

HEALTH, FITNESS, AND FUN

Health

QUIT SMOKING FEE: \$50

Smoking is a hard habit to break, as the smoker's emotions, social life, and physical addiction to nicotine are all connected. Get help in liberating yourself from this harmful habit by developing a positive behavior-change approach that will teach you how to quit. Class focuses on understanding nicotine addiction, developing a quitting strategy, and the use of nicotine replacement products. Learn how to deal with recovery symptoms, weight control, and stress management. Find out how to avoid a relapse and stay off cigarettes. This course is being taught by a Tobacco and Substance Abuse Prevention specialist from the Cook County Department of Public Health. A textbook (approx. \$20) will be available for purchase at the first class session.

HEA E04-01, OC/DP, 4 Tue. & Thu., 9/29, 10-11:30 am

CRN 60584

BETTER SLEEP: AS EASY AS A, B, ZZZZZZ FEE: \$19

Many of us spend nearly 25 years of our lives sleeping! This presentation will focus on how to get the most out of your sleep time. Learn about common sleep problems and solutions to many challenges, including jetlag. You'll also find out how certain foods can help or hurt your ability to get a sound night of slumber.

HEA C10-01, ETHS, 1 Wed., 10/21, 7-8:30 pm, Engel

CRN 60698

MIDLIFE TRANSITIONS: A HOLISTIC APPROACH TO PERIMENOPAUSE FEE: \$29

Midlife hormonal upheaval invites a rebirth of the self into the second half of life. Explore how hormonal changes affect your body, mind, emotions, and spirit. Common perimenopausal symptoms includes mood swings, weight gain, hot flashes, fuzzy thinking, decreased libido, headaches, and sleep disturbances. A variety of lifestyle shifts and integrative approaches to manage these symptoms will be presented to empower you with the tools you need to navigate this transition with grace and ease.

HEA C25-01, GLBRK S, 1 Tue., 10/6, 7-9 pm, Kramer

CRN 60704

MIDLIFE TRANSITIONS: LIFE AFTER MENOPAUSE FEE: \$29

After navigating the midlife transition, enter the second half of life with a renewed sense of purpose and power. The woman of wisdom nurtures, protects, and strengthens her body and mind so she can follow the whispers of her heart and pursue her passions unencumbered by health concerns. Explore strategies to address continuing symptoms such as hot flashes, vaginal changes, sexual function, and urinary incontinence. Implement protective health measures to lower the risk for breast cancer, heart disease, and osteoporosis.

HEA C26-01, GLBRK S, 1 Tue., 10/13, 7-9 pm, Kramer

CRN 60705

TRYING TO ACHIEVE YOUR IDEAL WEIGHT? USE INTENTION AND VISUALIZATION FEE: \$57

Certified aromatherapist and hypnotherapist Linda Pawlitz will guide you through mind-body exercises to help achieve your desired weight. Visualize your ideal weight, change your subconscious "loops" and overwrite old patterns. Visualize and anchor your intentions via aroma or color to achieve weight loss. A \$10 materials fee, is payable to the instructor, at class.

HEA C31-01, MAINE E, 1 Thu., 12/10, 7:30-9:30 pm CRN 61064

HEA C31-02, ETHS, 1 Tue., 10/6, 7:30-9:30 pm CRN 61613

HEA C31-03, NILES N, 1 Wed., 11/4, 7:30-9:30 pm CRN 61614

LOSE WEIGHT AND FEEL GREAT: A MIND-BODY-SPIRIT APPROACH TO PERMANENT WEIGHT LOSS FEE: \$49

While trendy diets promise weight loss, few provide long-term solutions to shedding excess pounds. Eating patterns are complex habits developed throughout life. Many of us have learned to eat when feeling fatigued, stressed out, or burned out. Learn how to stop emotional eating and increase your energy level. Identify the relationship between your body's stress response, nutrient assimilation, and weight gain. Make distinctions between healthy and unhealthy sources of protein, fat, and carbohydrates. Eliminate confusion about many of the low-carb, low-fat, and high-protein diets. Develop a personal plan and specific strategies to implement class information into your daily routine. Remodel your body and transform unwanted habits into healthy new life patterns.

HEA C27-01, GLBRK S, 2 Tue., 10/27, 7-9 pm, Kramer

CRN 60706

CREATING A BALANCED LIFE IN AN UNBALANCED WORLD**FEE: \$99**

Common side effects of living in today's fast-paced world include fatigue, irritability, overeating, difficulty concentrating, constant rushing, and lack of enjoyment in life. Not only are we left feeling stressed out, burned out, or wiped out, the demands of daily life also increase our risk for heart disease, cancer, anxiety, and depression. Empower yourself with the knowledge and skills needed to develop a balanced, stress-resilient body, mind, and spirit. This interactive workshop provides a holistic, hands-on approach that facilitates integration of the concepts and skills directly into your life. Infuse your life with increased levels of health, harmony, joy, and fulfillment.

HEA C28-01, GLBRK S, 4 Tue., 11/10, 7-9 pm, Kramer

CRN 60707

Healthy Lifestyle Management Series*Presented by Doctor Tatiyana Urbin, D.C.***HEAD PAIN, NATURAL SOLUTIONS****FEE: \$5**

Learn about the common causes and symptoms of headaches – as well as types of natural treatment options that are now available

HEA C15-01, NILES W, 1 Tue., 10/6, 7-8 pm, Urbin

CRN 60709

HEA C15-02, MAINE W, 1 Wed., 10/21, 7-8 pm, Urbin

CRN 61248

ARTHRITIS**FEE: \$5**

What is arthritis and who is susceptible? Learn about what causes arthritis, how to relieve it, and how to prevent joint disease.

HEA C16-01, NILES W, 1 Tue., 10/20, 7-8 pm, Urbin

CRN 60710

BALANCING HORMONES NATURALLY**FEE: \$5**

This holistic approach to women's hormone-related health concerns includes helpful information on PMS and menopause.

HEA C17-01, NILES W, 1 Tue., 11/3, 7-8 pm, Urbin

CRN 60711

HEA C17-02, MAINE W, 1 Mon., 10/26, 7-8 pm, Urbin

CRN 60718

BREATHING PROBLEMS**FEE: \$5**

Discover how stress affects the body and the ability to breathe. Topics include common triggers that can cause asthma and sinus problems, and, the revolutionary Buteyko Breathing Method to relieve asthma attacks.

HEA C18-01, NILES W, 1 Thu., 11/5, 7-8 pm, Urbin

CRN 60712

HEA C18-02, MAINE W, 1 Mon., 11/16, 7-8 pm, Urbin

CRN 60713

DIGESTIVE PROBLEMS**FEE: \$5**

Find out how stress affects digestion, and what you can do to relieve symptoms of digestive problems.

