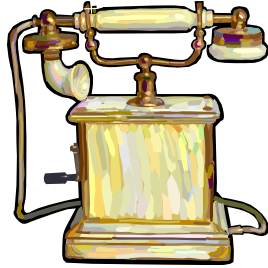


General Education

ANTIQUES (PS 723). 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. Call Teresa Ewell at 618-983-5200 for more information.
Sessions: 10, Fee: \$36.00

Section No. 1: Johnston City, 900 North Grand Ave., Rte.37, Meets Thursday beginning January 26, 2:00P-4:00P, Instructor: Teresa Ewell



BUILDING A SUCCESSFUL CAREER: HOW TO GAIN A COMPETITIVE EDGE IN THE WORKPLACE (PS 776). Learn the professional and personal skills and strategies of the nation's most successful business people and executives to help you improve your career success with your employer, your colleagues, and your customers, whether you are an employee, a supervisor, a manager, or a small business owner. This class provides practical, hands-on information for people in all phases of their careers.
Sessions: 2, Fee: \$20.00



Section No. 1: John A. Logan College, Room H126, Meets Monday beginning January 23, 7:00P-8:30P, Instructor: Bill Atkinson

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 Thursday beginning January 26, 6:00P-8:00P, Instructor: Barbie Kalous

COUPON GENIE WORKSHOP (PS 703). Students will learn how to get everything from shampoo to lunch meat FREE or very CHEAP. "WAGS, OPP, CATS, BOGO" what do you say? Learn the couponing lingo, set up a library and get it organized.
Sessions: 1, Fee: \$10.00

Section No. 1: John A. Logan College, Room H126, Meets Saturday beginning January 28, 9:00A-12:00P, Instructor: Beth Porritt

Section No. 2: Carbondale, Prairie Living at Chautauqua, Activity room, Meets Wednesday beginning January 25, 6:00P-9:00P, Instructor: Beth Porritt

Section No. 3: DuQuoin, St. Johns United Church of Christ, 20 South Hickory St., Dining Hall, Meets Saturday beginning February 4 (**Late Start**), 9:00A-12:00P, Instructor: Beth Porritt

Section No. 4: Marion Youth Center, 211 East Blvd., Meets Wednesday beginning February 8 (**Late Start**), 6:00P-9:00P, Instructor: Beth Porritt

Section No. 5: Murphysboro Youth and Recreation Center, 1818 Walnut St., Meets Saturday beginning February 11 (**Late Start**), 9:00A-12:00P, Instructor: Beth Porritt
COM: \$5.00

Section No. 6: West Frankfort, Extension Center, WF6, Meets Saturday beginning March 3 (**Late Start**), 9:00A-12:00P, Instructor: Beth Porritt

COUPON GENIE WORKSHOP (ADV) (PS 762).

Learn to stack & combine your coupons for SUPER CHEAP & FREE items regularly. Also learn the "SECRETS" to shopping at Walgreens, CVS & Target (specific examples & shopping scenarios).
Sessions: 1, Fee: \$10.00



Section No. 1: John A. Logan College, Room H126, Meets Saturday beginning January 28, 1:00P-3:00P, Instructor: Beth Porritt

Section No. 2: Carbondale, Prairie Living at Chautauqua, Activity room, Meets Wednesday beginning February 1 (**Late Start**), 6:00P-8:00P, Instructor: Beth Porritt

Section No. 3: DuQuoin, St. Johns United Church of Christ, 20 South Hickory St., Dining Hall, Meets Saturday beginning February 4 (**Late Start**), 1:00P-3:00P, Instructor: Beth Porritt

Section No. 4: Murphysboro, Carruthers School, Candy Lane, Meets Wednesday beginning February 15 (**Late Start**), 6:00P-8:00P, Instructor: Beth Porritt

Section No. 5: Marion Youth Center, 211 East Blvd., Meets Saturday beginning February 25 (**Late Start**), 1:00P-3:00P, Instructor: Beth Porritt

Section No. 6: West Frankfort, Extension Center, WF6, Meets Saturday beginning March 3 (**Late Start**), 1:00P-3:00P, Instructor: Beth Porritt

DEFENSIVE DRIVING-AARP DRIVER SAFETY PROGRAM (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: COM: \$12.00 for AARP members, \$14.00 for non-members, payable to instructor first day of class

Section No. 1: John A. Logan College, Room H122, Meets Thursday/Friday beginning January 26, 8:00A-12:00P, Instructor: Patty Farr

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, Meets Tuesday beginning March 6, 20 and 27 (**Late Start**), 7:00P-9:00P, Instructor: Joe McFarland

GERMAN FOR BEGINNERS (PS 450). For students with no prior knowledge. This course will focus on understanding, speaking, reading, and writing as well as aspects of German culture. Sessions: 10, Fee: \$36.00

Section No. 1: John A. Logan College, Room E206, Meets Monday beginning January 23, 6:00P-8:00P, Instructor: Gabrielle Hoffman

