

JOHN A. LOGAN COLLEGE

**Community Education, Logan Fitness
and Workforce Development Classes**

Fall 2020 Semester
Classes Begin September 8, 2020

**October 14, 2020
Civil War Days**



Why would you go anywhere else?

“Upon the subject of education, not presuming to dictate any plan or system respecting it, I can only say that I view it as the most important subject which we as a people can be engaged in.” *Abraham Lincoln, March 9, 1832.*

Board of Trustees

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- Mrs. Mandy Little, Vice-Chair**
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- Dr. Melanie Pecord, Vice-President for Instructional Services**
- Mr. Brad McCormick, Vice-President for Business Services & College Facilities**



A Message from the President

Dear Friends,
I hope you enjoy the fall edition of the John A. Logan College schedule of Community Education classes. We have prepared this edition with an eye to providing practical classes that will be of use to southern Illinoisans who wish to learn new skills as well as a mixture of recreational classes that retirees and others might find enjoyable. Logan Fitness, at the Community Health Education Complex, is in full operation and the College will again be offering a number of innovative aquatic and aerobic fitness related classes designed to keep you active and healthy.

If you would like for the College to offer other classes, please contact the Community Education Department at extension 8248. We are always looking for new opportunities to serve our students and we look forward to hearing from you. I am proud of the service these classes provide to our community. Please take this opportunity to enroll today.

Ronald K House

President

***While John A. Logan College desires to continue to plan for more face to face classes, the safety of our community members in the midst of the COVID-19 pandemic is our highest goal. Community Education classes are being scheduled for Fall 2020, but will be cancelled or rescheduled if not in compliance with meeting restrictions in place when courses meet.**

A Message from the Dean for Community Education

Thank you for taking time to look through the fall 2020 Community Education Department class schedule. We offer a variety of classes each semester on campus and at other locations in the college's five-county district, which allows students ample opportunities to take courses. We have new classes this fall, including Family History Research, Intro to Instapots, RimFire for Adults, The Short, Short Story, Women's Self Defense, and others which you can find in the pages that follow. In addition, Logan Fitness will offer a variety of popular online classes including Senior Classics, Senior Stability and Yoga with Chair Assist.



Many of your favorite courses and events will again be offered. Take a few minutes and look through this schedule. I feel confident you will find a course to your liking. Your interest in the Community Education classes at John A. Logan College is greatly appreciated.

*****Additional courses will be publicized if and when the college is allowed to per the Governors Restore Illinois plan.**

Sincerely Yours,

Barry Hancock

Barry Hancock, Ph.D.
Dean for Community Education

John A. Logan College Locations

Main Campus

700 Logan College Road
 Cartersville, IL 62918
 (618) 985-3741 X8248
<http://jalc.edu/community-education>

West Frankfort Ext. Center

19 W Frankfort Plaza
 West Frankfort, IL 62896
 (618) 932-6639

Alongi DuQuoin Ext. Center

72 Southtowne Shpg Ctr #120
 DuQuoin, IL 62832
 (618) 542-9210

Community Education General Information

Fall Semester Classes Begin September 8, 2020

Registration begins August 28, 2020. Phone Registration Preferred!

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Enrollment in Community Education public service (PS) courses will be accepted without application for admission to the college. There is no application fee, nor is it necessary to have transcripts of previous work. People 12 years of age or older are eligible to enroll in public service classes. Classes for children will have the age limit noted in the course description.

- To ensure a seat in a class, we are encouraging students to register online.
- Available seats in classes are **NOT** guaranteed by mailed in registration forms.
- Students may also register at the first or second class meeting. However, those students who have pre-registered and paid will have seating priority if the class has filled.
- **PAYMENT IS DUE AT THE TIME OF REGISTRATION.**
- When registering a student or students for a class or classes, each individual person will need to have their own Higher Reach account.
- Money for **Cost of Materials (COM)** will be collected in class by the instructor.
- Any student with a past due balance at John A. Logan College cannot be enrolled in Community Education classes until payment is made.
- Students registering will receive a confirmation email from the college stating they are in the class.
- If the class has filled due to pre-registration, an additional section may be offered if instructors and classroom space are available.
- No student will be admitted to class after the second class meeting without special permission from the Dean for Community Education.

Affirmative Action, Non-Discrimination of Disabled. John A. Logan College is committed to equal access and equal opportunity for all students. Admission, financial aid, student employment, curriculum requirements, extra-curricular participation, counseling, placement service, athletic programs, or any other service or program of the college, shall be provided without regard to sex, race, color, religion, age, national origin, or disability when such college activity is consistent with the applicable laws and regulations.

The admission and retention, as well as services, programs, and activities for, students with identified disabilities will be in accordance with applicable laws and regulations.

Insurance. John A. Logan College does not provide accident insurance for any student registered in a community education class. Students wanting such coverage should make arrangements with their local insurance agent.

Tell Us What You Want

✧ Have an idea for a new course?

✧ Are you looking for a class that you've seen before and now it's not there?

✧ Interested in teaching a Community Education course?

✧ Would you like to be put on our mailing list?

- Email Community Education with your thoughts by going to www.jalc.edu, click on Community Education, and then choose **Have an Idea or Suggestion**.
- Or you can call us at (618) 985-2828, Ext. 8248

Online registration at www.jalc.edu, click on Community Education or <http://higherreach.jalc.edu/modules/>

REGISTRATION FORM

COMPLETE & RETURN TO JOHN A. LOGAN COLLEGE, ATTN: COMM. ED., 700 LOGAN COLLEGE DR., CARTERVILLE, IL 62918

If registering your child for a class, be sure to put the child's information not your own



STUDENT ID# _____

NAME _____

MAILING ADDRESS (NO P.O. BOXES) _____

CITY, STATE, ZIP _____

PHONE # _____

DATE OF BIRTH(MM/DD/YY) _____

EMAIL ADDRESS _____

GENDER ___ Male ___ Female

RACIAL/ETHNIC DESCRIPTION

___ Asian (Pacific Islander) ___ American Indian or Alaska Native
 ___ Black/African American ___ Hispanic
 ___ White ___ Other/Unknown

HIGHEST DEGREE EARNED

Doctoral Degree ___ 1st Professional Degree ___ Master's Degree ___
 Bachelor's Degree ___ Associate Degree ___ Certificate ___
 Some College ___ High School Diploma ___ GED ___ None ___
 Other ___

YOUR SIGNATURE IS REQUIRED

SIGNATURE _____
 DATE _____

COURSE NAME	COURSE #	SECTION #	FEE
TOTAL			

FOUR EASY WAYS TO REGISTER

<p style="text-align: center;">1. Online</p> <p>Using your credit/debit card to pay go to http://higherreach.jalc.edu/modules/ We accept American Express, Discover, MasterCard and Visa.</p>	<p style="text-align: center;">2. By Phone</p> <p>Call us at (618)985-3741, x8248 to register and pay over the phone during business hours. We accept American Express, Discover, MasterCard and Visa.</p>
<p style="text-align: center;">3. In Person</p> <p>John A. Logan College, Building H, Room H102 & H104 Monday-Friday, 8:00am-4:30pm. Payment due at this time. Cash, check, money order or credit/debit card. You can also register in class the first session.</p>	<p style="text-align: center;">4. By Mail</p> <p>Complete your registration form, check or money order payable to John A. Logan College and mail to: JALC, Community Ed, 700 Logan College Dr., Carterville, IL 62918</p>
<p style="text-align: center;">Drop/Withdrawal & Refunds</p> <p>Refunds of 100% will be made if cancellation is received: *prior to the beginning of the third session for classes meeting three or more sessions. *two business days prior to the start date of a class meeting one or two sessions.</p> <p>Students can cancel enrollment online through their Higher Reach account or by contacting the Community Education department at (618)985-3741, x8248. Refunds for extenuating circumstances will be considered by contacting the Dean for Community Education.</p>	<p style="text-align: center;">Residency</p> <p>With Community Education classes (PS or MED) you can reside in or out of district, the fees are the same. We encourage anyone who has an interest in our classes to attend.</p> <p style="text-align: center;">Cancellation of Classes</p> <p style="text-align: center;">Low enrollment classes may be cancelled.</p> <p style="text-align: center;">Payments</p> <p>Payments due at time of registration. Cash, check, money order or credit/debit card are accepted. *If paying with cash please let us know before you register*</p>

Insurance. John A. Logan College does not provide accident insurance for any student registered in a community education class. Students wanting such coverage should make arrangements with their local insurance agent.