HEA C19-01, NILES W, 1 Thu., 11/19, 7-8 pm, Urbin

CRN 60714

HEA C19-02, MAINE W, 1 Mon., 10/5, 7-8 pm, Urbin

CRN 61250

FIVE SECRETS TO LOOKING AND FEELING BETTER**FEE: \$5**

Achieve your full potential! Discussion will focus on metabolism, weight loss, nutrition, medications, and exercise.

HEA C20-01, NILES W, 1 Thu., 12/10, 7-8 pm, Urbin

CRN 60715

HEA C20-02, MAINE W, 1 Mon., 11/2, 7-8 pm, Urbin

CRN 61249

UNDERSTANDING FIBROMYALGIA**FEE: \$5**

Receive detailed information about fibromyalgia, from symptoms to available treatment options. Learn about Trigger Point Therapy and other alternative methods for addressing fibromyalgia and chronic pain symptoms.

HEA C21-01, MAINE W, 1 Mon., 12/7, 7-8 pm

CRN 60716

HOLISTIC RELAXATION: SALT CAVES**FEE: \$19**

Since ancient times, people have sought out the earth's natural elements for their physical and mental healing qualities—hot springs, mud baths, and now, salt caves. The staff of Megi's Spa Salt Cave, in Park Ridge will share information about the health benefits of salt caves.

HEA S43-01, MAINE E, 1 Tue., 10/27, 7-8:30 pm

CRN 60717

CPR/First Aid

CPR RESCUE FEE: \$35

This course covers adult, child and infant CPR, along with mouth-to-mouth, the Heimlich Maneuver and two-person CPR. OSHA, DCFS and JCAHO compliant. American Heart Association recognition (AHA card) available for additional \$3. Wear clothing suitable for kneeling on the floor and bring a pen or pencil. Disposable mannequin practice shields included for safety. CPR handbook is \$3.

HEA E05-01, OC/DP, 1 Sat., 9/19, 9 am-noon, Sanders CRN 60097
HEA E05-02, OC/DP, 1 Sat., 10/24, 9 am-noon, Sanders CRN 60099

CPR, FIRST AID AND DISEASE PREVENTION FEE: \$75

This class combines adult CPR with first aid. Learn what actions to take for medical emergencies, such as heart attack, fractures, bleeding, poisoning, and others. Upon completion, you will receive a one-year CPR and a three-year standard first aid recognition through the American Red Cross. You must attend the full class to be recognized. Students are asked to wear pants and bring a blanket.

HEA E01-01, OC/DP, 2 Sat., 10/17, 9 am-1 pm, Gregory CRN 60582
(Registration Deadline: 10/9)
HEA E01-02, OC/DP, 2 Sat., 11/7, 9 am-1 pm, Gregory CRN 60583
(Registration Deadline: 10/30)

HEARTSAVER CPR FEE: \$50

In this class, students will learn how to recognize the warning signs of a heart attack, stroke, and other life-threatening emergencies. Students, according to the American Heart Association Guidelines, will become proficient and certified in Adult/Child/Infant CPR and choking as well as AED usage. Materials needed: \$1 for CPR card.

HEA E05-03, ETHS, 1 Tue. & 1 Thu., 10/20, 6:30-9 pm, Wilburn CRN 61213

AMERICAN RED CROSS CHILD CPR AND AED, PLUS INFANT CPR COURSE FEE: \$99

The purpose of this course is to provide the lay responder with the knowledge and skills necessary to sustain life and minimize the consequences of injury or sudden illness until medical help arrives. Participants will learn how to identify and eliminate potentially hazardous conditions; recognize emergencies; and make appropriate decisions for first aid care. This course is intended to help individuals with their personal health and safety as well as the health and safety of others both in schools and the workplace. A special emphasis will be placed on CPR/AED training with the opportunity to earn American Red Cross certification.

HEA C14-01, GLBRK S, 3 Thu., 11/19, 6-9 pm, Vinopal CRN 60708

AMERICAN RED CROSS COMMUNITY FIRST AID FEE: \$99

The purpose of the American Red Cross Community Aid program for the lay responder is to provide the lay responder with the knowledge and skills necessary to sustain life and minimize the consequences of injury or sudden illness until medical help arrives. Participants will learn how to identify and eliminate potentially hazardous conditions; recognize emergencies; and make appropriate decisions for first aid care. This course is intended to help individuals with their personal health and safety as well as the health and safety of others both in schools and the workplace. A special emphasis will be placed on general first aid procedures for dealing with bleeding, burns, poisoning, soft tissue injury, heat and cold emergencies, and sudden illnesses such as stroke and diabetic emergencies. After the first aid training, students will have the opportunity to earn American Red Cross certification.

HEA C23-01, GLBRK S, 3 Thu., 10/22, 6-9 pm, Vinopal CRN 60703

AMERICAN RED CROSS CPR AND AED FEE: \$99

The purpose of the American Red Cross First Aid/CPR/AED is to provide the lay responder with the knowledge and skills necessary to sustain life and minimize the consequences of injury or sudden illness until medical help arrives. Participants will learn to identify and eliminate potentially hazardous conditions, recognize emergencies and make appropriate decisions for first aid care. This course is intended to help individuals with their personal health and safety as well as the health and safety of others both in schools and in the workplace. A special emphasis will be placed on CPR/AED training with the opportunity to earn American Red Cross certification.

HEA C22-01, GLBRK S, 3 Thu, 10/1, 6-9 pm CRN 60702

Dance

Participants are asked to register as early as possible for dance classes to avoid course cancellations.
Fees are per person.

New!

TROPICAL ISLAND RHYTHM DANCING FEE: \$49

Aloha! Join us for a lovely evening of warm breezes and island dancing. You will feel the hot sand under your feet and hear the ocean waves as you sway to tropical music. Learn the mystical Hawaiian "Hukilau" and traditional "Hula." Steel drum music will fill the air as we perform Jamaican rhythm dancing, a traditional celebration of island life. No partner or prior dance experience is needed.

PED B24-01, MAINE W, 6 Mon., 9/21, 6:30-7:30 pm, Strain	CRN 60787
PED B24-02, NILES N, 6 Wed., 9/16, 7:35-8:35 pm, Strain	CRN 60788
PED B24-03, NILES W, 6 Thu., 11/5, 7:35-8:35 pm, Strain	CRN 60786

New!

BOLLYWOOD DANCING FEE: \$49

The movie won eight Oscars at the 2009 Academy Awards. Now you can learn to dance the "Jai Ho" from *Slumdog Millionaire*. The music of Bollywood is as exotic as the dancing is magical. Learn the basic steps of Bhangra for fitness and fun. Join us for this new international sensation. No partner or prior dance experience is needed.

