can receive a reduction in their insurance premiums upon completion of this class.
Sessions: 2, Fee: \$15.00, COM: \$12.00 for AARP members, \$14.00 for non-members, payable to instructor on first day of class

Section No. 1: John A. Logan College, Room H122, Meets Thursday/Friday beginning February 11 (**Late Start**), 8:00A-12:00P, Instructor: Ruby Gresco

DEFENSIVE SHOOTING (ADV) (PS 659). Includes basics of defensive shooting, advanced techniques, legal issues, psychological considerations, equipment evaluation and safety. Prerequisite: Defensive Shooting for Men and Women (BEG)
Sessions: 8, Fee: \$76.00, COM: \$20.00 payable to Instructor

Section No. 1: Marion Williamson Co. Armory, behind the airport on Redco Drive, Meets Tuesday beginning February 23 (**Late Start**), 7:00P-9:30P, Instructor: Bob Alcorn, Larry Morse



DEFENSIVE SHOOTING (BASIC) *NRA BASIC RIFLE (6ACE 275). Students provide their own handguns and ammo. Do not bring guns to the first session. A certificate will be given upon successful completion of the course. Course will encourage responsible, safe handling of firearms and ammunition and ethical conduct. The Illinois Self Defense Law, handgun and ammunition section, legal issues, proper shooting techniques and more will be discussed. Students will spend a lot of time on the range on practical shooting exercises.
Sessions: 7, Tuition: \$76.00, COM: \$30.00 payable to instructor

Section No. 2: West Frankfort Extension Center, Room WF6, Meets Monday beginning March 8 (**Late Start**), 10:00A-12:00P, Instructor: Mike Corkran, Larry Morse

Section No. 3: West Frankfort Extension Center, Room WF6, Meets Monday beginning March 8 (**Late Start**), 6:00P-8:00P, Instructor: Mike Corkran, Larry Morse

DEFENSIVE SHOOTING (BASIC) *NRA PERSONAL PROTECTION IN THE HOME (6ACE 275).

This course will develop the student's basic knowledge, skills and attitude essential to the safe and efficient use of a handgun for protection of self and family, and to provide information on the law-abiding citizen's right to self-defense. Students must be Law-abiding adult citizens as defined by applicable federal, state or local law. Must also be proficient in basic skills of handling, shooting and cleaning firearms. If students have a valid FOID card and are legal to own a gun they may bring and use their own pistol for the class.

Absolutely no live ammunition will be allowed in the classroom. All personal pistols used in the course must be inspected for safety prior to use on the range. Remember to dress for the weather, as part of the class will be held outside. Appropriate pistol caliber for the class is 9mm/.38 or larger caliber. The prerequisite for this course is the NRA Basic Pistol Course

Sessions: 8, Tuition: \$76.00, COM: \$35.00 payable to instructor

Section No. 4: West Frankfort Extension Center, Room WF6, Meets Thursday beginning April 15 **(Late Start)**, 9:30A-12:00P, Instructor: Mike Corkran, Larry Morse

Section No. 5: West Frankfort Extension Center, Room WF6, Meets Thursday beginning April 15 **(Late Start)**, 6:00P-8:30P, Instructor: Mike Corkran, Larry Morse

DEFENSIVE SHOOTING (BASIC) *USPSA COMPETITION CLASS (6ACE 275).

The class will focus on the rules and fundamentals for competing in USPSA. Students would also be required to attend one USPSA match.

Sessions: 8, Tuition: \$76.00, COM: \$25.00 payable to instructor

Section No. 6: West Frankfort Shooting Range, Rte. 37 North, Meets Monday beginning May 3 **(Late Start)**, 6:00P-8:30P, Instructor: Mike Corkran, Ralph Litherland

FINDING/IDENTIFYING MORELS AND OTHER SPRING MUSHROOMS IN SOUTHERN ILLINOIS (PS 642).

