

PHOTOGRAPHY AT HOME AND AWAY (ACE 118). Learn to use digital camera, basic techniques for a wide variety of subjects, indoor and outdoor shooting, composition, lighting, etc. There are many examples and demonstrations. Individual help offered.
Sessions: 10, Tuition: \$ 96.00

Section No. 1: West Frankfort Extension Center,
Meets Monday beginning January 22, 9:00A-11:15A,
Instructor: Rene de Groof

PHOTOGRAPHY (BEG.) (ACE 117). Learn digital and film emphasis on digital basic shooting techniques for a wide variety of subjects, indoor and outdoor shooting, exposures, focal lengths, lighting, selective focus, etc. Many examples and demos.
Sessions: 10, Tuition: \$ 96.00

Section No. 1: John A. Logan College, Room H207,
Meets Monday beginning January 22, 6:00P-8:00P,
Instructor: Jack Holderfield

Section No. 2: John A. Logan College, Room H206,
Meets Thursday beginning January 25, 3:00P-5:00P,
Instructor: Jack Holderfield

General Education

ACUPRESSURE FOR BEGINNERS (CNE 500). Learn basic information for students to use to provide relief for body aches and pains, fatigue, stress, muscle tensions, sinus headaches, and more. Emphasis will be on the upper body acupressure points. Singles and couples welcome. Wear loose fitting clothes, no blue jeans.
Sessions: 4, Tuition: \$ 64.00, Fee: \$ 10.00

Section No. 1: John A. Logan College, Room G123,
Meets Thursday beginning January 25, 1:30P-4:30P,
Instructor: Dr. Michael Bradley

ACT PREPARATION AND REVIEW (PS 185). This course introduces students to ways of preparing for the ACT college entrance exam. Studies show that students taking this course will increase their composite score by 1-2 points.
Sessions: 4, Fee: \$ 32.00

Section No. 2: John A. Logan College, Room H126,
Meets Wednesday/Saturday, *Class will meet
Wednesdays, March 21, March 28 and April 4 from
6:00P-8:00P, and on Saturday, April 14 from 8:00A-
12:00P beginning March 21 (**Late Start**), 6:00P-8:00P,
Instructor: Sharon Schemonia

ANTIQUES FOR BEGINNERS (ACE 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: \$ 64.00

Section No. 2: John A. Logan College, Room H132,
Meets Thursday beginning January 25, 3:00P-5:00P,
Instructor: Teresa Ewell

ANTIQUES (INTER.) (ACE 301). For the student who has the basic knowledge of antiques and would like to learn more. This course will expand expertise.
Sessions: 10, Tuition: \$ 64.00

Section No. 13: John A. Logan College, Room H132,
Meets Tuesday beginning January 23, 1:00P-3:00P,
Instructor: Teresa Ewell

A ROAD MAP TO FINANCIAL VICTORY/SUCCESS (ACE 300).

Have the holidays, high fuel prices, and credit cards stretched your budget? If so, don't feel bad as you are not alone! Come to this seminar and learn financial tips on budgeting, the proper use of credit, how to pay off your debt, credit reports, identify theft, how to avoid pitfalls, and much more. Bring a list of your debts, monthly statements and payments, and a calculator to class.

Sessions: 4, Tuition: \$ 32.00, Fee: \$ 10.00

Section No. 8: John A. Logan College, Room H123,
Meets Tuesday, class will meet January 23, February 6, February 20, and March 6 beginning January 23, 6:00P-8:00P, Instructor: Brandy Hetrick

Section No. 9: John A. Logan College, Room H115,
Meets Thursday, class will meet January 25, February 8, February 22, and March 8 beginning January 25, 10:00A-12:00P,
Instructor: Brandy Hetrick

ART FOR EMPOWERMENT: CREATIVE COUNSELING SOLUTIONS (ACE 301).

This course is designed for professionals from fields of education and human services: in particular, practitioners working with at risk youth, trauma survivors, and rehabilitation participants in need of rebuilding self-esteem and self-knowledge. Strategies for using art as a method for building self-esteem, expressing emotions, and gaining self-knowledge will be introduced to provide practitioners with a supplemental tool to talk therapy. After taking this course, students will be able to apply concepts and techniques of art for empowerment in their own practices. The practicum component of the course will give students hands-on experiences in working with art materials and methods of curriculum development.
Sessions: 6, Tuition: \$ 64.00

Section No. 6: John A. Logan College, Room E205,
Meets Thursday beginning January 25, 6:00P-8:15P,
Instructors: Lydia Waligorski/Elka Kazmierczak

ARTHRITIS SELF-HELP COURSE (ACE 239). A six-week educational program designed to teach people with arthritis how to take a more active part in their arthritic care.
Sessions: 6, Tuition: \$ 64.00, Approximate Book Fee: Students will receive a free book.