PED B23-01, MAINE W, 6 Mon., 9/21, 7:35-8:35 pm, Strain	CRN 60784
PED B23-02, OC/SK, 5 Wed., 11/4, 6:30-7:45 pm, Strain	CRN 60785
PED B23-03, GLBRK S, 6 Thu., 9/24, 7:35-8:35 pm, Strain	CRN 60786

BALLET FOR FUN, FITNESS, AND GRACE FEE: \$73

Come and enjoy the expressive beauty of ballet - without putting stress on joints and ligaments. Strengthen your body and enhance balance, memory, and coordination as you experience barre and center work utilizing classical ballet positions. This class requires no prior ballet experience. Wear comfortable clothing. (Students must supply leather ballet shoes. Suggested dealers include: New Attitude, 523 Davis Street, Evanston, 847-864-8088; Before the Dance, 2120 Central Street, Evanston, 847-733-8460; and Payless Shoe Stores - check with individual locations.)

PED B08-01, NSSC, 8 Thu., 10/1, 5-6 pm, Grout	CRN 60619
PED B08-02, NSSC, 8 Thu., 8/6, 5-6 pm, Grout	CRN 61610

BALLROOM DANCING (BEGINNER) FEE: Listed with section

Learn the basics of the cha-cha, fox trot, waltz, rumba and tango. Partners required. No class 10/12, 11/26.

PED S61-01, MAINE E, 9 Thu., 10/1, 7:30-8:45 pm, Lowy, \$99	CRN 60625
PED S61-02, ETHS, 8 Mon., 10/5, 7-8:30 pm, Rushakoff, \$89	CRN 60626
PED S61-03, GLBRK S, 9 Tue., 9/29, 7-8:45 pm, Lowy, \$99	CRN 61216

MORE BALLROOM DANCING FEE: \$99

Course will include a review of Ballroom Dancing I. New steps will be added to the five standard dances: cha-cha, fox trot, waltz, rumba and tango. No class 11/26.

PED S62-01, MAINE E, 9 Thu., 10/1, 8:45-10 pm, Lowy	CRN 60627
PED S62-02, GLBRK S, 9 Tue., 9/29, 8:45-10 pm, Lowy	CRN 61217

HIP HOP DANCE FEE: \$49

It's dance fun for everyone with easy-to-learn hip hop dance routines. Your DanceMates instructor will breakdown each move as you dance to Rihanna, Beyonce, Flo Rida, and more! You've seen hip hop and urban-style street dancing on "America's Best Dance Crew." Now it's your turn to shine. No prior dance experience is necessary. No partner is necessary. Join the fun!

PED D04-01, NILES N, 6 Mon., 11/9, 6:30-7:30 pm, Strain	CRN 61218
PED D04-02, OC/SK, 5 Wed., 11/4, 7:45-9 pm, Strain	CRN 61221

PARTY LINE DANCE! FEE: \$49

No partner needed in this fun-filled evening of popular line dancing. No prior line dance experience necessary. We'll teach the Cowboy Boogie, Achey Breaky, Puttin' on the Ritz, Pretty Woman and more. Come alone or bring your friends and we'll have a blast!

PED S58-01, GLBRK S, 6 Thu., 9/24, 6:30-7:30 pm	CRN 61222
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MAD HOT BALLROOM & SWING**FEE: \$49**

The rhythm is gonna get you! If you have been watching Dancing with the Stars, then stop watching and start dancing. Learn the sensuous Tango, Rumba, Cha-Cha-Cha and Swing the DanceMates easy way. No prior experience or partner necessary.

PED D01-01, NILES N, 6 Mon., 11/9, 7:35-8:35 pm, Strain

CRN 61219

PED D01-02, NILES W, 6 Thu., 11/5, 6:30-7:30 pm, Strain

CRN 61223

SIZZLING SALSA, MERENGUE, CUMBIA & BACHATA**FEE: \$49**

Singles and couples! Enjoy your Friday evenings learning easy-to-complex Salsa patterns. Learn how to unwind from a hectic week, and start the weekend off right. All ability levels are welcome to have fun.

PED E88-01, NILES N, 6 Wed., 9/16, 6:30-7:30 pm

CRN 61220

Exercise and Fitness**BEGINNING HATHA YOGA****FEE: \$72**

Explore this complete, mind and body, East Indian system of meditation and relaxation, which promotes flexibility of body through controlled, skillful movement. Excellent conditioning program for any other physical activity. Bring a small mat to class. No class 11/12 & 11/26.

PED S10-01, GLBRK S, 8 Thu., 10/1, 7:30-9 pm, Ross

CRN 60621

PED S10-02, NILES N, 8 Mon., 10/19, 7:30-9 pm, Ross

CRN 60622

TAI CHI CH'UAN I: FOR HEALTH AND FITNESS**FEE: \$96**

Tai Chi Ch'uan is a Chinese system of exercises performed with a calm mind, controlled rhythmic breathing and relaxed body. Sometimes called a moving form of yoga, tai chi promotes health by improving the circulation of the blood, increasing the capacity and efficiency of the lungs, relaxing the muscles, and strengthening the bone structure. No class 10/14, 11/11, 11/25.

PED E45-01, NILES N, 8 Wed., 9/30, 7:30-9:30 pm, Przybysz

CRN 60620

QIGONG: THE ULTIMATE ANTI-AGING EXERCISE**FEE: \$94**

Find out how this series of easy-to-learn exercises can restore your vitality and sense of well-being. Great for any age or fitness level, qigong is considered the ultimate anti-aging exercise with benefits that include body-mind relaxation, overall strength and flexibility, improved mental concentration, and a strengthened immune system. Fee is per couple.

PED E15-01, NILES N, 6 Wed., 11/4, 7-7:45 pm, Wolgel

CRN 60791

The following classes are held at the Morton Grove Park District (Prairie View Community Center), 6834 Dempster Street, just east of Waukegan Road. ***It is strongly suggested that students call the Park District at 847.965.1200 prior to their first class session to be apprised of any possible schedule changes. Or go to www.mortongroveparks.com***

*New!***STEPPING STRONG****FEE: \$85**

Join us for a great cardio workout followed by resistance training to strengthen muscles and keep bones healthy. This class will be enjoyed by newcomers as well as seasoned athletes looking for a new workout. For you early birds, we are now offering a class at 6 a.m. The -01 section begins on a Wednesday. Due to the Labor Day holiday; a free make-up class will be offered.

PED E58-01, MGPD, 6 Mon. & Wed., 9/9, 6:05-7 pm

CRN 60396

PED E58-02, MGPD, 6 Mon. & Wed., 10/26, 6:05-7 pm

CRN 60397

PED E58-03, MGPD, 6 Tue. & Thu., 9/8, 6-6:55 pm

CRN 60398

PED E58-04, MGPD, 6 Tue. & Thu., 10/27, 6-6:55 pm

CRN 60399

*New!***STRENGTH = TOTAL BODY TONING****FEE: \$58**

A combination of free weights, body bars, tubing, and resistance balls will be utilized to strengthen, tone, and define your entire body (upper, lower, and core). All levels are welcome.