HERBS – HOW TO GROW’EM AND COOK’EM (PS 068). Learn how to grow herbs used in cooking and how to prepare foods with the herbs. Discussions, samples and recipes given. Call Teresa Ewell at 628-983-5200 for more information. Sessions: 10, Fee: \$36.00

Section No. 1: Johnston City, 900 North Grand Ave. Rte.37, Meets Tuesday beginning January 24, 6:00P-8:00P, Instructor: Teresa Ewell

HOME WEATHERIZATION BASICS FOR HOMEOWNERS: MAKING YOUR HOME COMFORTABLE WHILE SAVING ENERGY AND MONEY! (PS 724). This course will be of interest to anyone who pays a monthly electric, gas or water bill and wishes to reduce those utility costs and make their home more comfortable. Based on the most current residential building science, homeowners will learn how to weatherize the right way, and how to get the best return for their weatherization dollars. Weatherization materials and techniques will be discussed, including effective air sealing and proper insulation methods. Students will learn how weatherization impacts indoor comfort and safety, how to protect a home from mold and moisture damage, and numerous energy saving tips. Sessions: 3, Fee: \$25.00

Section No. 1: John A. Logan College, Room H135, Meets Tuesday beginning January 24, 6:00P-8:30P, Instructor: Tim Gibson, John A. Logan College Sustainability Coordinator and Certified Weatherization Instructor

HYPNOSIS (BEG.) (6ACE 209). 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. Counselors, school psychologists, nurses and medical technicians can all benefit from this class. Sessions: 10, Tuition: \$92.00, Approximate Book Fee: \$10.00 (optional)

Section No. 1: John A. Logan College, Room E218, Meets Monday beginning January 23, 6:00P-8:00P, Instructor: Don Benitone

HYPNOSIS METAPHYSICAL (6ACE 244). Course focuses on hypnotic approaches, uses of guided imagery, controlling emotional pain, self-healing and improvement, and demonstrations. 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: \$92.00, Approximate Book Fee: \$14.00 (optional)

Section No. 1: John A. Logan College, Room H133, Meets Thursday beginning January 26, 6:00P-8:05P, 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 Wednesday beginning January 25, 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 Tuesday beginning January 24, 6:00P-8:00P, Instructor: Don Benitone

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

Section No. 1: John A. Logan College, Room B62, Meets Tuesday beginning January 24, 6:00P-8:00P, Instructors: Sandra Colombo, David Mendriski

ITALIAN – (INTER) (PS 649). Beginners Welcome! Continuation of Italian (Beg.) class. Students will continue to learn Italian phrases, Italian culture and travel tips. Sessions: 10, Fee: \$35.00

Section No. 2: Herrin High School, Room 1110, Meets Thursday beginning January 26, 6:00P-8:00P, Instructors: Michael Ann Stanley, Sandra Colombo

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: \$138.00, Approximate Book Fee: \$35.95

Section No. 1: John A. Logan College, Room E217, Meets Monday beginning January 23, 6:00P-8:05P, Instructor: Susan Whiting

METAL DETECTING (PS 775).

Course will teach the basics of how to set up and use a metal detector and the proper techniques for recovering coins, jewelry, and relics. Topics will include detector setup, where to detect, and a review of the metal detector's code of ethics. Course will consist of a classroom visit and off campus treasure hunts. Metal detectors will be provided. Sessions: 3, Fee: \$25.00



Section No. 1: John A. Logan College, Room H133, Meets Saturday beginning February 25 (**Late Start**), 12:00P-3:00P, Instructor: George Ferguson

MYSTERY SHOPPING (PS 757). Mystery Shopping is fun, easy, and alive and well in Southern Illinois. This is a valued service provided by people just like you. As a shopper you'll visit a variety of businesses and provide feedback on your visit. Best of all you choose your assignments. Mystery shopping requires no experience, allows you control of your schedule, and actually pays. Becoming a Mystery Shopper also opens additional work to you like in-store auditing, merchandising, and demonstrations. Sessions: 2, Fee: \$20.00

Section No. 1: John A. Logan College, Room H126, Meets Wednesday beginning January 25, 9:00A-11:00A, Instructor: Linda Hill

Section No. 2: John A. Logan College, Room H126, Meets Thursday beginning January 26, 6:00P-8:00P, Instructor: Linda Hill

PARANORMAL INVESTIGATIONS (PS 700).

Paranormal investigations consist of multiple areas including, but not limited to, the investigation into activity or phenomena that is beyond what can be explained by current scientific knowledge or explanation. In this course, we will research types of paranormal activity, current methods of investigating such activity, traditional beliefs regarding the paranormal, and different theories on the causes of paranormal phenomena. Sessions: 12, Fee: \$45.00

Section No. 1: John A. Logan College, Room E218, Meets Thursday beginning January 26, 6:00P-8:00P, Instructor: Kelly Lively

PUBLISH YOUR MANUSCRIPT WORKSOP

(PS 748). Developed to address questions concerning how to get started in the publishing process. Items discussed will be: What are the motivations for publishing, types of publishing, the actual publishing process and what happens after publication occurs. Everyone attending will leave inspired with practical knowledge about the publishing process as well as links to actual publisher. Sessions: 1, Fee: \$20.00