Section No. 3: Murphysboro, First Christian Church,
1501 Pine St., Meets Monday beginning March 5
(**Late Start**), 2:00P-4:00P, Instructor: Dee Brown



BIRDWATCHING (PS 367). Observe a variety of southern Illinois bird species in their natural environment. Students will learn sight and sound identification techniques along with tips on where to go to find birds. Field trips will be taken to various locations. Class will meet on campus for the first session and the remaining five sessions will meet off campus.

Sessions: 6, Fee: \$ 36.00

Section No. 1: John A. Logan College, Room H125, Meets Saturday beginning March 3 (**Late Start**), 8:30A-12:30P, Instructor: Trevor Hinckley

CHAKRA CONNECTIONS (ACE 301). 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 towards the future with improved awareness.

Sessions: 10, Tuition: \$ 64.00

Section No. 1: John A. Logan College, Room H132, Meets Monday beginning January 22, 3:30P-5:30P, Instructor: Lorie Allen

COMMUNITY OUTREACH DIABETES EDUCATION (MED 074). Learn more about intensive diabetes through carbohydrate counting, insulin management pump therapy and continuous glucose monitoring. The program will be taught by a certified diabetes educator. This program is designed for anyone on an insulin pump therapy.

Sessions: 1, Fee: No charge

Section No. 1: John A. Logan College, Room F109, Meets Tuesday beginning January 23 (**Early Start**), 6:00P-9:00P, Instructor: Peggy Thompson

Section No. 2: John A. Logan College, Room F109, Meets Tuesday beginning February 20 (**Late Start**), 6:00P-9:00P, Instructor: Peggy Thompson

Section No. 3: John A. Logan College, Room F109, Meets Tuesday beginning March 20 (**Late Start**), 6:00P-9:00P, Instructor: Peggy Thompson

Section No. 4: John A. Logan College, Room F109, Meets Tuesday beginning April 17 (**Late Start**), 6:00P-9:00P, Instructor: Peggy Thompson

Section No. 5: John A. Logan College, Room F109, Meets Tuesday beginning May 15 (**Late Start**), 6:00P-9:00P, Instructor: Peggy Thompson

DEFENSIVE DRIVING-AARP DRIVER SAFETY COURSE (ACE 300).

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, Tuition: \$ 32.00, Fee: COM: \$ 10.00 payable to instructor

Section No. 3: John A. Logan College, Room H123, Meets Thursday/Friday beginning January 25, 8:00A-12:00P, Instructor: Ruby Gresco

DEFENSIVE SHOOTING FOR MEN AND WOMEN (BEG.) (ACE 232).

Students will learn how to shoot handguns safely on a shooting range. Students provide their own handguns and ammo. Students should meet at the Williamson County Armory. Do not bring guns to the first session. A certificate will be given upon successful completion of the course.

Sessions: 8, Tuition: \$ 64.00, Fee: COM: \$ 20.00 payable to instructor

Section No. 1: Marion Williamson Co. Armory, behind the airport on Redco Drive, Meets Tuesday beginning February 27 (**Late Start**), 7:00P-9:30P, Instructors: Bob Alcorn/Larry Morse

DREAMS AND ASTRAL ADVENTURES (PS 349).

Learn sleep patterns, the dream world, and waking consciousness in the dream state. Meditation, hypnotic sessions and dream interpretation.

Sessions: 10, Fee: \$ 36.00

Section No. 1: John A. Logan College, Room E215, Meets Tuesday beginning January 23, 6:00P-8:00P, Instructor: Don Wilkerson

ENGLISH HAND BELL RINGING FOR BEGINNERS (ACE 270).

Come learn this unique and unusual method of playing music. Students will learn how to read hand bell music, learn proper care and use of hand bells, and ring hand bells together as a hand bell choir. At the conclusion of the course, students will be given the opportunity to perform at an event. No previous experience with hand bells or reading music is required.

Sessions: 10, Tuition: \$ 32.00, Fee: COM: \$ 15.00 payable to instructor

Section No. 1: John A. Logan College, Room B43, Meets Monday beginning January 22, 6:00P-7:30P, Instructor: John Yeo

ENTREPRENEURSHIP – MAKING YOUR IDEA A BUSINESS (ACE 265).