PED C04-01, MGPD, 6 Wed, 9/9, 8:15-9:15 pm

CRN 60401

PED C04-02, MGPD, 6 Wed. 10/28, 8:15-9:15 pm

CRN 60402

EXERCISE FOR SENIORS**FEE: \$42**

This dynamic program is designed especially for seniors, emphasizing non-vigorous exercise while increasing joint mobility and flexibility. Age: 55+.

PED E53-01, MGPD, 6 Tue., 9/8, 9-10 am	CRN 60438
PED E53-02, MGPD, 6 Thu., 9/10, 9-10 am	CRN 60439
PED E53-03, MGPD, 6 Tue., 10/27, 9-10 am	CRN 60441
PED E53-04, MGPD, 6 Thu., 10/29, 9-10 am	CRN 60442

GENTLE MOVES**FEE: Listed with section**

This class is designed to help individuals get back into the game of "life." If your health is compromised due to being overweight, Type II diabetes, COPD, arthritis or high blood pressure, this class is for you! Through gentle movement we will help you improve your quality of life. You have the option of sitting or standing. There will be NO getting down on the floor and NO spandex.

PED B01-01, MGPD, 5 Mon. & Wed, 9/14, 7:15-8:10 pm, \$71	CRN 60418
PED B01-02, MGPD, 6 Mon. & Wed, 10/26, 7:15-8:10 pm, \$85	CRN 60424

GENTLE YOGA**FEE: \$58**

This class is perfect for beginners, seniors and new (post-partum) moms who want to reap the benefits of a strong healthy body and mind. Bring a pillow and a towel.

PED S13-01, MGPD, 6 Tue., 9/8, 9:20-10:20 am	CRN 60443
PED S13-02, MGPD, 6 Thu., 9/10, 9:20-10:20 am	CRN 60445
PED S13-03, MGPD, 6 Tue., 10/27, 9:20-10:20 am	CRN 60446
PED S13-04, MGPD, 6 Thu., 10/29, 9:20-10:20 am	CRN 60447

THE NIA APPROACH TO MIND AND BODY FITNESS**FEE: Listed with section**

Bring your fitness routine into the 21st century with NIA (Neuromuscular Integrative Action), an exciting, fun, rejuvenating, and relaxing workout that combines the expressiveness of modern dance, the power and flow of martial arts, and the soul of ancient healing forms. NIA awakens the body, mind and spirit of each participant regardless of age, fitness level, or previous experience. As recently featured on NBC's "Today" show, NIA is a safe, effective, and thoroughly entertaining approach to staying physically fit, mentally alert, and vitally alive. Join us as we celebrate the joy of movement! The instructor is a certified NIA instructor and an ACE and ACSM Certified Fitness Professional.

PED C02-01, MGPD, 5 Sun., 9/13, 11 am-12 pm, \$48	CRN 60425
PED C02-02, MGPD, 6 Sun., 10/25, 11 am-12 pm, \$58	CRN 60426

BEGINNING PILATES**FEE: \$58**

For those with no Pilates experience. Pilates is truly a phenomenon in the current world of fitness. Developed by Joseph Pilates in the early part of the 20th century, this method of exercise and physical movement is designed to stretch, strengthen, and balance the body. Benefits include improved posture and balance, improved lung capacity and circulation, greater strength and flexibility, and better body and mental coordination.

PED C43-01, MGPD, 6 Tue., 9/8, 7:30-8:30 pm,	CRN 60429
PED C43-02, MGPD, 6 Tue., 10/27, 7:30-8:30 pm	CRN 60460

PILATES**FEE: \$58**

A continuation of Pilates for those with some experience.

PED E04-01, MGPD, 6 Thu., 9/10, 8-9 pm	CRN 60434
PED E04-02, MGPD, 6 Thu., 10/29, 8-9 pm	CRN 60436

TAI CHI FOR ARTHRITIS**FEE: Listed with section**

Geared for people with arthritis, the instructor uses gentle activities to help increase joint flexibility and maintain muscle strength.

PED C05-01, MGPD, 5 Mon., 9/14, 1:15-2 pm, \$59	CRN 60427
PED C05-02, MGPD, 6 Mon., 10/26, 1:15-2 pm, \$67	CRN 60428

ZUMBA**FEE: Listed with section**

Zumba is a fitness program inspired by Latin dance, and created by Colombian aerobics instructor Alberto Perez. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, burn fat, and provide total body toning. Zumba utilizes a variety of music styles in its routines, including salsa, mambo, rumba, flamenco, calypso, and more. Both fast and slow rhythms are offered to help tone and sculpt the body. Have fun while taking the work out of "working out!"

PED S84-01, MGPD, 6 Fri., 9/11, 5:45-6:45 pm, \$44	CRN 60452
PED S84-02, MGPD, 6 Fri., 10/30, 5:45-6:45 pm, \$44	CRN 60457
<i>Classes below are held at Maine East High School.</i>	
PED S85-01, MEHS, 6 Tue., 10/13, 6:30-7:25 pm, \$66	CRN 60628
PED S85-02, MEHS, 6 Tue., 10/13, 7:30-8:25 pm, \$66	CRN 60629

Fitness Center at Oakton

The Fitness Center offers a variety of equipment and amenities, including:

- Latest CYBEX and Life Fitness Equipment.
- More than 20 different machines to exercise all major muscle groups.
- Fourteen aerobic machines to increase cardiovascular development, including Stairmaster, treadmill and recumbent bikes.
- Fitness room, warm-up area, lounge and locker room with showers.
- Experienced staff to assist members at all times.
- Fully carpeted and air-conditioned, TV and audio-equipped.

Fitness Center Hours: Monday - Thursday, 7 a.m. - 8 p.m.;
Friday, 7 a.m. - 6 p.m.; Saturday, 9 a.m. - 1 p.m.
Membership rates vary. For information, call 847-635-1839.

Personal Training

Register with the Alliance for Lifelong Learning Office. Schedule sessions at the Fitness Center from 3:30 to 8 p.m.

Individual Personal Training

Personal training is for the individual who wants personal instruction and the motivation of a trainer. Our goal is to teach sound fitness principles that will make the client an independent exerciser. You can opt to sign up for two, four or six sessions.

TWO PERSONAL TRAINING SESSIONS

The two sessions must be used by the end of the semester.

FIT P01-01 OC/DP CRN 60057

Two one-hour sessions by arrangement FEE: \$89

FOUR PERSONAL TRAINING SESSIONS

Free semester membership to the Fitness Center included. The four sessions must be used by the end of the semester.