***While John A. Logan College desires to continue to plan for more face to face classes, the safety of our community members in the midst of the COVID-19 pandemic is our highest goal. Community Education classes are being scheduled for Fall 2020, but will be cancelled or rescheduled if not in compliance with meeting restrictions in place when courses meet.**

ADULT CLASSES

ACRYLIC PAINTING (PS 997). Course will provide students with skills and knowledge of materials needed to create acrylic painting projects. Painting exercises will be demonstrated in order for students to learn how the techniques are performed.
Sessions: 10, Fee: \$40.00, COM

Section No. 1: John A. Logan College, Room B43, Meets Monday beginning September 14, 6:00P-8:00P, Instructor: Steve Wooldridge

BALLROOM DANCING (BEG) (PS 157). Basic steps in the foxtrot, waltz, swing, rumba, cha-cha, tango, nightclub two-step and more. A different mix of dances will be offered each semester.
Sessions: 10, Fee: \$42.00

Section No. 1: Marion Training Center, 211 E. Boulevard, Meets Tuesday beginning September 8, 7:30P-9:00P, Instructor: Jeremiah Linson

Section No. 2: Carbondale, Parrish Grade School, Meets Thursday beginning September 10, 6:00P-7:30P, Instructor: Jeremiah Linson

BALLROOM DANCING - (INTER/ADV) (PS 158). An expansion of PS 157, incorporating more technique, more figures, and new dances.
Sessions: 10, Fee: \$42.00

Section No. 1: Marion Training Center, 211 E. Boulevard, Meets Tuesday beginning September 8, 6:00P-7:30P, Instructor: Jeremiah Linson

Section No. 2: Carbondale, Parrish Grade School, Meets Thursday beginning September 10, 7:30P-9:00P, Instructor: Jeremiah Linson

BASIC HOME DEFENSE (PS 569). Prerequisite: In order to comply with Illinois Firearm Transportation Law, students must be in possession of a valid FOID Card. Come to this class and learn about the Universal Firearm Safety Rules, Gun Manipulation Skills and the Principles of Marksmanship, firearm and ammunition selection for self-defense, Illinois Self Defense Law, how it applies to you and much more. **Students must: (1)** Provide their own handgun and 500 rounds of practice ammunition. **(2)** Eye and ear protection. Bring your **unloaded handgun** in a case/bag/shipping box to the first night of class. **Live ammunition is not allowed in the classroom.** **Questions:** Call Larry at 618-521-0249.
Sessions: 8, Fee: 70.00, COM: \$35.00 range fee payable to the instructor first day of class.

Section No. 1: John A. Logan College, Room H132, Meets Tuesday beginning September 1 (**Early Start**), 6:00P-8:00P, Instructor: Larry Morse

BIBLICAL COUNSELING-AN INTRO (PS 037). This is a workshop for anyone interested in learning about a purely biblically derived resource helping addicted church goers as an alternative or supplement to the 12 step options. The program, *The Heart of Addiction, a Biblical Perspective*, by Mark E. Shaw, is more fully described on the website: theadddictionconnection.org. Mark Shaw holds a Master's Level addition Professional designation with the Alabama Association of Drug and Alcohol Addiction. This church-based program was developed through a comparative research project at the counseling center where he served as clinical director. While a specialized biblical counseling topic, this workshop is open to all as an introductory class presenting the program as well as a pathway to certification in biblical counseling addiction training through TAC (see website). multi-denominational. Call instructor at 618-513-9987 with questions.

Section No. 1 (**Part I**): John A. Logan College, Room H123, Meets Monday beginning September 14, 6:00P-8:00P, Instructor: Dr. Kathy Jackson, Doctor of Biblical Studies in Biblical Counseling (ABD), **Sessions: 10, Fee: \$40.00, Approx. Book Fee (optional): \$10.00 payable to instructor.**

Section No. 2 (**Part II**): John A. Logan College, Room G203, Meets Saturday beginning September 12, 10:00A-2:00P, Instructor: Dr. Kathy Jackson, Doctor of Biblical Studies in Biblical Counseling (ABD), **Sessions: 6, Fee: \$40.00, Approx. Book Fee (optional): \$10.00 payable to instructor.**

Section No. 3 (**Part III**): John A. Logan College, Room G203, Meets Saturday beginning October 10 (**Late Start**), 10:00A-2:00P, Instructor: Dr. Kathy Jackson, Doctor of Biblical Studies in Biblical Counseling (ABD), **Sessions: 2, Fee: \$25.00, Approx. Book Fee (optional): \$25.00 payable to instructor.**

BIBLICAL PATHWAYS TO HEALTH AND WHOLENESS (PS 567). Come and learn nine separate pathways discussed in the Bible by which individuals can acquire healing and maintain health, along with the foundational principles required to get into a position to make use of these pathways. Students will also learn about the eight common roadblocks to those pathways of spiritual-based healing and how to overcome them, and much more. Students need to bring a Bible and a 3-ring binder.
Sessions: 6, Fee: \$25.00

Section No. 1: John A. Logan College, Room H133, Meets Thursday beginning September 10, 6:00P-8:30P, Instructor: Sandra Conner

BOWED PSALTERY (PS 763). Bowed Psaltery is a simple bowed instrument (Google it). Among members, we have collected a couple hundred favorite songs. Everyone contributes songs they like. We play for events at Christmas and other times. There is a conference every Spring that some of us attend in Beckley, WV. Please call 618-579-9128 for more info.

Sessions: 8, Fee: \$60.00, COM: \$5.00 payable to instructor.

Section No. 1: Carbondale, First Christian Church, 306 W. Monroe St., Activity Room, Meets Tuesday beginning September 15, 1:00P-3:15P, Instructor: Ken Wollberg

CALLIGRAPHY FOR GREETING CARDS (PS 624).

Learn basic calligraphy and script lettering styles along with design fundamentals to create your own personalized greeting cards and invitations for Christmas, Birthdays, Weddings and other special occasions.

Sessions: 10, Fee: \$40.00, COM

Section No. 1: John A. Logan College, Room E232, Meets Wednesday beginning September 9, 6:00P-8:00P, Instructor: Steve Wooldridge

CELL PHONE FOR SENIORS-ANDROID ONLY

(PS 200) Come and learn the new features and apps of your Android Smartphone including security, loading apps and more.

Sessions: 1, Fee: \$25.00

Section No. 1: John A. Logan College, Room H115, Meets Wednesday beginning September 9, 1:00P-4:00P, Instructor: Angie Ransom

CIVIL WAR DAYS (PS 527). For more detailed information, please check the flyer in this brochure, contact the Community Education Department, or go to our website <http://jalc.edu/community-education>.

Section No. 1: John A. Logan College - Online, Room F106 -Conference Center, Meets Wednesday beginning October 14 (**Late Start**), 8:00A-3:00P, Instructor: Barry Hancock

COMPUTER BASICS FOR SENIORS (PS 904). This class will cover file management, saving files from email, attaching files to email, creating good passwords, remembering passwords, simple Window settings, working with photos, video chatting and more.

Sessions: 1, Fee: \$30.00

Section No. 1: John A. Logan College, Room H115, Meets Wednesday beginning September 16 (**Late Start**), 9:00A-4:00P, Instructor: Angie Ransom

DOG AGILITY TRAINING BEGINNER (LEVEL 1)

(PS 690). All Dogs must be under handler control. 10 months or older, Liability release req. to be signed. First class bring shot records, dog, toys, lots of treats, water & bowl. All classes are held outside on grass, so dress appropriately. See web site for more required info – www.canineteamtraining.com Dogs and Handlers will be introduced to the basics of agility handling and AKC (American Kennel Club) equipment. Many handlers find that their dogs build confidence, pay more attention to the handler and have lots of fun. Masks will be required. See map on web site under "Student Info".

Sessions: 6, Fee: \$85.00, COM: \$20.00 payable to instructor first day of class.

Section No. 1: Desoto, 204 Candlewood Drive, travel on private gravel road, 2nd house on left. Meets Sunday, beginning September 13, 5:00P-6:00P, Instructor: Carol Ely

DOG OBEDIENCE (for Home) BEGINNER LEVEL 1 (PS 400) Dog minimum 4 months old. We will cover basic commands, and Home Obedience, handouts and demos. Positive training methods used. Continuous barking or aggressive dogs will not be allowed to stay in class. Handler may continue to attend classes without dog. Family member handling dog must be registered. **No dogs first Night. Shot records due first night of class. Behavioral paperwork to be filled out in class. NO class handouts.** Covid-19 Info. Masks inside the building will be required. **New Location:** 3702 New Era Rd, Murphysboro, IL (National Guard Armory), East of Southern IL Airport. Important: Drive through gated area and park in back of building. Enter man door to left of dock Door.