Have you dreamed of turning that idea for a business into the next big thing? Designed for students looking to start their own business, this class will guide students through the necessary steps for fully developing a product or service business. Some of the topics covered include: developing a life plan that compliments your business, completing an entrepreneur assessment exercise, uncovering the limitless business and action plan as well as being exposed to some of the major resources available to help new entrepreneurs successfully grow their business.

Sessions: 8, Tuition: \$ 64.00

Section No. 1: John A. Logan College, Room E218, Meets Tuesday beginning January 23, 6:00P-8:00P, Instructor: Cavanaugh Gray

FINDING/IDENTIFYING MORELS AND OTHER SPRING MUSHROOMS IN SOUTHERN ILLINOIS (ACE 300).



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, Tuition: \$ 32.00

Section No. 2: John A. Logan College, Room H126, Meets Monday beginning March 5 (**Late Start**), 7:00P-9:00P, Instructor: Walter Sundberg

FISHING IN SOUTHERN ILLINOIS (ACE 301).

Explore the tackle, techniques, and trip information needed for fishing southern Illinois waters for bass, crappie, catfish, walleye, and muskie. Great introduction and in depth study of local lakes like Crab Orchard, Cedar, Kinkaid and more.

Section No. 3: John A. Logan College, Room H135, Meets Tuesday/Thursday beginning March 6 (**Late Start**), 6:00P-8:00P, Instructor: Al Nutty
Sessions: 8, Tuition: \$ 64.00

Section No. 7: John A. Logan College, Room H206, Meets Saturday beginning March 3 (**Late Start**), 10:00A-2:00P, Instructor: Al Nutty
Sessions: 4, Tuition: \$ 32.00

FRUGALITY 101: LIVING ON A SHOESTRING AND DOING WELL (PS 532).

Come and learn the frugal lifestyle. Live comfortably within your means. Learn how to save money, shop wisely, seek grants, dumpster dive, and barter. Students will also be introduced to "Freegans", networking, education financing, and much more. A must class for everybody!

Sessions: 2, Fee: \$ 20.00

Section No. 1: John A. Logan College, Room H126, Meets Thursday beginning January 25, 6:00P-8:00P, Instructor: Marlene Allen

HORTICULTURE AND LANDSCAPING (ACE 301).

Gardening, lawn and grounds maintenance, landscaping, nursery growing and more.

Sessions: 8, Tuition: \$ 64.00

Section No. 12: John A. Logan College, Room H206, Meets Wednesday beginning January 24, 6:00P-8:00P, Instructor: Shannon Watson

HYPNOSIS (BEG.) (ACE 209). Learn basic hypnotic techniques and how hypnosis can be used to help with weight problems, smoking, anxiety, study habits, and more.

Sessions: 10, Tuition: \$ 64.00,
Approximate Book Fee: \$ 10.00 optional

Section No. 1: John A. Logan College, Room E206, Meets Monday beginning January 22, 6:00P-8:00P, Instructor: Don Benitone

HYPNOSIS – LOSE WEIGHT (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 H126, Meets Wednesday beginning January 24, 6:00P-8:00P, Instructor: Don Benitone

HYPNOSIS METAPHYSICAL (ACE 244). The gateway to metaphysical experiences: some of the experiences will be past life regression, automatic writing, insight into the higher self, crystal gazing, how to see the human aura, and self-healing.

Sessions: 10, Tuition: \$ 64.00,
Approximate Book Fee: \$ 10.00 optional

Section No. 1: John A. Logan College, Room E208A, Meets Thursday beginning January 25, 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 23, 6:00P-8:00P, Instructor: Don Benitone

INVESTING BASICS

(ACE 174). Topics include stocks, bonds, mutual funds, annuities, IRAs, retirement strategies, and how current economic news affects short- and long-term investment strategies.

Sessions: 10,
Tuition: \$ 64.00



Section No. 1: John A. Logan College, Room E208, Meets Monday beginning January 22, 7:00P-9:00P, Instructor: Kim Ketter

ITALIAN (INTER.) (ACE 300). Emphasis on grammar and conversation.

Sessions: 10, Tuition: \$ 64.00

Section No. 7: Herrin High School, Room 1112, Meets Thursday beginning January 25, 6:00P-8:15P, Instructors: Sondra Colombo/Michael Ann Stanley

MANUAL COMMUNICATIONS II (SIGN LANGUAGE) (ACE 114). For the beginner who wishes to learn sign language with emphasis on the alphabet, numbers and basic signs.