Learn when and where to find and how to identify spring mushrooms, including true and false morels. Discover secrets about mushroom habitats, and processing, cooking and storing of morels. Relevant Illinois laws and hands-on practice in identification will be included in class and on short optional Saturday field trips.

Sessions: 3, Fee: \$32.00

Section No. 1: John A. Logan College, Room H126, class will meet 3/1, 3/15 and 3/22, Meets Monday beginning March 1 **(Late Start)**, 7:00P-9:00P, Instructor: Walter Sundberg

FORENSIC INVESTIGATIONS (PS 590). Students will learn and apply real CSI techniques while studying 10 infamous past and present crimes. In-depth study of crime scene analysis and on scene investigations will be covered. This class, taught by private investigator Greg Yelencich, is a must for all television crime drama fans, amateur sleuths and mystery novel readers.

Sessions: 10, Fee: \$36.00

Section No. 1: John A. Logan College, Room H206, Meets Wednesday beginning January 27, 6:00P-8:00P, Instructor: Greg Yelencich

GENEALOGY (BASICS ONLINE) *EMPHASIS ON RESEARCH (6ACE 191).

Just beginning your family history research or not sure how to get organized, this class is for you. We will discuss the basic five steps of research. Additionally, we will discuss different types of research logs and keeping them, and lastly organizing your research. Some of the best websites for your research will also be explored. Preferable to have some computer experience.

Sessions: 10, Tuition: \$76.00

Section No. 1: John A. Logan College, Room E203, Meets Thursday beginning January 28, 2:30P-4:30P, Instructor: Kara Dunkel

GENEALOGY (RESEARCH *COMPUTER SYSTEMS) (6CON 136).

Starting your genealogy files and trying to learn about computer systems. This class will introduce the beginner to Family Tree Maker (FTM) and PAF. Students will have access to FTM on the computers in the classroom. (The system is not transferable.) During class, the student will have time to learn and use the FTM system or PAF and put some of their family history into the system of their choice. The student will learn to make a Gedcom file so they can take their organized files with them and share their research with others. Flash drives to download materials will be needed. Preferable to have some computer experience.

Sessions: 10, Tuition: \$114.00

Section No. 1: John A. Logan College, Room E203, Meets Tuesday beginning January 26, 2:30P-4:30P, Instructor: Kara Dunkel

HERBS: THEIR CULTIVATION AND USES (PS 068).

Students will study cultivation cooking, gardening, and medicinal herbs.

Sessions: 6, Fee: \$36.00

Section No. 1: John A. Logan College, Room H132, Meets Wednesday beginning January 27, 6:00P- 8:00P, Instructor: Theresa Ewell

HYPNOSIS (BEG.) (6ACE 209). This course will provide students with information on how to supplement their income with the use of hypnosis. Students will learn hypnotic techniques that will help smokers become nonsmokers, help people lose weight, help people with ADD, help people with anxiety, to help people develop better study habits and more. Students will improve their self-esteem, anxiety, memory and recall thus helping to improve production in the workplace and in school. Counselors, school psychologists, nurses and medical technicians can all benefit from this class.

Sessions: 10, Tuition: \$76.00, Approximate Book Fee: \$10.00 (optional)

Section No. 1: John A. Logan College, Room E206, Meets Monday beginning January 25, 6:00P-8:00P, Instructor: Don Benitone

HYPNOSIS – METAPHYSICAL (6ACE 244). The gateway to metaphysical experiences: some of the experiences will be past life regression, automatic writing, insight into the higher self to see human aura, and self-healing. Course focuses on hypnotic approaches, uses of guided imagery, controlling emotional pain, self-healing and improvement, and demonstrations. Students will improve their self-esteem, anxiety, memory and recall thus helping to improve production in the workplace and in school. Counselors, school psychologists, nurses and medical technicians can all benefit from this class. Teachers will receive CPDU's and/or CEU's

Sessions: 10, Tuition: \$76.00, Approximate Book Fee: \$10.00 (optional)

Section No. 1: John A. Logan College, Room H133, Meets Thursday beginning January 28, 6:00P-8:00P, Instructor: Don Benitone

HYPNOSIS – SMOKING CESSATION (PS 529). Hypnosis has proven to be an excellent method to stop smoking.