Sessions: 6, Fee: \$85.00

Section No. 1: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Tuesday, beginning September 8, 6:00P-7:00P, Instructor: Carol Ely

Section No. 2: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Tuesday, beginning September 8, 7:00P-8:00P, Instructor: Carol Ely

DOG SHOWHANDLING (PS 401). Prepares the student and their dog(s) for AKC and UKC conformation shows. No prerequisite for dogs or students with beginner's welcome. Masks inside the building will be required. **(Shot records are due the first night of class.)**

Sessions: 10, Fee: \$85.00

Section No. 1: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Monday beginning September 14, 6:00P-7:30P, Instructor: Rodney Jones

EBAY-THE BASICS TO BUYING & SELLING WHILE PRACTICING INTERNET SAFETY! (PS 602).

Back by popular demand this seminar will highlight safe practices on buying and selling on popular sites like eBay, Amazon, Walmart and more. If you ever wanted to learn the ends and outs of buying and selling online and how to protect yourself then this is the course for you. Don't miss this one-day event! Students are encouraged to bring laptops. Computers will be available also.

Sessions: 1, Fee: \$35.00

Section No. 1: John A. Logan College, Room H135, Meets Saturday beginning September 12, 8:30A-12:30P, Instructor: Amber Fike

ESSENTIAL OILS 101 & BEYOND (PS 950). This is an Online Class!

Google hangouts Meet sessions. Having a Working Google Gmail address & using Google calendar is recommended. Information will be emailed from instructor to participant after they are registered in the class. No make & takes or COM. DEMONSTRATIONS will be done online.

Learn a natural approach to having a calmer, happier, healthier life using essential oils. Course includes: What are EOs? Importance of proper cultivation, harvesting, and distillation techniques; How EOs work; Using EOs for physical and emotional support; Detoxing your body; EOs for personal hygiene; Kick toxic chemicals out of your home; Cleaning with EOs; Intro to CBD oils; How to avoid buying EOs adulterated with synthetic chemicals; Tips for buying therapeutic quality EOs and more! PLUS, you will learn how to make a minimum of seven DIY essential oil infused products including Calming Bath Salts, Household Spray Cleaner, Roll-on Bottle Recipes, Room Sprays, and at least three more DIY projects!

Sessions: 10, Fee: \$38.00

Section No. 1: Meets Thursday beginning September 17 (**Late Start**), 6:00P-8:00P, Instructor: Joyce Fisher

NEW FAMILY HISTORY RESEARCH (PS 856). Get started on your family history. This class is geared towards helping beginners and more advanced researchers learn good practices and techniques for organizing and starting their family tree. Topics will include vital records, census, land, military, and newspaper, cemetery along with local and online resources.
Sessions: 8, Fee: \$38.00

Section No. 1: John A. Logan College, Room H115, Meets Wednesday beginning September 9, 1:00P-3:00P, Instructor: Gloria Spinks

FIDDLING FOR BEGINNERS (PS 541). Learn basic technique of bow hold, playing position, bowing form right elbow, rhythms and bowing styles in all parts of the bow, basic note reading...The goal is beautiful sound from the beginning – using the bow wisely. You need not come into class with any prior musical experience. Just bring a violin and want to learn! Please call 618-579-9128 for more info. You'll need a violin outfit, and you should have *Suzuki Violin Book 1*.
Sessions: 7, Fee: \$60.00, COM: \$5.00 payable to instructor first night of class.

Section No. 1: Carbondale, First Christian Church, 306 W. Monroe St., Activity Room, Meets Wednesday beginning September 16, 4:30P-6:40P, Instructor: Ken Wollberg



FUN WITH CERAMICS AND CRAFTS (PS 820). Course includes techniques for painting ceramics, hand-building with clay, pouring a ceramic mold, mosaics, wood and canvas art and chalk couture.
Sessions: 10, Fee: \$40.00, COM: \$55.00 payable to instructor the first day of class.

Section No. 1: Herrin, Fish Tales Pottery & Pets, 1021 S. Park Ave., Meets Tuesday beginning September 8, 10:00A-12:00P, Instructor: Linda Hooker

GUITAR (BEG) (PS 222). Group instruction will be given to students with acoustic or electric guitars and who have little or no experience playing the guitar. Students must bring their own guitars.
Sessions: 10, Fee: \$50.00, COM: \$5.00 payable to instructor the first night of class.

Section No. 1: Marion, Samson's Secret Salon Annex, 214 E. Blvd., Meets Tuesday beginning September 8, 6:00P-7:00P, Instructor: Mark Fisher

GUITAR (INTER) (PS 562). This class is for the guitar player who has mastered basic chords and strumming techniques and who desires to move beyond this to more advanced techniques. Course content will be dependent on the skill level and needs of the enrolled students and will be determined at the beginning of the class and as the class evolves.
Sessions: 10, Fee: \$50.00, COM: \$5.00 payable to instructor the first night of class.

Section No. 1: Marion, Samson's Secret Salon Annex, 214 E. Blvd, Meets Tuesday beginning September 8, 7:00P-8:00P, Instructor: Mark Fisher

HIKING SOUTHERN ILLINOIS PARKS (PS 124). Fall, Hiking, Southern Illinois, the perfect trifecta of enjoyment. There are two sections of this class. Section One meets on Thursdays, October 15, 22, 29. Section Two meets on Saturdays, October 17, 24, and Saturday, November 7. Plan to hike for one and a half to two hours with breaks if wanted or needed. Hikes are planned in this order; Giant City, Panther's Den, and Garden of the Gods. The trails are easy to moderate in difficulty and will be from two to three miles in length. At Giant City and Garden of the Gods we will combine two shorter trails to reach that two to three-mile length. Plan to take them at a leisurely, but not slow pace. Sturdy shoes, hiking pole or stick, insect repellent, a light snack and weather appropriate layered clothing are recommended. Water carried hands free is necessary. The first class of each section will meet at John A. Logan fitness center parking lot. CDC covid guidelines will be followed.
Sessions: 3, Fee: \$30.00

Section No. 1: John A. Logan College, Logan Fitness Building, Meets Thursday beginning October 15 (**Late Start**), 9:00A-11:00A, Instructor: Cheryl Stein

Section No. 2: John A. Logan College, Logan Fitness Building, Meets Saturday beginning October 17 (**Late Start**), 9:00A-11:00A, Instructor: Cheryl Stein



HOME FIREARMS SAFETY (PS 857). If you have a gun in the home, you owe it to yourself and your family to handle, maintain and store it safely. This class gives you all the necessary information to do just that. We cover the Universal Firearms Safety Rules, Firearm Parts Identification and Function, Safe Storage and more. This is not just another boring lecture in the classroom. You'll get a chance to handle and operate a variety of firearms commonly found in the home. **What you need to bring:** A notepad, pen and a willingness to learn. Don't miss this opportunity to increase your firearm knowledge and enhance the safety of yourself and your loved ones. Note: This **IS NOT** a shooting class. If you want to shoot a firearm, the next step would be our NRA Basic Pistol Class that immediately follows this class. **Questions:** Call Larry at 618-521-0249.
Sessions: 4, Fee: \$50.00

Section No. 1: John A. Logan College, Room H132, Meets Wednesday beginning October 21 (**Late Start**), 6:00P-8:00P, Instructor: Larry Morse

ILLINOIS SPORTS OFFICIATING: BASKETBALL OFFICIATING (PS 885). This course will cover general basketball officiating topics such as officiating principles, rules, mechanics, conflict resolution and professionalism as well as practicing these skills in an actual high school contest. Upon completion, students may go through the application process and become a licensed Illinois High School Association (IHSA) official.
Sessions: 1, Fee: \$15.00

Section No. 1: John A. Logan College, Room H135, Meets Sunday beginning November 15 (**Late Start**), 1:00P-7:00P, Instructor: Robby Blondi

ILLINOIS SPORTS OFFICIATING: FOOTBALL OFFICIATING (PS 885). This course will cover general football officiating topics such as officiating principles, rules, mechanics, conflict resolution and professionalism as well as practicing these skills in an actual high school contest. Upon completion, students may go through the application process and become a licensed Illinois High School Association (IHSA) official.
Sessions: 1, Fee: \$15.00

Section No. 1: John A. Logan College, Room H135, Meets Sunday beginning November 13 (**Late Start**), 1:00P-5:00P, Instructor: Robby Blondi

ILLINOIS CONCEAL CARRY (8 HOUR) (PS 900). If you meet the criteria listed on the Illinois State Police Website Firearms Section (www.isp.state.il.us) for "Prior Training Credits", proof of military service, such as your DD214, an NRA Basic Pistol Certificate or other qualifying "Prior Training Credits" must be presented at the class. If you have questions regarding your eligibility, please call Larry at 618-521-0249. **What you need to bring:** Your Concealed Carry Handgun, a strong side, outside the waistband holster, a suitable belt to carry your equipment and 150 Rounds of practice ammunition. Eye and Ear Protection is mandatory. Dress for the weather. For the ladies, low cut blouses or sandals are discouraged because of the possibility of hot, airborne, expended cartridge cases from other shooters.
Sessions: 1, Fee: \$100.00, COM: Range fee of \$15.00 payable to instructor first day of class.