Sessions: 10, Tuition: \$ 96.00,
Approximate Book Fee: \$ 24.00

Section No. 1: John A. Logan College, Room E207, Meets Monday beginning January 22, 6:00P-8:00P, Instructor: Susan Whiting

POKER 101 (AGES 21 & UP) (PS 519). Texas Hold'Em is a seven card poker game with simple rules that a beginner can easily learn and begin to play immediately. In spite of the simplicity, it is a fast and complex game that takes skill and practice to master. No wonder it has become one of the most popular forms of poker played today. (No wagering allowed/no cash backs – play is for fun and entertainment purposes only.)
Sessions: 4, Fee: \$ 25.00 + COM: \$ 15.00 payable to instructor

Section No. 1: Carbondale Sports Blast, 121 East Walnut St., Meets Wednesday beginning January 24, 7:00P-9:00P, Instructor: Dirk Borgsmiller

REIKI I (ACE 400). 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 complimentary 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: \$ 64.00

Section No. 1: John A. Logan College, Room H132, Meets Tuesday beginning January 23, 3:00P-5:00P, Instructor: Lorie Allen

RELIGION AND SPIRITUALITY (CNE 500). Explore relationship 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: 8, Tuition: \$ 64.00

Section No. 2: Carbondale, Prairie Living at Chautauqua, 955 Villa Court, Meets Wednesday beginning January 24, 12:30P-2:30P, Instructor: Dee Brown

SCHOLARSHIPS: DOLLARS FOR COLLEGE (ACE 301). This course will help you to learn ways to fund your dreams. Is cold hard cash all that stands between you and your dream of going to college? A lack of money doesn't have to be a dream killer. Be willing to search the web, fill out a grant application, or write a scholarship essay or two to find the money to pursue your goals. Open to high school students and parents, counselors, and all who wish to explore the world for dollars in college.
Sessions: 5, Tuition: \$ 32.00, Fee: COM: \$ 8.00 payable to instructor

Section No. 5: John A. Logan College, Room H206, Meets Thursday beginning January 25, 6:00P-8:00P, Instructor: Karen Brown

SEVERE WEATHER SEMINAR (ACE 400). Learn severe weather preparation, chasing and videotaping storms, and more. The National Weather Service will give updates on recent information and technology affecting weather forecasting and present spotter training.
Sessions: 1



Section No. 3: John A. Logan College, Auditorium, Meets Saturday beginning February 17 (**Late Start**), 9:00A-12:00P, Instructor: Jim Rasor

SPANISH COMMUNICATION SKILLS FOR TEACHERS (ACE 300). Emphasis will be on everyday spoken and written language. Individual needs and interests of students will be considered. No knowledge of Spanish required. Teachers will receive 20 CPDUs.
Sessions: 8, Tuition: \$ 32.00

Section No. 4: Alongi Du Quoin Extension Center, DQ12, Meets Monday beginning January 22, 4:00P-6:30P, Instructor: Jane Rendon

SPANISH CONVERSATIONAL (BEG.) (ACE 300). Students will learn colloquial phrases, gestures, and etiquette as well as reading and writing skills, Spanish culture, travel tips, games, music, and more.
Sessions: 10, Tuition: \$ 64.00

Section No. 1: John A. Logan College, Room H133, Meets Monday beginning January 22, 6:00P-8:00P, Instructor: Jennifer Barros

UPHOLSTERY I (ACE 126). This course is designed for the beginner to learn the basics of upholstering furniture the easy way. Students can bring a piece of furniture to work on in class and will be taught on a one-to-one basis how to recover it.
Sessions: 10, Tuition: \$ 96.00, Fee: \$ 10.00 + COM

Section No. 1: John A. Logan College, Room H125, Meets Tuesday, class will meet at college first night and at instructor's business thereafter beginning January 23, 6:00P-9:30P, Instructor: Linda Odum

UPHOLSTERY II (ACE 127). This course is designed for the student who has already learned the basics of upholstery furniture. Students can bring a piece of furniture to work on in class and will be taught on a one-to-one basis how to recover it. Prerequisite: Upholstery I.
Sessions: 10, Tuition: \$ 96.00, Fee: \$ 10.00 + COM

Section No. 1: John A. Logan College, Room H126, Meets Thursday, class will meet at college first night and at instructor's business thereafter beginning January 25, 6:00P-9:30P, Instructor: Linda Odum

VOICE ACTING (GETTING STARTED) (PS 543). You too can become a professional voice actor! This fun, informative, and empowering class will teach you all the fundamentals of entering a successful career as a professional voiceover artist.
Sessions: 1, Fee: \$ 30.00

Section No. 1: John A. Logan College, Room H126, Meets Friday beginning February 2 (**Late Start**), 6:00P-8:00P, Instructor: John Pruden