FIT P01-02 OC/DP CRN 60058

Four one-hour sessions by arrangement FEE: \$159

SIX PERSONAL TRAINING SESSIONS

Free semester membership to the Fitness Center included. The six sessions must be used by the end of the semester.

FIT P01-03 OC/DP CRN 60059

Six one-hour sessions by arrangement FEE: \$229

Personal Training For Two

The "Buddy Plan" provides the same instruction as with personal training, except that you will have a partner to train with. Client must provide partner. Free semester membership to the Fitness Center included. The six sessions must be used by the end of the semester.

FIT P02-01 OC/DP CRN 60060

Six one-hour sessions by arrangement FEE: \$279

*Consider a career as a personal trainer! See our **Personal Trainer Certification Program** under Career/Job Development.*

Recreation

INCREASE YOUR BRAINPOWER WITH CROSSWORD PUZZLES **FEE: \$69**

Crossword puzzles stimulate your brain, increase your vocabulary, and broaden your knowledge of trivia. According to National Health Magazine, studies suggest that intellectually challenging pursuits like crossword puzzles can increase your brainpower. Today, more than 50 million Americans do crosswords, with at least one puzzle appearing in every local newspaper. Whether you're a crossword beginner or veteran, gain more satisfaction and success by learning techniques the pros use. A required text book (approximately \$12) may be purchased from the instructor at the first class session.

REC S43-01, NILES N, 6 Wed., 10/21, 7-8:30 pm

CRN 60801

BEGINNING BRIDGE **FEE: \$80**

Learn the basics of Standard American Bridge. Course fee includes a textbook that will be distributed at the first class. No class 10/12.

REC S01-01, NILES N, 6 Mon, 10/5, 7-9 pm, Krelle

CRN 60640

BRIDGE POTPOURRI **FEE: \$69**

Here is a unique - and effective - take on bridge instruction! It's designed for everyone who has an interest in improving their game: beginner, intermediate or advanced players. In this format, whatever you have a question about will be explained in detail. What is a reverse bid? Balancing? Was the double for penalty takeout, or was it a negative double? How about a responsive double? Do you know the defense against Jacoby Transfers? Do you play blackwood or Roman keycard blackwood, and what is the difference? Even if you don't use certain bids you should know what your opponents are using against you! The instructor is John Krelle, certified bridge teacher, certified bridge director, and bronze life master. No class 10/15.

REC S04-01, ETHS, 8 Wed., 10/21, 7-9 pm, Krelle

CRN 60102

TEXAS HOLD'EM POKER **FEE: \$39**

Texas Hold'em Poker is the hottest game in the country, thanks to TV's World Series of Poker and other shows. Its popularity continues to grow, with good reason—it's fun! It also is a game of skill, and playing well depends on more than just a good hand or the ability to hide emotion. This class combines lecture and plenty of actual play. You will learn rules, betting, odds, etiquette, and how to play each stage of the hand—the prelop, the flop, the turn, and the river. Instructor provides cards and chips.

REC S05-01, ETHS, 4 Tue., 10/6, 7-9 pm, Krelle

CRN 60103

CO-ED VOLLEYBALL **FEE: \$75**

Learn the basics and enjoy challenging competition when players at all skill levels are blended into teams to play a round robin tournament.

PED S52-01, NILES W, 8 Thu., 9/24, 8:30-10 pm, Georgopoulos

CRN 60623

Seamanship and Boating

Officers of the U.S. Coast Guard Auxiliary provide dry land instruction in boating and sailing as a community service.

AMERICA'S BOATING **FEE: \$15**

Taught by the U.S. Coast Guard, this three-session boat safety and boat handling course is for the experienced as well as the novice boater. Certification qualifies for state requirements, and may be used toward insurance discounts. A materials fee of \$35 is payable in class to the instructor.

REC E12-01, ETHS, 3 Thu., 9/17, 7-9 pm

CRN 61274

REC E12-02, GLBRK S, 3 Tue., 10/6, 7-9 pm

CRN 61271

REC E12-03, MAINE E, 3 Thu., 10/29 7-9 pm

CRN 61272

REC E12-04, MAINE W, 3 Mon., 10/19 7-9 pm

CRN 61275

REC E12-05, NILES N, 3 Wed., 10/21 7-9 pm

CRN 61276

REC E12-06, NILES W, 3 Thu., 10/8 7-9 pm

CRN 61273

Special Interests and Issues

Animal Friends

BACKYARD BIRDING FEE: \$19

In a world that can sometimes be dreary, birds are a delight to behold. They come in a fascinating variety of sizes and shapes. They do interesting things, and make cheerful sounds. No wonder bird watching is so popular. The instructor will be Tim Joyce, a longtime naturalist and birder. He will show you how to get started with backyard birding, including making your yard hospitable to birds, birds found in our area, what to feed to attract different birds and many interesting tips not found in popular birding books.

REC S34-01, ETHS, 1 Mon., 10/5, 7-9 pm, Joyce

CRN 60295

PET FIRST AID FEE: \$45

Would you know what to do if your dog or cat was hurt or suddenly became ill? It isn't always enough to rush to the vet. To save your pet's life you must sometimes act before you get to the vet! Join Linda Raphael, Certified Pet First Aid Instructor, as she reviews the basics of pet first aid. You'll learn what's normal for your pet and how to check vitals, basic CPR, how to handle bleeding, treatment for poisoning, supplies you should always have on hand and more.

REC S19-01, NSSC, 1 Thu., 10/1, 5-9 pm, Raphael

CRN 60643

REC S19-02, NILES W, 1 Thu., 10/22, 6-10 pm, Raphael

CRN 60644

REC S19-03, MAINE W, 1 Mon., 11/2, 6-10 pm, Raphael

CRN 60645

REC S19-04, MAINE E, 1 Tue., 9/29, 6-10 pm, Raphael

CRN 61278

REC S19-05, GLBRK S, 1 Thu., 11/19, 6-10 pm, Raphael

CRN 61279

PRACTICAL PUPPY TRAINING FEE: \$85

Focusing on positive reinforcement, this program is designed to educate new puppy owners in the optimum development of the puppies, the correction of existing problems, and the prevention of future problem behaviors. Course work includes socialization, management and prevention exercises, leash training, house training, foundation obedience work, massages, grooming, nutrition and more. Open to puppies 7 weeks to 5 months who have had their first set of immunizations. Puppies attend all six classes with their owners. (*Please enter the school building through Door 28 at the north end of ETHS near the tennis courts.*)