Section No. 1: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Sunday beginning September 13, 8:00A-5:00P, Instructor: Larry Morse
Sessions: 1

Section No. 2: John A. Logan College, Room H126, Meets Wednesday beginning September 30 (**Late Start**), 8:00A-5:00P, Instructor: Vance Schmid
Sessions: 1

Section No. 3: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Sunday beginning October 18 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse
Sessions: 1

Section No. 4: John A. Logan College, Room H126, Meets Tuesday beginning November 10 (**Late Start**), 8:00A-5:00P, Instructor: Vance Schmid
Sessions: 1

ILLINOIS CONCEAL CARRY (16 HOURS) (PS 913). Illinois Law requires Concealed Carry License Applicants to successfully complete 16 hours of classroom and range training. If you qualify for 8 hours of "Prior Training Credit" for having and Honorable Discharge from military service, successfully completing an NRA Basic Pistol class or other "Prior Training Credit" activities listed on the Illinois State Police website (www.isp.state.il.us), its only necessary for you to attend 8 hours of instruction. Details are listed above in the CCW 8-hour class description. **What you need to bring:** Your concealed carry handgun, a strong side, outside the waistband holster, a suitable belt to carry your equipment and 150 rounds of practice ammunition. Eye and ear protection are mandatory. Dress for the weather. For the ladies; low cut blouses or sandals are discouraged because of the possibility of hot, airborne, expended cartridge cases from other shooters.
Questions: Call Larry at 618-521-0249.
Sessions: 2, Fee: \$150.00, COM: Range fee of \$15.00 payable to instructor first day of class.

Section No. 1: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Saturday/Sunday beginning September 12, 8:00A-5:00P, Instructor: Larry Morse

Section No. 2: John A. Logan College, Room H126, Meets Tuesday/Wednesday beginning September 29 (**Late Start**), 8:00A-5:00P, Instructor: Vance Schmid

Section No. 3: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Saturday/Sunday beginning October 17 (**Late Start**), 8:00A-5:00P, Instructor: Larry Morse

Section No. 4: John A. Logan College, Room H126, Meets Tuesday/Wednesday beginning November 9 (**Late Start**), 8:00A-5:00P, Instructor: Vance Schmid

ILLINOIS CONCEAL CARRY- 3 HOUR RENEWAL (PS 499). This Renewal Course will cover Self Defense Law in Illinois, interactions with Law Enforcement and a host of other required topics. **What you need to bring:** Your Concealed Carry Handgun, a strong side, outside the waistband holster, a suitable belt to carry your equipment and 100 Rounds of practice ammunition. Eye and Ear Protection is mandatory. Dress for the weather. For the ladies, low cut blouses or sandals are discouraged because of the possibility of hot, airborne, expended cartridge cases from other shooters.
Questions: Call Larry at 618-521-0249.
Sessions: 1, Fee: \$40.00, COM: Range fee of \$15.00 payable to instructor first day of class.

Section No. 1: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Friday beginning September 11, 6:00P-9:00P, Instructor: Larry Morse

Section No. 2: John A Logan College, Room H126, Meets Monday beginning September 14, 9:00A-12:00P, Instructor: Vance Schmid

Section No. 3: West Frankfort, IL (Call 618-521-0249 or email at htttrainingteam@outlook.com for directions), Meets Friday beginning October 16 (**Late Start**), 6:00P-9:00P, Instructor: Larry Morse

Section No. 4: John A Logan College, Room H126, Meets Monday beginning October 19, 9:00A-12:00P, Instructor: Vance Schmid

NEW INTRO TO INSTAPOTS (PS 873). Do you have an InstaPot that is still sitting in the box because you are not sure what to do with it? Or have you wondered if they are worth the investment? Then this is the class for you! This class will cover basic use, how-to's, recipes, and meal planning ideas. During each class, the InstaPot will be used to prepare a recipe that will then be shared.

Sessions: 5, Fee: \$20.00, COM: \$10.00 (covers the cost of recipe ingredients and any printed handouts.)

Section No. 1: Desoto, Mt. Calvary Lutheran Church, 114 S. Oak St., Meets every other Monday beginning September 14, 7:00P – 9:00P, Instructor: Melissa Waterman

INVESTING 101 - MAKING CENTS OF YOUR DOLLARS (PS 553). Learn about stocks, bonds and mutual funds as well as how to use asset allocation to build your ideal portfolio. (Course will be delivered via WebEx. Instructor will communicate with students prior to start with details)

Sessions: 4, Fee: \$40.00

Section No. 1: John A. Logan College, Room E142, Meets Wednesday beginning September 9, 6:00P-8:00P, Instructor: Mark Chalem

LINE DANCING (PS 030). Line dancing is a form of exercise with a wide range of physical and mental benefits. Each line dance is a sequence of steps in one direction and then repeat it in different directions. This course is for individuals and couples who want to learn and to have fun at the same time. Includes Two-Step, Tush Push, Electric Slide, Waltz, Cha-Cha, Swing and more. Dances are rotated in every semester; former students are welcome to come back to learn new dances and brush up on old ones.

Sessions: 10, Fee: \$40.00



Section No. 1: John A. Logan College, Multi-Purpose Room, Meets Thursday beginning September 10, 6:30P-8:00P, Instructor: Katie Chu

NRA BASIC PISTOL (PS 129). Prerequisite: Students must be Law-Abiding Citizens legally qualified to own firearms. Firearm Owner Identifications Cards (FOID) are not required to take this class but students are strongly encouraged to apply for one. This course serves the needs of both new and experienced shooters. If you're thinking about purchasing a handgun for yourself or a family member and don't know what to buy, this class 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. You'll experience one-on-one, top quality training from competent,

experienced NRA Certified instructors. **What you need to bring:** A notepad, pen and a willingness to learn. Firearms, ammunition, eye and ear protection will be provided. **Questions:** Call Larry at 618-521-0249. Sessions: 7, Fee: \$70.00, COM: \$35.00 payable to instructor the first night of class.

Section No. 1: John A. Logan College, Room H132, Meets Monday beginning September 14, 6:00P-8:00P, Instructor: Larry Morse

NW110 BEGINNING NOSE WORK TRAINING (PS 893). This is a fun new activity/sport. Your dog will learn to find the flower essence odor of Birch and be rewarded for using their nose! This is a new activity that you can compete in, and earn titles and ribbons. Continuously barking or aggressive dogs will not be allowed to continue in class. If the dog cannot attend for any reason, the handler can attend and still apply methods of training at home. **Vaccination and COM fee required 1st class. Lecture, demo, equipment use, Waiver and Registration will be done in first class. Covid-19 Info. Masks inside the building will be required with 10 ft distance from others. 30-minute class, most training done at home.** Sessions: 6, Fee: \$60.00, COM: \$10.00 payable to instructor first night of class.

Section No. 1: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Wednesday beginning September 9, 5:30P-6:00P, Instructor: Carol Ely

NW 120 ADVANCED NOSE/SCENT WORK SEARCHING (PS920) This is the next level for Nose Work Dogs. We begin to search areas - rooms, suitcases, vehicles and outside. This class will prepare you for a real Nose Work Trial. **Vaccination proof req. 1st class. Lecture, demo, equipment use, Waiver and Registration will be done in first class. Covid-19 Info. Masks inside the building will be required with 10 ft distance from others. 30-minute class.** Sessions: 6, Fee: \$85.00, COM: \$5.00 payable to instructor first night of class.