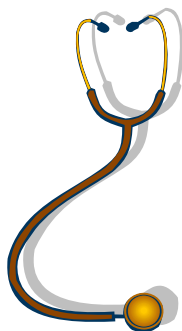
WELLNESS – AN INTRODUCTION (ACE 301). This is a general wellness course which promotes individual responsibility for a healthy lifestyle and optimal well being. This course will include personal health risk factors, cultural and societal influences, and preventative health measures. It will include fitness knowledge, and how to stay fit physically, mentally, and emotionally. Also, nutrition education will be covered to emphasize healthy nutritional choices and basic dietary concerns.
Sessions: 5, Tuition: \$ 32.00

Section No. 4: John A. Logan College, Room H206, Meets Wednesday beginning April 4 (**Late Start**), 2:00P-5:00P, Instructor: Barbara Litherland

Health Care

ACLS (ADVANCED CARDIAC LIFE SUPPORT) PROVIDER COURSE

(CNE 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. CEU's will be offered through the AACN Certification Corporation for Nurses. Prerequisite: Basic Dysrhythmia Course.
Sessions: 3, Tuition: \$ 64.00, Fee: \$ 61.00, Approximate Book Fee: \$ 35.00



Section No. 1: Marion VA Hospital, Room TBA, Meets Thursday beginning March 29 (**Late Start**), March 29 and April 5, 1:00P-5:00P, April 12 1:00P-6:30P, Instructor: Debbie Goddard

A JOURNEY THROUGH THE MIND : PIONEERS OF CHANGE ALZHEIMER'S ASSOCIATION 4TH ANNUAL CONFERENCE FOR CAREGIVERS

(CNE 300). Join us for our annual education conference addressing Alzheimer's disease and related disorders. This conference is designed for professionals, clergy, family, friends, and caregivers of those with dementia. Questions: Contact Greg Stettler, Ext. 8401.
Sessions: 1, Fee: \$ 50.00 on or before February 9 or \$ 60.00 after February 9

Section No. 2: John A. Logan College, Batteau/Ivey Rooms, Meets Thursday beginning February 22 (**Late Start**), 8:00A-5:00P, Instructor: Dan Kuhn

ARC: CLIENT CASEWORK: PROVIDING EMERGENCY ASSISTANCE (CNE 302). This course is intended for Red Cross employees and volunteers who are interested in acquiring the knowledge and skills needed to conduct client interviews and provide emergency disaster assistance to clients.
Sessions: 2, Fee: No charge

Section No. 1: John A. Logan College, Room E208, Meets Tuesday/Thursday beginning February 13 (**Late Start**), 6:00P-10:00P, Instructors: Charlene McNally/Dolores Koster

ARC: DISASTER SERVICES HUMAN RESOURCE WORKSHOP & DISASTER MENTAL HEALTH SERVICES (CNE 301). This course has two parts; the first part is designed to provide individuals with basic information about enrolling in the National Red Cross volunteer system. The course covers the expectations and requirements of a volunteer. In the second part of the course, participants will learn how Disaster Mental Health Services support disaster relief workers and people affected by disaster. This course is recommended for all individuals interested in becoming American Red Cross Disaster Volunteers.
Sessions: 2, Fee: No charge

Section No. 3: John A. Logan College, Room E208, Meets Tuesday/Thursday beginning February 6 (**Late Start**), 6:00P-10:00P, Instructors: Sandra Webster/David Matthews

ARC: LOGISTICS OVERVIEW & SHELTER SIMULATIONS (CNE 304). This course has two parts. The first part provides basic information about how individuals can assist the local Red Cross unit in meeting people's immediate emergency disaster-caused needs. Topics include requirements of local volunteers, local volunteer opportunities, and how the American Red Cross assists when a disaster threatens or strikes. This course will explain how you can assist in southern Illinois and beyond the chapter. The second part of this course is designed to provide an overview of the Disaster Assessment activity and its related tasks.
Sessions: 2, Fee: No charge

Section No. 1: John A. Logan College, Room E208, Meets Tuesday/Thursday beginning February 27 (**Late Start**), 6:00P-10:00P, Instructors: Harold & Susan Mills

ARC: MASSCARE: AN OVERVIEW & SHELTER OPERATIONS (CNE 303). This course has two parts; the first part is designed to provide individuals with basic information about the activities of the American Red Cross Disaster Services Mass Care Worker. Participants will learn about the skills and abilities needed by the Mass Care workers and how they can get started in their local chapter. The second part of the course is designed to provide individuals with