Section No. 1: John A. Logan College, Room H126, Meets Wednesday beginning February 8 (**Late Start**), 6:00P-8:00P, Instructor: Edmund DeRousse

REIKI I (6ACE 281). Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It also works as a complementary therapy with other medical or therapeutic techniques to relieve side effects and promote recovery. Opportunity to practice and meet other practitioners provided. Level I certification earned by completion of course requirements.
Sessions: 10, Tuition: \$46.00

Section No. 1: John A. Logan College, Room H133, Meets Monday beginning February 27 (**Late Start**), 6:00P-8:00P, Instructor: Bernie Stacka

SKYWARN SPOTTER TRAINING (PS 568). The National Weather Service and the Williamson County Emergency Management Agency will present a look at severe weather preparedness. The National Weather Service will present basic and advanced weather spotter classes. Steve Land, Assistant Director for the Williamson County Emergency Management Agency will be answering questions on preparedness during the event.
Sessions: 1, **No Charge**

Section No. 1: John A. Logan College, O'Neil Auditorium, Meets Saturday beginning February 4 (**Late Start**), 9:00A-12:00P, Instructor: Steve Land

SOUTHERN ILLINOIS PICKERS (PS 767). Learn how to become a picker and sell your items. Call Teresa Ewell at 618-983-5200 for more information.
Sessions: 10, Fee: \$36.00



Section No. 1: Johnston City, 900 North Grand Ave., Meets Thursday beginning January 26, 6:00P-8:00P, Instructor: Teresa Ewell

SPANISH CONVERSATIONAL (BEGINNERS) (PS 105). 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 the Spanish language is required. Teachers can also take this course and they will receive 20 CPDU'S.
Sessions: 10, Fee: \$36.00

Section No. 1: Carbondale, Baptist Colligate Ministry Center, Meets Wednesday beginning January 25, 5:00P-7:00P, Instructor: Craig Johnson

SPANISH CONVERSATIONAL (INTER.) (PS 102). Learn the more advanced phrases, gestures, and etiquette as well as reading and writing skills, Spanish culture, travel tips and more.
Sessions: 10, Fee: \$36.00

Section No. 1: Murphysboro, Carruthers School, Candy Lane, Meets Monday beginning January 23, 6:00P-8:00P, Instructor: Gloria Estrada

SPANISH CONVERSATIONAL FOR LAW ENFORCEMENT OFFICERS (PS 289). This course will provide law enforcement officers the conversational tools to reduce language barriers on the job. Learn helpful phrases, gestures, reading and writing skills, and Spanish culture during this beneficial course.
Sessions: 10, Fee: \$36.00

Section No. 1: Murphysboro, Carruthers School, Candy Lane, Meets Thursday beginning January 26, 6:00P-8:00P, Instructor: Gloria Estrada



TRACKING ANIMALS (FOR ADULTS) (PS 774). Through classroom lecture and practical exercises outdoors, students will receive an introduction to human and animal tracking. Topics covered include types of signs, animal tracks and gaits, action indicators, and aging tracks and signs. Be prepared to go outside! People interested in Search & Rescue, hunting, scouting, or anyone else interested in enriching their knowledge of the outdoors will enjoy this class.
Sessions: 1, Fee: \$20.00



Section No. 1: John A. Logan College, Room H132, Meets Saturday beginning March 3 (**Late Start**), 9:00A-1:00P, Instructor: Andrew Notier

WALT DISNEY WORLD – UNDISCOVERED (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: 1, Fee: 10.00

Section No. 1: John A. Logan College, H126, Meets Saturday beginning February 25 (**Late Start**), 9:00A-1:00P, Instructor: Laura Ebersohl

WEATHER – WHAT’S UP TODAY? (PS 202).

Current weather patterns, including El Nino, global warming, tornados and severe weather. Discussions will range from social-economic factors to the science of the forecast. No formal knowledge of weather is required.

Sessions: 5, Fee: \$15.00

Section No. 1: John A. Logan College, Room E208A,
Meets Monday beginning January 23, 7:00P-8:30P,
Instructor: Jim Rasor, WSIL TV3 Meteorologist

VOICE OVERS – AN INTRODUCTION (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 Thursday beginning March 22 (**Late Start**),
6:00P-8:00P, Instructor: Mike, from Voices For All

WRITING: TAMING THE MUSE (A WRITER’S WORKSHOP) (6ACE 208). Are you a writer in need of a muse (otherwise known as a good kick in the pants to get you started and keep you going)? Get a weekly boost of information, motivation, and inspiration in our Writer’s Workshop. As a group we’ll provide you with a weekly accountability to keep you working on your “project” and a forum for review. The weekly writing challenge helps break writer’s block let’s you polish specific skills. And...you’ll learn from other writers. Open to writers interested in increasing their productivity and improving their work.

Sessions: 10, Tuition: \$138.00

Section No. 1: John A. Logan College, Room E222,
Meets Monday beginning January 23, 6:00P-8:00P,
Instructor: Linda Hill