Section No. 1: Murphysboro, National Guard Armory, 3702 New Era Rd., Meets Wednesday beginning September 9, 6:30P-8:00P, Instructor: Carol Ely

PHOTOGRAPHY (BEG) (PS 611). Kris Killman will teach you the basics in photography by starting out with the exposure triangle and how to manipulate your focus points. This class is designed for the beginner to learn basic composition as well. It is primarily for those using DSLR's or Mirrorless cameras. You will learn even more with in class critiques and shooting on location. Sessions: 8, Fee: \$40.00

Section No. 1: John A. Logan College, Room H132, Meets Monday beginning September 14, 6:00P-8:30P, Instructor: Kris Killman

PHOTOGRAPHY (INTER./ADV.) (PS 612). Instructor Kris Killman will be teaching advanced techniques in both the field and in the classroom. This course is designed for those who are already shooting with a DSLR or Mirrorless camera. It will be fun and informative and your work will be critiqued. This course is designed to take your photography to a higher level. One lesson is step by step instructions on how to turn your photography into photo art! So you will get everything from shooting in the field to photo editing as well as advanced camera operations. Sessions: 8, Fee: \$40.00

Section No. 1: John A. Logan College, Room H132,
Meets Tuesday beginning September 8, 6:00P-8:30P,
Instructor: Kris Killman

QUICKBOOKS I (BEG) (PS 447). Emphasis on setting up company, chart of accounts, banking and accounts payable.
Sessions: 1, Fee: \$75.00

Section No. 1: John A. Logan College, Room H115,
Meets Saturday September 12, 9:00A-4:30P, Instructor:
Angie Ransom

QUICKBOOKS II (PS 103). Emphasis on inventory accounts receivable and invoicing.
Sessions: 1, Fee: \$75.00

Section No. 1: John A. Logan College, Room H115,
Meets Saturday September 19 (**Late Start**), 9:00A-4:30P,
Instructor: Angie Ransom

QUICKBOOKS III (PS 112). Emphasis on payroll, taxes and reports.
Sessions: 1, Fee: \$75.00

Section No. 1: John A. Logan College, Room H115,
Meets Saturday September 26 (**Late Start**), 9:00A-4:30P,
Instructor: Angie Ransom

QUILTING – MEMORY (T-SHIRT) (PS 283). Create a Memory Quilt by recycling the t-shirts that you can't part with, such as your favorite sports team, vacations, concerts, school, children's events or other cherished moments. Using 12-16 of your favorite t-shirts, you will learn to use a rotary cutter, stabilizers and basic quilt piecing techniques. Required: Sewing machine, thread, rotary cutter with mat, scissors, seam ripper, tape measure, and straight pins.
Sessions: 8, Fee: \$40.00, COM

Section No. 1: John A. Logan College, Room H133,
Meets Tuesday beginning September 8, 6:00P-8:30P,
Instructor: Carla Shasteen

QUILTING – UFO CHALLENGE CLASS, UNFINISHED OBJECT (PS 492). Whether you ran out of time, did not have the right materials, or just got sick of the quilt, you probably have an Un-Finished Object that needs to be completed. In this class, you can share ideas, get motivation and receive the help that you need to get your quilt projects finished. All UFO quilting projects are welcome! Cost of Materials depends on project.
Sessions: 8, Fee: \$40.00

Section No. 1: John A. Logan College, Room H133,
Meets Thursday beginning September 10, 6:00P-8:30P,
Instructor: Carla Shasteen

REALIZING YOUR TRAVEL DREAMS (PS 718). This class will focus on making your travel dreams come true through a variety of methods. We will explore using airline miles, hotel points, insider's tips, best methods for searching, credit cards, insurance, bargain websites, and other aspects. Cheap seats at 30,000 feet can be yours with the "secrets" of experienced travel hackers, geeks and gurus!
Sessions: 9, Fee: \$38.00

Section No. 1: John A. Logan College, Room E230,
Meets Monday beginning September 14, 6:00P-8:15P,
Instructor: Mara Rice



NEW RIMFIRE FOR ADULTS – AN INTRO. (PS 897).

This course covers the Fundamental Rules of Firearm Safety, the Fundamentals of Rifle Marksmanship, the Operation, Maintenance and Safe Use of a rimfire rifle. If you've thought you might like a rifle for recreational shooting, hunting, pest control or home defense, this class will give you the foundations for selecting a rifle that works for you. The skills you'll learn in this class will transfer over to any larger caliber rifle. The class is open to ladies and gentlemen over the age of 18 and is limited to 10 students. **What you need to bring:** Nothing but a notepad and pen. Rifles, ammunition and eye/ear protection are furnished. **Questions:** Call Larry at 618-521-0249.
Sessions: 3, Fee: \$40.00, COM: \$35.00 payable to instructor first day of class.

Section No. 1: John A. Logan College, Room H132,
Meets Wednesday beginning September 9, 6:00P-8:00P,
Instructor: Larry Morse

SALSA DANCING (BEG) (PS 523). An introduction to dancing "Street Style" Salsa and Merengue. It will focus on teaching the natural basic steps and dance techniques of Salsa and Merengue so you can create your own unique style of dancing on the dance floor or on the street.
Sessions: 8, Fee: \$36.00

Section No. 1: John A. Logan College, Multi-Purpose Room, Meets Tuesday beginning September 8, 6:30P-8:00P, Instructor: Don Wooters

SALSA DANCING (INTER/ADV) (PS 524). Learn more advanced steps and techniques of this popular dance.
Sessions: 8, Fee: \$36.00

Section No. 1: John A. Logan College, Multi-Purpose Room, Meets Tuesday beginning September 8, 8:30P-10:00P, Instructor: Don Wooters

SMALL ENGINE REPAIR (BEG.) (PS 069). Emphasis is on repair and replacement of gasoline and engine parts and components, cooling, tune-up, lubricating, electrical components, starting systems, and engine overhaul.
Sessions: 7, Fee: \$50.00

Section No. 1: John A. Logan College, Room V12, Meets Tuesday beginning September 8, 6:30P-10:00P,
Instructor: Chad Nalley

STRETCHING AND STRENGTHENING WITH GENTLE YOGA (PS 427). This is a hybrid class which will begin with muscle strengthening exercises for both upper and lower body as well as core strengthening. The second part of the session will include gentle Yoga postures for beginning Yoga students. Over the 10 weeks of sessions, students will learn diaphragmatic breathing, body and breath awareness, posture and spinal alignment, yoga poses to improve strength and flexibility and relaxation to quiet the body, mind and spirit. Many exercises and poses can be done while seated or adapted to those who are less flexible. Both men and women are welcome!

Equipment needed for class: Yoga mat, 2 yoga blocks, Yoga strap, 2-3lb hand weights, playground ball and some students may want to bring small pillows and a blanket.

Sessions: 10, Fee: \$25.00

Section No. 9N: Willisville, St. Joseph Parrish Hall, 505 Broadway St., Meets Wednesday beginning September 9, 10:00A-11:00A, Instructor: Martha Peebles

VOICEOVERS – AN INTRODUCTION (PS 543). This is a Live Video Online Chat Class! “Wow, you have a great voice!” How many times have you heard that? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, “I could do that!” Explore the voiceover industry with your instructor, a professional, working voice actor from Voices for All. Discover current trends in the industry and how they make it easy and affordable for just about anyone to get involved. You’ll learn about different types of voiceovers and the tools you’ll need to find success. Your instructor will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. **You’ll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. Ages 18 and over. Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS). For more information contact Community Ed at 618-985-2828 ext. 8537.** Sessions: 1, Fee: \$49.00

Section No. 1: Live Video Chat. Taken at time and location of students convenience via video chat. This course is done online. Scheduled at time of enrollment, Time TBD, Instructor: Voices for All, LLC

VOLLEYBALL COED (PS 111). A class to tone leg and arm muscles and provide recreation and pleasure for the participant. Sessions: 10, Fee: \$40.00

Section No. 1: Crab Orchard High School, 19189 Bailey St., Meets Tuesday beginning September 8, 6:00P-8:00P, Instructor: Rindy Nehrkorn

WELDING – AN INTRODUCTION (PS 237). This course will offer classroom lecture and hands on lab exercises in basic welding safety and proper welding methodology. Students will be offered the opportunity to learn through hands on training, the basics of oxyacetylene welding, shielded metal arc welding and gas metal arc welding. Students are required to have leather welding gloves and a pair of slip joint pliers. No open toed shoes are allowed. Sessions: 8, Fee: \$110.00

Section No. 1: John A. Logan College, Room C140, Meets Thursday beginning September 10, 6:00P-9:40P, Instructor: Mike Mausey

WINDOWS 10 (PS 454). Note: This is an Online class! Class utilizes Zoom video conferencing! Students will learn basic information about Microsoft Windows 10 operating system including the desktop, gadgets, personalization, default programs, and more. Sessions: 8, Fee: \$50.00

Section No. 1: John A. Logan College, Meets Tuesday beginning September 8, 10:00A-12:30P, Instructor: Karen Gibson

NEW WOMEN’S SELF DEFENSE (PS 898). This class is designed to make you a “Hard Target” for criminal predators. We’ll cover a multitude of topics including methods to Avoid, Deter, and Respond to unwanted attention and outright criminal attacks. This is not a shooting class. We’ll discuss firearms and how they might fit into your self-defense plan, but there will not be any live fire. If you’re interested in learning the basics of shooting, sign up for our NRA Basic Pistol Class immediately following this class. Students need to bring a notepad, pen and a willingness to learn. **Question’s:** Call Larry at 618-521-0249. Sessions: 3, Fee: \$40.00