REC S08-01, ETHS GYM, 6 Tue., 9/8, 6:25-7:25 pm, De Carlo

CRN 60641

OBEDIENCE TRAINING AND PET MANNERS FOR DOGS FEE: \$115

Focusing on positive reinforcement, this class provides a comprehensive program of dog-friendly and owner-friendly instruction for obedience exercises, hand signals, games, tricks and effective solutions for problem behaviors. Dogs 5 months and older are welcome, including those who have failed in other training approaches. Dogs should be friendly towards other dogs, children and human beings. First class is mandatory for owners. Dogs do not attend the first class. Please know your dog's snug neck measurement, current weight and bring proof of rabies vaccination. (*Please enter the school building through Door 28 at the north end of ETHS near the tennis courts.*)

REC S09-01, ETHS GYM, 8 Tue., 9/8, 7:30-8:30 pm, Damon

CRN 60642

Current Events

U.S.—CROSSROADS 2009 FEE: \$24

Join John Mearsheimer, Ph.D., professor of political science and co-director of the Program in International Security Policy at the University of Chicago, for his comments about the state of world affairs. Mearsheimer is the author of *The Tragedy of World Politics*, which attempts to explain, defend, and validate the political theory of "offensive realism," under which each state must ensure its own survival by maximizing its share of world power. No senior discount.

PSE C10-01, OC/SK, 1 Sat., 11/7, 1-2:30 pm

CRN 60901

AMERICA, TERRORISM AND THE WORLD: THE REAL STORY FEE: \$59

Professor Richard Farkas, Ph.D., of DePaul University, will explore terrorism in the U.S. and compare it to the historical experiences of other countries. We'll examine the factors that lead to predictions about likely terrorist acts and question the "conventional wisdom" that dominates our media and political environment. We may also re-focus some of the discussions, depending upon current issues and events.

PSE C11-01, OC/SK, 3 Tue., 11/10, 6:30-8 pm, Farkas

CRN 61157

GREAT DECISIONS 2009**FEE: \$120**

Great Decisions is a national discussion program that each year focuses on eight major foreign policy issues, which are presented in a prepared textbook and complemented by media accounts of hot-button topics. Topics this year include the U.S. and rising powers; Afghanistan and Pakistan; energy and the global economy; the Arctic age; Egypt: key ally in the Middle East; global food crisis; Cuba on the verge; human rights in a new era; and, wars for peace. The discussion leader is Professor Kahil Marrar, Ph.D., a member of the political science faculty, DePaul University.

PSE B39-01, NILES N, 3 Wed., 9/23, 7-8:30 pm, Marrar

CRN 60790

STRATEGIC STUDIES DISCUSSION GROUP**FEE: \$45**

This unique monthly discussion group is designed for history buffs interested in exploring international political and military strategies. The group receives short reading assignments to consider, and discussions follow the Great Books method of "shared inquiry." The discussion leader is Mike Zimmerman who worked as a political and strategic analyst in several countries after earning his master's degree in international relations at The London School of Economics.

PSE C09-01, GLEN, 4 Thu., 8/20, 9/17, 10/15, 11/19, 7-9 pm

CRN 60793

GERMANY TODAY: A DISCUSSION SERIES**FEE: \$79**

Join German native, Annette Isaacs of Elderhostel, for this informative survey course on the country's culture, history, and society. Each class will focus on a specific topic, i.e. Berlin's cultural scene or the German tax and health system, and include a lead presentation, followed by group discussion (in English). Your instructor holds master's degrees from Emory University, the University of Vienna, and Free University in Berlin; and has been working in Berlin since 1998.

HIS T58-01, ETHS, 4 Thu., 10/22, 6:30-8 pm

CRN 61135

Divination**ARE YOU COMPATIBLE? INSIGHT FROM HANDWRITING ANALYSIS FEE: \$49**

Whether in marriage or business, one of the surest ways to find out if you and your partner are compatible is by graphology – the science of handwriting analysis. Often referred to as "brain writing," graphology is like an X-ray machine that looks inside a person's character, revealing both the strong and weak traits of personality. This workshop will open your eyes to valuable relationship clues.

COM M05-01, ETHS, 2 Tue., 9/29, 7-9 pm

CRN 60690

COM M05-02, NILES W, 2 Thu., 10/15, 7-9 pm

CRN 60691

COM M05-03, MAINE E, 2 Tue., 11/3, 7-9 pm

CRN 60692

COM M05-04, MAINE W, 2 Wed., 12/2, 7-9 pm

CRN 60693

Ecology**Going Green Series:****GREENER HOUSEHOLD CLEANERS****FEE: \$20**

Many commercial cleaning products contain chemicals that are harmful to humans and the planet. Discover how to replace a multitude of cleaning products with simple, inexpensive alternatives made from common ingredients already in your kitchen. Prepare some of the alternative products during the workshop and test their effectiveness. This course is being offered in cooperation with Emily Oaks Nature Center, 4650 Brummel, Skokie. Class meets at the Nature Center.

SCI E37-01, EONC, 1 Wed., 8/12, 7-9 pm

CRN 60803

MULCHES AND COMPOST**FEE: \$37**

Composting duplicates nature's recycling process, turning leaves, grass clippings, yard trimmings, and kitchen scraps into dark, nutrient-rich humus. Learn how to select and set up a compost bin or pile; what materials may be composted; how to use compost; and techniques to ensure the best results. You will also learn about the types of mulches available and why mulching is vital for a healthy and vigorous garden. Class will be held at Chicago Botanic Garden, 1000 Lake Cook Road, Glencoe (Annex 2).

BOT E83-01, GARD, 1 Sat., 8/22, 9-11 am, Catlett/Bergmann

CRN 60305

TREE I.D. MADE EASY**FEE: \$20**

How do you tell a Green Ash from a Red Oak from a Silver Maple? Discover how to use a simple field guide and key to identify the trees of our region and learn how to recognize basic characteristics of the major tree groups. This non-technical introduction to trees includes both classroom instruction and field study. You also will receive your own "Tree Finder" pocketbook for future reference. This course is being offered in cooperation with Emily Oaks Nature Center, 4650 Brummel, Skokie. Class meets at the Nature Center.

SCI E25-01, EONC, 1 Sat., 9/12, 1:30-4:30 pm

CRN 60802

BUILDING GREEN: FROM PRINCIPLE TO PRACTICE**FEE: \$50**

Choose a sustainable site; maximize water efficiency; save energy; make smart use of materials and resources; safeguard indoor environmental quality. These are key strategies for building "green". Learn about LEED green building guidelines that are designed to promote construction practices that reduce negative environmental impacts and improve occupant health and well-being. This overview will give you topics to consider if you are planning a building project.

TEC E72-01, GLBRK S, 1 Thu., 10/1, 6:30-9:30 pm, Brim

CRN 60809

GO GREEN WITH PERSONAL CARE PRODUCTS**FEE: \$47**

Learn how to replace your everyday personal care products such as shampoo, soap, toothpaste, and underarm deodorants with natural botanicals. Choose plant-friendly, renewable, therapeutic-grade essential oils for your everyday needs and stop using products with potentially toxic, synthetic chemicals that may trigger unwanted side effects. The instructor is certified aromatherapist Linda Pawlisz A materials fee of \$10 is payable in class to the instructor.