Sessions: 1, Fee: \$20.00

Section No. 1: John A. Logan College, Room H122, Meets Tuesday beginning January 26, 6:00P-8:00P, Instructor: Don Benitone

HYPNOSIS – WEIGHT LOSS (PS 350). Learn how self-hypnosis can help you lose and maintain weight.

Sessions: 1, Fee: \$20.00

Section No. 1: John A. Logan College, Room H122, Meets Wednesday beginning January 27, 6:00P-8:00P, Instructor: Don Benitone

INTRODUCTION TO VOICE ACTING (PS 543). Have you ever wondered whose voice you are listening to on TV and Radio Commercials? You too can become a Professional Voiceover Artist! In this fun and interactive class, you will learn details of the industry, the importance of marketing, and the importance of your demo tape. In addition, your instructor will coach you while you make a recording of your voice for a personal evaluation. Be warned – many who have taken this class have gone on to become bona-fide professional Voice Actors!

Sessions: 1, Fee: \$30.00

Section No. 1: John A. Logan College, Room H126, Meets Friday beginning March 26 (**Late Start**), 6:00P-8:00P, Instructor: Andrea Langworthy

INVESTMENTS I *EMPHASIS ON WEALTH MANAGEMENT (6ACE 111).

There are two basic time periods in your life from an investing perspective, the accumulation stage and the wealth management stage. The younger investor should be focused on growth as they create their wealth. The older investor, as they approach retirement and eventually enter retirement, should be more focused on wealth management, or preservation of what they have built so they can generate income to live. While this class covers all areas of investment, it focuses on wealth management. Topics covered include economics, markets, various investment vehicles, and strategies for wealth management such as diversification, allocation, withdrawal engineering, risk analysis, and success analysis. Managing your investments in retirement is far more complex than most people realize, and this course is designed to help individuals who are faced with that challenge to better understand it.

Sessions: 10, Tuition: \$76.00

Section No. 1: John A. Logan College, Room E208A, Meets Monday beginning January 25, 7:00P-9:00P, Instructor: Kim Ketter

ITALIAN – (BEG) (PS 638). Students will learn simple Italian phrases and basic grammar, Italian culture, and more. Individual needs will be addressed upon request.

Sessions: 10, Fee: \$35.00

Section No. 1: Herrin High School. Room 1110, Meets Thursday beginning January 21 (**Early Start**), 6:00P-8:00P, Instructor: Sandra Colombo, Michalann Stanley

ITALIAN – (INTER.) (PS 649). Emphasis on Grammar and Conversation.
Sessions: 10, Fee: \$35.00

Section No. 1: Herrin High School, Room 1110, Meets Thursday beginning January 21 (**Early Start**), 6:00P-8:00P, Instructor: Sandra Colombo, David Mendriski

LETS GO TO WALT DISNEY WORLD (PS 626). Learn the secrets for a stress free trip to Walt Disney World, access the most up-to-date tips, and make your vacation dreams come true!
Sessions: 5, Fee: \$20.00

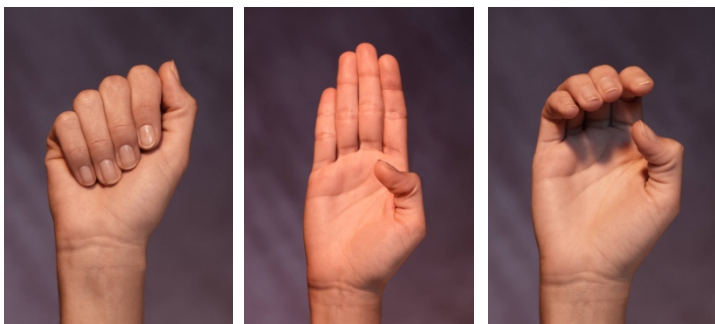
Section No. 1: John A. Logan College, E208, Meets Thursday beginning January 28, 6:00P-8:00P, Instructor: Laura Ebersohl