Section No. 1: John A. Logan College, Room H132, Meets Wednesday beginning September 30 (**Late Start**), 6:00P-8:00P, Instructor: Larry Morse

WORDPRESS FOR BEGINNERS (PS 842). This is an Online class! Class utilizes Zoom video conferencing. Create your own website from scratch using a free open source website publishing software, WordPress. In this course students will learn: How to create professional websites using the various editors, page builders and plugins available for WordPress, will master the inner workings of WordPress, and learn to set up server and hosting environments in the most economical and secure way. Sessions: 8, Fee: \$50.00

Section No. 1: John A. Logan College, Meets Tuesday beginning September 8, 7:00P-9:30P, Instructor: Karen Gibson

NEW WRITING THE SHORT, SHORT STORY (PS 896). Learn to write the short, short story with author and founding editor of The Dribble Drabble Literary Review. Explore flash fiction / little-ature at its finest. Help curate the Review itself. Also, work toward getting your writing included and published! Sessions: 8, Fee: \$25.00

Section No. 1: John A. Logan College, Room H132, Meets Thursday beginning September 10, 6:00P-7:30P, Instructor: Keith Hoerner

VIDEO CONFERENCING FOR BEGINNERS-ONLINE (PS 899). This is an Online class! Students will receive a weekly invitation for each program for actual hands on instruction. Video Conferencing is becoming a necessary way to communicate. We need to learn how to utilize popular video apps not only for business, but for keeping in contact with family and friends. In this class, students will learn the basics of several programs and learn which one is the best for their purposes. We will be looking at Zoom, Microsoft Teams, Skype and several other popular programs. Sessions: 8, Fee: \$50.00

Section No. 1: John A. Logan College, Meets Thursday beginning September 10, 10:00A-12:30P, Instructor: Karen Gibson

WRITING MEMOIR AND PERSONAL NARRATIVE (PS 754). Learn the basic skills and techniques for writing excellent memoir, personal narrative and op-ed articles. Includes instruction and hands-on experience in writing and editing. Also offers publishing tips and contact information for periodicals and agents seeking submissions from new writers. Students need 3-ring binder and loose-leaf paper. Taught by published author/editor Sandra Pavloff Conner.
Sessions: 8, Fee: \$36.00

Section No. 1: John A. Logan College, Room E232, Meets Monday beginning September 14, 6:00P-8:00P, Instructor: Sandra Conner

KID'S CLASSES

ARCHERY SHOOTING/SAFETY (AGES 8-18). (PS 481). This course is offered in partnership with the University of Illinois Extension Service 4-H Program. Students will learn archery safety maintenance and handling of the bow. Bows, targets, and arrows are provided at no charge. **Student may bring own equipment which is subject to instructor approval.** For registration or questions-Call Ramona Girtman for information or pre-register at 618-993-3304 or Don Elliot at 618-751-9209.
Sessions: 6, Fee: \$5.00 payable to John A. Logan College, COM: \$20.00 one-time fee payable to University of Illinois Extension Service to join 4H Program.

Section No. 1: John A. Logan College Annex, 607 S. Greenbrier Rd., Room LA125, Meets Tuesday beginning September 8, 6:00P-7:00P, Instructor: Don Elliot

CHESS CAMP FOR KIDS (GRADES 5-12) (PS 263). This camp is for all kids that would like to explore the game of chess! Review the rules of chess and build on this knowledge to learn basic game strategy and tactical combinations. Obtain skills needed to play in tournaments, including writing notation and use of chess clocks.
Sessions: 10, Fee: \$30.00

Section No. 1: DuQuoin High School, Meet at front door, Meets Monday beginning September 14, 3:30P-5:00P, Instructor: Larry Alvarado

PISTOL SHOOTING-AN INTRO (AGES 10-18) (PS 620). A basic pistol class designed by 4H and offered through the University of Illinois Extension Service. This class will teach youth safe and responsible gun handling on the range and off. Students will learn the modern techniques of the pistol in a safe, controlled and supportive environment, using the 22 Caliber pistols. Our highly experienced instructors will provide a patient, but firm learning experience on the range. Class materials will cover the different types of pistols, their parts, care and

maintenance of the pistol. Students must have the physical ability to perform all manipulations on the pistol. Prerequisites: Air Rifle Shooting, Gun Safety (PS 449) or Shotgun-An Intro (PS 271). Questions-Call Ramona Girtman for information or pre-register at 618-993-3304 or Don Elliot at 618-751-9209
Sessions: 6, Fee: \$5.00 payable to John A. Logan College, COM: \$20.00 one-time fee pay to University of Illinois Extension Service to join 4H Program.

Section No. 1: Marion, Tombstone Gun Range, 12121 Skyline Drive, Meets Tuesday beginning September 8, 6:00P-7:00P, Instructor: Don Elliot

RIFLE SHOOTING-22 CALIBER RIMFIRE (AGES 10-18) (PS 318). This course is offered in partnership with the University of Illinois 4H Extension service program. Students will learn gun safety and proper gun handling and shooting techniques using live fire on a rifle range. Students may use own rifle after instructor inspection. Rifle and ammo will be provided at no cost if not owned. For additional information please call Ramona Girtman or pre-register at 618-993-3304. You may also call Don Elliott at 618-751-9209.
Sessions: 6, Fee: \$5.00 payable to John A. Logan College, COM: \$20.00 one-time fee pay to University of Illinois Extension Service to join 4H Program.

Section No. 1: Marion, Tombstone Gun Range, 12121 Skyline Drive, Meets Tuesday beginning September 8, 6:00P-7:00P, Instructor: Don Elliott

SHOTGUN-ADVANCED (AGES 10-18) (PS 399). Course uses live fire and clay target from a power thrower and advances to a registered trap field with the intent to develop a competitive 4H trap team. Class is offered in partnership with the University of Illinois Extension 4H program and covers the anatomy of the shotgun and its use as a sporting arm on the trap field. This will also include proper stance, proper gun hold, station shooting positions, and range etiquette. Students may bring their own guns for instructors to approve their use or will be furnished along with ammo at no charge. Class size is limited and students must be 10 years old prior to September 1, 2019.
Prerequisites: Air Rifle Shooting, Gun Safety (PS 449) or Shotgun-An Intro (PS 271). For registration or questions, call Ramona Girtman or pre-register at 618-993-3304 or call Don Elliot at 618-751-9209.
Sessions: 6, Fee: \$5.00 payable to John A. Logan College, COM: \$20.00 pay to University of Illinois Extension to join 4H Program.

Section No. 1: Marion, Tombstone Gun Range, 12121 Skyline Drive, Meets Tuesday beginning September 8, 6:00P-7:00P, Instructor: Don Elliott



- Gym Membership
- Fitness Classes
- Aquatic Classes
- Swim Lessons
- Personal Training
- Party Rentals



Membership

HOURS OF OPERATION

Fitness Center

Mon-Fri 5:30am-8:30pm

Sat 5:30am-6pm

Sun 12-6pm

Aquatic Center

Mon-Fri 5:30-9am

11am-1pm

6:30-8:30pm

T/TH 3-5pm

Sat 5:30-10am

Orientation Video

Orientation video for new users! All new users are required to view a 6-minute orientation video. This orientation covers rules and other information about the facility. The video can be viewed at the fitness desk or online from the Logan Fitness website. Once the video has been viewed one time, you will not be required to complete the video again in the future.



Membership includes unlimited access to the fitness center and aquatic center

• One Month (30 days)

Community: \$30 Veterans/Seniors (65+): \$25

• Fall Semester (August 15—December 31)

Community: \$115 Veterans/Seniors (65+): \$99 HS Student: \$60

• Annual (1 full year)

Community: \$300 Veterans/Seniors (65+): \$264

*Other discounts: 20% off additional household members; 10% off SIH employees

Contact Logan Fitness staff at 985-2828 ext. 8502 for questions.

www.jalc.edu/loganfitness

FREE - ONE DAY PASS

This coupon is good for (1) free day pass to Logan Fitness at John A. Logan College. Present this coupon to the desk staff at Logan Fitness to gain access to the fitness and/or aquatic center. Please check facility hours and open swim times. User must adhere to facility dress code and regulations. Offer not valid on any other Logan Fitness products or services. Each individual is limited to (1) free day pass coupon per semester.



The following limitations will remain in place at Logan Fitness until Illinois moves out of Stage 4 of the "Restore Illinois plan".