HEC B40-01, MAINE E, 1 Tue., 11/17, 7-9 pm

CRN 60723

HEC B40-02, MAINE W, 1 Mon., 10/19, 7-9 pm

CRN 60724

HEC B40-03, ETHS, 1 Thu., 10/1, 7-9 pm

CRN 61269

WIND POWER BASICS**FEE: \$75**

This challenging course will give you a basic understanding of wind power generation. Topics include how a wind turbine works; knowledge of wind resources; how to estimate the production at a given site; making economic calculations; understanding the issues on siting and installing a wind power system.

TEC C16-01, OC/SK, 4 Thu., 10/8, 7-9 pm, Overeem

CRN 60897

THE TALKING FARM: THE FARM WITH SOMETHING TO SAY FEE \$5

Urban farms are thriving in many cities all over the country – indeed, all over the world – because they offer enormous benefits to the local economy, the environment, and the health of our citizens. The Talking Farm is a nonprofit organization that provides access to fresh and locally grown food, job training and environmental education. Learn more about this viable community-based resource.

BOT E93-01, ETHS, 1 Wed. 11/18, 7-8:30 pm

CRN 60871

BOT E93-02, MAINE E, 1 Thu., 10/15, 7-8:30 pm

CRN 60872

BOT E93-03, NILES N, 1 Mon., 12/7, 7-8:30 pm

CRN 60876

ORGANICALLY DELICIOUS**FEE: \$95**

Taste the organic difference. You use unleaded fuel in your car, yet you fuel your body with harmful chemicals and pesticides. Discover economical ways to use organic food for cleaner, fresher flavors. Learn what it takes to get an organic stamp and read up on the latest studies regarding harmful chemicals and antibiotics used in mass produced food. Learn why buying from local organic farmers will boost the economy. Find new resources for organic produce and how to buy in bulk to save money. Each week you will learn to prepare an organic meal that won't empty your pocketbook; organic root vegetable stew; free range braised chicken with dumplings; and even an organic fruit cobbler.

HEC B39-01, NILES N, 4 Mon., 11/2, 7-9 pm, Taves

CRN 60722

THE AUDUBON SOCIETY**FEE: \$19**

The Audubon Society Chicago Region encompasses 200,000 acres of conservation land. Hear about the society's role as keeper and protector of vast tracts of native prairie, oak savanna, woodland, and wetland. The group also monitors the region's birds, plants, butterflies, and frogs. Learn about the results of their studies, which help guide Audubon's conservation and planning efforts.

SCI E38-01, ETHS, 1 Wed., 11/4, 7-8:30 pm

CRN 60804

Forensics**CSI - THE REAL THING FEE: \$39**

Are you fascinated with CSI (Crime Scene Investigation) and its spin-off TV shows? Have you ever wondered how real crime scene investigations are conducted? The instructor, a Chicago homicide/sex crime detective, will provide insight into real-life, behind the scenes police work and a variety of contemporary investigative processes. You will learn how forensic science, informants, and plain luck come together to identify, apprehend and convict criminals. Real criminal cases will be discussed. Please be aware that this class involves discussion of graphic topics and adult themes. Class size is limited.

SCI E41-01, ETHS, 2 Tue., 11/17, 7-9 pm, DeYoung

CRN 60104

History

THE ANCIENT EGYPTIAN FOUNDATIONS OF WESTERN THOUGHT FEE: \$99

For more than 200 years, academics and specialists have known that ancient Egyptian thought is the fountainhead of the Western intellectual tradition – from theological ideas and philosophy to art and architecture. Indeed, the Greek philosophers and myth-makers openly acknowledged their dependence upon Egyptian models. These fundamental ideas include doctrines of the Trinity; the notion of a post-mortem judgment of the soul, and its assignment to a heaven or hell; the belief in one God; to materialistic rationalism, the underpinning for the modern sciences.) The question arises: Why is this truth – so obvious and indisputable – not openly taught in our churches, synagogues, and mosques, or, for that matter, in our colleges and universities? Join Douglas Gillette for an exciting and mind-expanding exploration of these and related issues.

HIS T49-01, OC/SK, 4 Thu., 10/1, 6:30-8:30 pm, Gillette CRN 60594

HIS T49-02, OC/SK, 4 Tue., 11/3, 7-9 pm, Gillette CRN 60730

QUEEN VICTORIA FEE: \$24

Was Queen Victoria as puritanical as her era suggests? Join us for a revealing overview of the Royal Family and Victoria's "passions." The presenter is Elizabeth Pirman, professor emerita at the College of Lake County.

HIS T56-01, GLEN, 1 Thu., 10/29, 1-2:30 pm, Pirman

CRN 60733

UNLUCKY LINDY FEE: \$22

Charles Lindberg, "The Lone Eagle," rose from obscurity to fame after his historic trans-Atlantic flight. He married the beautiful and intelligent Ann Morrow, but after the kidnapping and murder of their baby boy the couple left America for exile in Europe. Lindbergh accepted a Nazi award in 1938 and never returned it. He also led the isolationist America First Committee. Join historian and author Jerome M. O'Connor to explore the life, legend, and facts surrounding this unfortunate historic figure.

HIS T36-01, OC/SK, 1 Tue., 10/20, 7-8:30 pm, O'Connor

CRN 60728

IF WOMEN RULED THE WORLD FEE: \$19

Elizabeth Pirman, professor emerita at the College of Lake County, invites you to an historic dinner party attended by 19 of the world's most significant women, including U.S. Supreme Court Justice Sandra Day O'Connor, author Betty Friedan, and Ling Chai, leader of the Chinese Democracy Movement. We'll view and discuss the PBS documentary, *If Women Ruled the World*, which explores the unprecedented rise of women into positions of public power and the elusive quality of true gender equality.

HIS T42-01, GLEN, 1 Thu., 10/22, 1-2:30 pm, Pirman

CRN 60729

SWEET HOME CHICAGO: HISTORY OF THE CANDY CAPITAL OF AMERICA FEE: \$20

For most of its history, Chicago produced about one-third of the nation's candy. The city has called itself the Candy Capital of America since the turn of the century. You probably are familiar with some of the confections invented or produced here – Brach's caramels, Mars and Snickers bars, Wrigley gum, Cracker Jacks, Baby Ruth bars, Tootsie Rolls, Frango Mints, and Dove bars. Learn the history behind these tasty treats, and explore what made Chicago such a powerful location for candy-makers. Delicious!