LIVING GREEN – LIVING WELL (6ACE 291). Come to this class and learn to help others help themselves and the planet through improved well being, cost effective tips, creating a more peaceful living environment and finding deeper awareness of one's impact on the Earth. Students will learn to think sustainability by exploring eco-friendly structures and practices, healthy foods, using technology resources and money wisely and with conscious and more.
Sessions: 8, Tuition: \$38.00

Section No. 1: John A. Logan College, Room E215, Meets Monday beginning January 25, 6:00P-8:00P, Instructor: Deborah Bouton

MANUAL COMMUNICATIONS I (SIGN LANGUAGE) (6ACE 113). For the beginner who wishes to learn sign language with emphasis on the alphabet, numbers and basic signs.
Sessions: 10, Tuition: \$114.00, Approximate Book Fee: \$35.95

Section No. 1: John A. Logan College, Room E208, Meets Monday beginning January 25, 6:00P-8:00P, Instructor: Susan Whiting



NRA BASIC PISTOL SHOOTING (PS 648).

This course is taught by NRA Certified Instructors and is designed to provide the student with the knowledge and skills necessary to safely handle and shoot a handgun and rifle. Fundamental safety rules, ammunition identification and selection, basic shooting techniques, pistol and rifle cleaning, maintenance and storage are some of the areas covered. If you are thinking about purchasing a pistol or rifle for yourself or a family member and don't know what to buy, we will address your questions. If you're uncomfortable around firearms and want to overcome your concerns, this is an opportunity to experience firearms safety instruction in a positive, non-threatening atmosphere. If you learned to shoot on your own or from a friend and just want to polish your technique, this class is for you. This is an excellent opportunity to experience one-on-one training from competent, experienced instructors at an attractive price. Handguns, ammunition, eye and ear protection will be provided. Students may bring their own handgun if they are in possession of a valid FOID card and an appropriate gun case. No live ammunition will be allowed in the classroom sessions.
Sessions: 5, Fee: \$30.00, COM: \$30.00 payable to instructor



Section No. 1: West Frankfort Extension Center, WF6, Meets Thursday beginning March 11 (**Late Start**), 10:00A-12:00P, Instructor: Mike Corkran, Larry Morse

Section No. 2: West Frankfort Extension Center, WF6, Meets Thursday beginning March 11 (**Late Start**), 6:00P-8:00P, Instructor: Mike Corkran, Larry Morse

RELIGION AND SPIRITUALITY (PS 639). Explore relationships between religion, spirituality, and health. Topics include the validity and concerns of a religion health connection; spiritual practices that may contribute to preventing illness and promoting health and well-being; and spirituality in patient care.
Sessions: 6, Fee: \$20.00

Section No. 1: Carbondale, Prairie Living at Chautauqua, Chapel, Meets Thursday beginning January 28, 1:00P-3:00P, Instructor: Connie Tyner

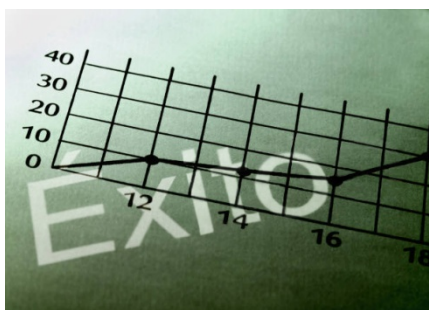
Section No. 2: Carbondale, Liberty Village, 2950 W. Westridge, Activity Room, Meets Wednesday beginning March 17 (**Late Start**), 6:00P-8:00P, Instructor: Connie Tyner