Facility Restrictions

- Capacity will be limited to 50 individuals in the fitness center & 50 individuals in the aquatic center
- Masks are REQUIRED to be worn in the following areas:
 - When entering
 - In the hallways
 - In the locker rooms
- Masks may be removed when exercising and swimming, given that proper social distancing is followed.
- Machines need to be wiped down BEFORE and AFTER use with the facility-provided wipes
- One water fountain will be available with a refill station. However, it is recommended that you bring your own water.
- The shared stretching mats have been temporarily removed
- Bicycles and ellipticals have been re-spaced to allow for proper social distancing
- Members are asked not to use a treadmill or weight machine that is directly next to another machine currently being used by another patron (unless the machines are already 6 feet apart)
- One swimmer per lane in the lap pool

Service Limitations

- No in-person group classes at this time.
- No birthday party rentals at this time
- No private swim lessons available at this time for level 1 or 2 swimmers who require instructor assistance in the water
- The saunas are closed at this time

Facility Access

- DO NOT ENTER IF YOU HAVE:
 - Frequent cough, fever, difficulty breathing, chills, sore throat, loss of taste/smell, been around anyone diagnosed with COVID-19
- The exterior door on the west side (facing Huck's gas station) shall be ENTRANCE ONLY
- The exterior door on the north side (facing the main campus) shall be EXIT ONLY
 - These modifications are in an effort to reduce cross-traffic and improve social distancing
- All doors inside the facility will remain propped open, with the exception of the exterior doors and the double doors leading into the aquatic center. Hand sanitizer stations will be located next to each of these doors.

Checking In

- The keyboard for signing in will be removed
- Members will verbally communicate their check-in number with the staff worker behind the check-in desk
- Members with scan cards may still scan themselves in

Personal Training

Personal training sessions are on an as-scheduled basis. Visit the fitness desk to fill out an introductory packet or download the packet from the Logan Fitness website. Once your information is submitted, a certified personal trainer will contact you within 72 hours to schedule your sessions. Each session lasts one hour.

Cost:

1 session- \$35.00
4 session package- \$100.00
Fitness Assessment - \$35.00
8-week Written Program - \$35.00

Private Swim Lessons

Private swim lessons are on an as-scheduled basis. Visit the fitness desk to fill out an introductory packet or download the packet from the Logan Fitness website. Once your information is submitted, a swim lesson instructor will contact you within 72 hours to schedule your sessions. Each session lasts 40 minutes.

Cost:

1 session- \$35.00
4 session package- \$100.00
8 session package - \$160.00

Semi-private lessons (group of 2)

1 session- \$45.00
4 session package- \$140.00
8 session package - \$240.00

What is SilverSneakers®?

SilverSneakers® is a program that offers basic fitness memberships, amenities, and fitness classes to many qualifying senior citizens in the United States—at no cost to the participants. There are over 12 million qualifying members and more than 13,000 participating locations. Tivity Health, the company that runs the program, describes SilverSneakers® as a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Call your insurance company today to find out if you qualify! At Logan Fitness, SilverSneakers® members receive a free membership and also have the option of taking several SilverSneakers® classes for no cost. To see SilverSneakers® class listings, refer to the class schedule in this brochure. If you qualify for SilverSneakers®, stop by the front desk or call 985-2828, Ext. 8502 to get registered.



John A. Logan College

presents. . .

The 16th Annual Civil War Days Featuring Dave Danielson



When: Wednesday, October 14, 2020

Daytime: 9:00 a.m.—1:45 p.m. (see schedule below) Facebook Live or YouTube Live (more details later)

Evening: 7:00 p.m. O’Neil Auditorium at John A. Logan College

Cost: Free (participants are encouraged to register in advance at <https://www.jalc.edu/community-education>)

****This year’s event will be held via Facebook Live or YouTube Live. It is open to anyone or group who wishes to participate and has access to watching it online. It will also be recorded and can be watched later. Please contact the Community Education Department at 618-985-2828, ext. 5 for more details.**

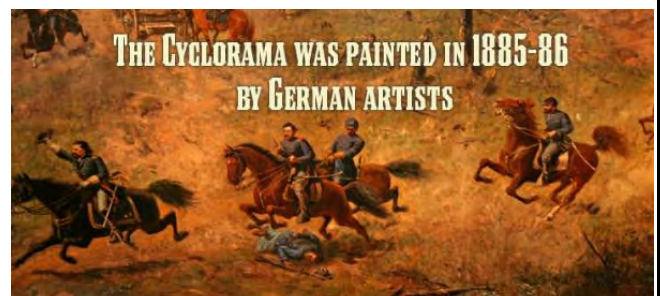
9:30 a.m. and 7 p.m.--Dave Danielson-status of the movie Memorial Day--Dave will talk about the MEMORIAL DAY movie he’s creating, and the reason why people he talks with who have never heard about John A. Logan before are so excited to see this film. General Logan represents the best parts of who we are as a nation ... courage, honor, duty, freedom and respect. Danielson spent a long time researching John A. Logan’s story with historians around the nation. The result is what he believes will be a powerful, honest and very historically accurate story about one of America’s timeless heroes in John A. Logan who proudly represented Southern Illinois in everything he did. Danielson says that “by the end of Logan’s life, he was recognized by Frederick Douglass and others as one of the most outspoken supporters of civil rights in America. That’s why I’m proud to be part of telling his story through the film MEMORIAL DAY”. Story reviewers have referenced this film with others such as Glory, The Patriot, and Gettysburg. **The evening presentation will be more in depth and will include Q & A time.**



Dave Danielson is President of Life In Pictures, Inc. he is also the Writer and Producer of MEMORIAL DAY, a full-length dramatic feature film based on the true story of John A. Logan. Dave is an award-winning writer and producer with years of experience in screenwriting and video creation, in addition to extensive communications and marketing experience with Fortune 500 companies. Dave also served as Program Director and Outreach Director for the Iowa Motion Picture Association. Dave and the Life In Pictures team are working on multiple film projects.

DAYTIME SCHEDULE at JOHN A. LOGAN COLLEGE (Tentative)

- 9:00 a.m. Welcome and Who Was John A. Logan? Dr. Barry Hancock, Dean for Community Education
- 9:20 a.m. Keynote:- Dave Danielson and the status of the movie Memorial Day
- 9:40 a.m. Union Officer Camp
- 10:00 a.m. The Life of a Confederate Civil War Soldier,
- 10:25 a.m. Break
- 10:40 a.m. General Robert E. Lee
- 11:00 a.m. African American Nurse
- 11:20 a.m. Women in the Civil War
- 11:45 a.m. Lunch
- 12:30 p.m. Members of the 31st Illinois Voluntary Infantry
- 12:50 p.m. Medical Doctor
- 1:10 p.m. Firing of Cannon-Kings Artillery Battery
- 1:30 p.m. Conclusion and Wrap Up



John A. Logan College and Collette Vacations Presents...

Reflections of Italy, 10 days, April 21-30, 2021

Revel in the magic of Italy on this tour that explores the cities of Rome, Florence, Siena, Venice, Assisi, Perugia and Milan. Travel Italy and discover the rolling hills of the scenic Tuscan and Umbrian countryside, explore medieval hill towns and visit the birthplace of St. Francis, Assisi. Visit a historic winery in the heart of the Chianti region and enjoy a chef-led cooking class with lunch. Discover the



masterpieces of the Renaissance in Florence and see hot glass transformed into exquisite art on Murano Island. Linger in romantic Venice for two nights discovering its treasures. Your journey comes to a close in Milan and includes a visit to the magnificent Gothic Cathedral – the Duomo.

April 21-30, 2021 10 Days, 13 Meals

\$3,999 pp double occupancy. For bookings made after October 22, 2020 call 844-311-6558 for rates.

**Book early to take advantage of lower rates. Single and Triple rates available upon request.*

**Call the Community Education office at John A. Logan College for more
information at
618-985-2828, ext. 8248.**



FREE GED CLASSES

Fall 2020

Students must attend both listed orientation days for the entire three hours to attend class. No exceptions.

John A. Logan College

Building H- Room H114
(Parking Lot B) Carterville, IL

Orientation dates September 16 & 21st from 8:30 am - 11:30 am

Classes meet T,W,Th 8:30 am - 11:30 am

Orientation will not reoccur until October 21 & 26th

Orientation dates September 16 & 21st from 12:30 pm– 3:30 pm

Classes meet T,W,Th 12:30 pm-3:30 pm

Orientation will not reoccur until October 21 & 26th

Orientation dates September 29 & 30th from 6:00 pm - 9:00 pm

Classes Meet T,W,Th 6:00 pm - 9:00 pm

Orientation will not reoccur until October 21 & 22nd

Herrin House of Hope

112 North 14th Street, Herrin, IL

Orientation dates September 23 & 24th from 2:00 pm - 5:00pm

Classes Meet T,W,Th 2:00 pm - 5:00 pm

Orientation will not reoccur until October 28 & 29th

Marion

(Parking lot behind the Hub/door-north side)

Zion Church 930 W Cherry St Street
(By the HUB) Marion, IL

Orientation dates September 22 & 23rd 8:30 am - 11:30 am

Classes Meet T,W,Th 8:30 am - 11:30 am

Orientation will not reoccur until October 27 & 28th

Orientation dates August 27 & September 1st from 6:00 pm - 9:00 pm

Classes Meet T, W, Th 6:00 pm - 9:00 pm

Orientation will not reoccur until October 1 & 6th

West Frankfort Library

402 East Poplar Street West Frankfort, IL

Orientation dates September 23 & 24th from 8:30 am - 11:30 am

Classes Meet: T, W, Th 8:30 am - 11:30 am

Orientation will not reoccur until October 28 & 29th

Orientation dates September 22 & 23rd from 2:00 pm - 5:00 pm

Classes Meet T, W, Th 2:00 pm - 5:00 pm

Orientation will not reoccur until October 27 & 28th

Due to Covid class size will be limited.