SPANISH *FOR BEGINNERS (6ACE 290). Course will provide basic situational vocabulary and the fundamentals of grammar while emphasizing the Spanish culture. Students will learn colloquial phrases and gestures and be given basic instruction in culture and general etiquette which will help them in Spanish speaking countries. No knowledge of Spanish language is required. Teachers can also take this course and they will receive 20 CPDU's.
Sessions: 10, Tuition: \$76.00

Section No. 1: Murphysboro, Carruthers School, Candy Lane, Meets Monday beginning January 25, 6:00P-8:00P, Instructor: Gloria Estrada

Section No. 2: Carbondale, Baptist Collegiate Ministry Center, Meets Wednesday beginning January 27, 1:00P-3:00P, Instructor: Jorge Arevalo

Section No. 3: Murphysboro, Carruthers School, Candy Lane, Meets Thursday beginning January 28, 6:00P-8:00P, Instructor: Gloria Estrada



SPEECHCRAFT (PS 650). If you want to improve your public speaking abilities while building your self confidence and leadership skills, this is the course for you. Speechcraft is designed to provide hands on learning in both developing and delivering effective speeches. So, if you want to kick start your career, obtain marketable skills, run for office, or just become a more effective speaker in general, join us!
Sessions: 8, Fee: \$10.00



Section No. 1: John A. Logan College, Room B62, Meets Thursday beginning January 21 (**Early Start**), 6:30P-8:30P, Instructor: Jennifer Rose

TAROT CARD READING (6ACE 251). An examination of the history and culture of divination practices using cards, to include regular fame-playing cards and tarot and the practical application of card divination to everyday lifestyles.
Sessions: 10, Tuition: \$76.00, COM: \$5.00 for CD

Section No. 1: John A. Logan College, Room H206, Meets Wednesday beginning January 27, 3:00P-5:15P, Instructor: Melissa Obermiller

TRAVELING RT. 66 IN ILLINOIS (PS 609). This class will give you up-to-date information on traveling "Route 66" in Illinois. Learn how to plan your trip from Grant Park in Chicago to Chain of Rocks Bridge or any section in between. Learn about sections of the "old road" identified by the state and how to identify the areas where there are up to three different routes and historical aspects of "Route 66." Tips on where to stay overnight, icon restaurants and more! No more accessing multiple references to find the bits and pieces.

Sessions: 6, Fee: \$20.00

Section No. 1: John A. Logan College, Room E208, Meets Tuesday beginning January 26, 6:30P-8:00P, Instructor: Karen Semanski

YOUR RELATION "SHIP"- GETTING ON COURSE (PS 643). Who is that person you



married or can't remember the last time you went on a date or both. You want to have more of a lot of different things in your relation "Ship" but you aren't sure where to start. You want to go on dates but you are tired of the same old dinner and a movie. Attend this class and refresh memories as you learn how your marriage is very much like a sea going vessel and how together you can chart your course. We will discuss virtues that heal hearts and homes and dating activities to build those virtues into your relationship. Attend alone to take ideas back to your spouse or come as a couple and share the adventure.

Sessions: 10, Fee: \$35.00

Section No. 1: John A. Logan College, Room H206, Meets Friday beginning January 29, 5:30P-7:30P, Instructor: Kara Dunkel

Health Care

ACLS (ADVANCED CARDIAC LIFE SUPPORT) PROVIDER COURSE (6CNE 191). Learn the core material for ACLS certification, including myocardial infarction, airway adjuncts, endotracheal intubation, dysrhythmia recognition and therapy (including algorithm), electrical therapy, intravenous techniques, cardiovascular pharmacy, special resuscitation situations and Megacode management. Prerequisite: Basic Dysrhythmia Course.
Sessions: 2, Tuition: \$76.00, Fee: \$49.00, Approximate Book Fee: \$30.00

Section No. 1: John A. Logan College, Room H126/H127/H128, Meets Friday/Saturday beginning March 5 (**Late Start**), March 5 class will meet 5:00P-10:00P; March 6 class will meet 8:00A-6:00P, Instructor: Debbie Goddard