Face covering will be required (Please bring your own).

Health check will occur before entering classroom. Class orientations subject to change, check Facebook/website for up to date information.

Do you need to improve your basic reading, writing or math skills? Do you need English as a second language instruction? The John A. Logan College Literacy Program provides free tutoring services to adults 17 years and older and not enrolled in school. Tutoring is private, confidential and takes place in your community. Trained volunteer tutors are here to help. Call Sondra at 618-985-3741 ext. 8414.

Call for more information:

Williamson County	985-3741	Perry County	542-8612
Jackson County	549-7335	Franklin County	937-3438
1-800-851-4720			

Extension 8566, 8901, or 8539

Visit us on the web <http://www.jalc.edu/abse/abged.php>

**For transportation availability please call
Rides Mass Transit District
1-618-993-1900**

Students 16 & 17 years of age must have release form from school, prior to GED registration.



A proud partner of the American Job Center network

John A. Logan College does not discriminate on the basis of race, religion, color, national origin, disability, age or gender orientation. Reasonable accommodations available upon request. Adult Basic Education is funded in part by the Illinois Community College Board Adult Education and Literacy. Federal funds in the amount of \$79,355 provide 31% of the support of this program. "GED® and the GED Testing Service® are registered trademarks of the American Council on Education®, and may not be used or reproduced without the express written permission of the American Council on Education." 7/8/19



Here's What's Happening in the Community Education Department at John A. Logan College

The Community Education Department Staff are geared up and ready for the Fall Semester! We look forward to providing your community education needs! Please contact us if you have questions!

Dr. Barry Hancock-Dean for Community Education

Greg Stettler-Director of Community Education

Kim Neace-Administrative Assistant to the Dean

Mollie Thomas-Administrative Assistant to the Director

↑ The very popular Civil War Days will return on October 14, 2020! *This year's event will be held via Facebook Live or YouTube Live. It is open to anyone or group who wishes to participate and has access to watching it online. It will also be recorded and can be watched later. More details in the flyer in this brochure.



➡ Logan Fitness at the Community Health Education Complex [CHEC] is very popular as students enjoy memberships at both the Aquatics and Fitness Centers as well as a variety of classes each semester!



← Dog Obedience, Agility and Nosework classes are community favorites!



← Photography instructor Kris Killman and his classes learn to take beautiful pics like this hummingbird feeding.

➡ Our Kids College Camps are popular with the community



➡ WSIV TV's Brooke Schyler begins the popular annual Civil Wars Days with a "boom" last year!



In 2019, the 32nd Annual Hunting and Fishing Days was a success as 36,000 people attended! Mark Your Calendars and please Join us **September 25 & 26, 2021.** (the 2020 event has been cancelled due to the COVID pandemic).



Leaders Shape The Future. **Leaders** Shape Southern Illinois.



Leaders drive results, achieve goals, and make a positive impact in our communities. They create a unified vision and empower others to succeed.

To face the obstacles of today and tomorrow, we need great leaders at every level. LEAD Southern Illinois gives the leadership training, tools and practices to model the way, inspire a shared vision, challenge the process, enable others to act, and encourage those around us.

This engaging and insightful program will help you develop a deeper understanding of yourself and the people you lead -- now and in the future.

Improve your awareness of how you serve, communicate, organize and operate. As a result, you will greatly improve your strengths and skills in Communication, Emotional Intelligence, Leadership and Management and set yourself up for even greater success.



LEAD Southern Illinois is a partnership of John A. Logan College Center for Workforce Development, the Marion Chamber of Commerce, the Herrin Chamber of Commerce, and the Carterville Chamber of Commerce

We need YOU to **LEAD** Southern Illinois!

Applications for the 2020-2021 LEAD SI Program are being accepted until **August 12, 2020.**

www.jalc.edu/cwd/lead-si for more information.

Center for Workforce Development

Formerly Center for Business and Industry and Continuing Ed

www.jalc.edu/cwd

- John A. Logan College's Center for Business and Industry was established in August 1992 and has recently been renamed the **Center for Workforce Development**. Offices remain located on the second floor of the Workforce Development and Construction Management Building (H Building).
- The Center for Workforce Development is dedicated to training unemployed, underemployed, and currently employed individuals who need to upgrade workplace skills so they can obtain, maintain, or upgrade employment.
- Training provided includes:
 - Short-term occupational classes to enhance workplace skills,
 - Safety training that meets OSHA guidelines,
 - Healthcare and CPR training,
 - Professional development opportunities that award CEU's,
 - Customized training geared to the specific needs of an employer, and
 - Conferences, seminars, and workshops developed for area businesses, organizational groups, and governmental agencies dealing with workforce topics.
- The Center for Workforce Development is also home to the Highway Construction Careers Training Program (HCCTP), which is funded through the Illinois Department of Transportation. The HCCTP emphasizes life-long learning and provides opportunities to highway construction jobs for minorities, women and disadvantaged individuals.
- The Center has served as a regional training facility for Illinois Department of Corrections staff in the lower 32 counties since 1999.
- Check out the Center for Workforce Development webpage at www.jalc.edu/cwd.

The following are some examples of classes offered through the Center:

- CPR
- OSHA
- Real Estate
- Food Protection Manager
- Waste Water Operations
- MS Excel
- Pharmacy Technician Certification
- And many more...

REGISTRATION FORM

COMPLETE & RETURN TO JOHN A. LOGAN COLLEGE, ATTN: COMM. ED., 700 LOGAN COLLEGE DR., CARTERVILLE, IL 62918

****If registering your child for a class, be sure to put the child's information not your own****



STUDENT ID# _____

NAME _____

MAILING ADDRESS(NO P.O. BOXES) _____

CITY, STATE, ZIP _____

PHONE # _____

DATE OF BIRTH(MM/DD/YY) _____

EMAIL ADDRESS _____

GENDER Male Female

RACIAL/ETHNIC DESCRIPTION

Asian (Pacific Islander) American Indian or Alaska Native

Black/African American Hispanic

White Other/Unknown

HIGHEST DEGREE EARNED

Doctoral Degree 1st Professional Degree Master's Degree

Bachelor's Degree Associate Degree Certificate

Some College High School Diploma GED None Other

****YOUR SIGNATURE IS REQUIRED****

SIGNATURE _____

DATE _____

COURSE INFORMATION

COURSE NAME	COURSE #	SECTION #	FEE
TOTAL			

Insurance. John A. Logan College does not provide accident insurance for any student registered in a community education class. Students wanting such coverage should make arrangements with their local insurance agent.

JOHN A. LOGAN COLLEGE CARTERVILLE CAMPUS MAP

700 Logan College Road
 Carterville, IL 62918
 618-985-3741
 www.jalc.edu

JALC
ANNEX

CHILD CARE
RESOURCE &
REFERRAL



← CARBONDALE

ILLINOIS ROUTE 13

MARION →

Notes



John A. Logan College
Office of Community Education
700 Logan College Drive
Carterville, IL 62918

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RESIDENTIAL CUSTOMER**

***John A. Logan College toll-free telephone numbers:
Office of Community Education: Ext. 8248***

- (618) 985-3741 College Operator, toll-free from Williamson County
- (618) 985-2828 Direct Extension Access, Carterville and Williamson County
- (618) 549-7335 College Operator, toll-free from Jackson County
- (618) 457-7676 Direct Extension Access, Carbondale and Jackson County
- (618) 542-8612 College Operator, toll-free from Du Quoin area
- (618) 542-9210 Alongi Du Quoin Extension Center
- (618) 937-3438 College Operator, toll-free from West Frankfort area
- (618) 932-6639 West Frankfort Extension Center
- 1-800-851-4720 College Operator, toll-free from Crab Orchard, Gorham, and Trico areas
- (618) 985-2762 Fax – Community Education Department

***Web Site – Visit our Web Site at
<http://ialc.edu/community-education>***