HIS T45-01, MAINE W, 1 Mon., 10/19, 7-8:30 pm

CRN 60593

GERMANY: FALL OF THE WALL AND UNIFICATION FEE: \$19

To celebrate the 20th anniversary of the fall of the Berlin Wall, Annette Isaacs, of Elderhostel, will detail the historical events that led up to removal of the Wall, the subsequent unification process, and the current political and social climate in Germany.

HIS T57-01, ETHS, 1 Wed., 11/18, 7-8:30 pm

CRN 60734

Literary History

DICKENS' LONDON FEE: \$79

It has been said that the city of London is as much a character in the novels of Charles Dickens as Nicholas Nickleby or David Copperfield. Dickens often used real locations to set his novels, and his descriptions are among the most evocative in literature. Dickens loved London's diversity yet hated its iniquities – the prisons, slums, workhouses, law courts, hospitals, and factories. We will learn little known details of Dickens' London, and how he used them in his fiction.

HUM B23-01, GLEN, 4 Thu., 10/22, 1-2:30 pm

CRN 60735

World War II History

BLETCHLEY PARK – THE SECRET OF THE CENTURY FEE: \$22

History shows that Nazi Germany owed many of its World War II victories over England to an electro-mechanical rotor encryption machine called ENIGMA. In a massive secret program to break the code, 12,000 British civilian staff with specific analytical and decryption skills resided in crude huts at Bletchley Park. This great secret of the war was coordinated by the eccentric Alan Turing, and many believe the work done at Bletchley shortened the war by two years. The Bletchley Park Trust was formed in February 1992 to maintain the site as a museum devoted to the codebreakers. To prepare for this inside account by historian and journalist Jerome M. O'Connor, visit www.historyarticles.com.

HIS T54-01, OC/SK, 1 Tue., 10/6, 7-8:30 pm, O'Connor

CRN 60731

DISCOVER THE WESTERN APPROACHES COMMAND CENTRE FEE: \$22

Join historian and journalist Jerome M. O'Connor for an exploration of Liverpool's famed Western Approaches Command Centre – a crucial component to the Allied victory in World War II. This three-story, 50,000-square-foot, bomb- and gas-proof "citadel" was comprised of 100 concrete-reinforced rooms that for decades survived virtually unknown beneath the streets of Liverpool until it was opened as a museum in 1993. The presentation provides images of original equipment and the vast, echoing spaces used to hunt U-boats, guide essential North American convoys into the Mersey River docks, and transport thousands of U.S. soldiers to Portsmouth and the D-Day invasion.

HIS T55-01, OC/SK, 1 Tue., 10/13, 7-8:30 pm, O'Connor

CRN 60732

Legal

CONDO AND HOMEOWNERS ASSOCIATIONS FEE: \$119

Take an in-depth look at how condo and homeowner associations operate, their duties and responsibilities, and how to avoid legal problems. No class 11/11.

REL E97-01, OC/SK, 6 Wed., 11/4, 7-9 pm

CRN 61158

Legal Issues and Information Series:

KNOW YOUR RIGHTS – EMPLOYMENT LAW FEE: \$5

An attorney will explain issues related to employment including employer and employee rights and obligations.

LAW B06-01, MAINE W, 1 Wed., 10/14, 7-9 pm, CRN 61143

LAW B06-02, ETHS, 1 Mon., 12/7, 7-9 pm CRN 61144

DIVORCE: YOU AND YOUR CHILDREN FEE: \$5

Learn about the law relating to children involved in a divorce proceeding. Receive information on the role of the attorney for the child, GALS, and the child's representative, plus explanations of mediation, grandparent visitation and resources to lessen the impact of the divorce process on children.

LAW B07-01, MAINE W, 1 Wed., 10/28, 7-9 pm CRN 61145

LAW B07-02, ETHS, 1 Mon., 11/23, 7-9 pm CRN 61146

FILING FOR BANKRUPTCY – WHAT YOU NEED TO KNOW FEE: \$5

Students in this class will learn about assessing their financial situation. We'll discuss assets vs. debts; which debts are dischargeable and which are not; choosing whether to reaffirm a debt; and, the bankruptcy process.

LAW B08-01, MAINE W, 1 Wed., 11/4, 7-9 pm CRN 61147

LAW B08-02, ETHS, 1 Mon., 11/16, 7-9 pm CRN 61148

STARTING A BUSINESS? ESSENTIAL INFORMATION FEE: \$5

Explore the different entity types – sole proprietorship, partnership, corporation, or LLC. Learn the basic differences in taxation and operation, and important guidelines to follow in keeping your entity separate from yourself.

LAW B09-01, MAINE W, 1 Wed., 11/18, 7-9 pm CRN 61149

LAW B09-02, ETHS, 1 Mon. 10/26, 7-9 pm CRN 61150

GUARDIANSHIP – PLANNING FOR YOUR DISABLED OR AGED ADULT FEE: \$5

If your family member may, at some time, need a guardian, learn about the guardianship process. We'll cover steps you can take to simplify the court proceeding, or even eliminate the need for a court proceeding.

LAW B10-01, MAINE W, 1 Wed. 12/2, 7-9 pm CRN 61151

LAW B10-02, ETHS, 1 Mon., 10/5, 7-9 pm CRN 61152

Travel

THE LIFE OF A PEACE CORPS VOLUNTEER FEE: \$19

Discover why they call the Peace Corps "the toughest job you'll ever love!" Learn about the adventures of a health volunteer in a place that is tropical, but certainly not paradise! The site of a famous WWII battle, the Republic of Kiribati is one of the least developed island countries in the Pacific. Discussion includes the culture, traditions, and lifestyles of the native people. It will change your view of the world.

WOR K07-01, ETHS, 1 Tue., 10/6, 7-8:30 pm, Engel

CRN 60818

Travel Experiences: America, The Beautiful Series:

Presented by Michael Gauer, world traveler and accomplished photographer

SANTA FE AND THE GREAT SOUTHWEST FEE: \$19

Experience the vibrant, earthy mix of turquoise, adobe, red peppers, vigas, and Spanish colonial architecture. From New Mexico's historical conquistadors, mountain men, and Pueblo Indians, to the striking natural beauty of Monument Valley, Canyon de Chelly, and Bryce Canyon, this session showcases many of America's national treasures.

TRA V08-01, GLBRK S, 1 Tue., 9/29, 6:30-8 pm, Gauer

CRN 61360

THE OREGON COAST AND THE PACIFIC NORTHWEST FEE: \$19

Explore precipitous cliffs where the sea has carved out blow holes, caldrons, and canyons, with very few sheltered bays. Discover Olympic National Park's beaches with star-filled tidal pools, huge weather-sheltered logs, and misty mountains on Hurricane Ridge. Nearby, visit and view Victoria, The Empress Hotel, Orca killer whales, Mt. St. Helens, Columbia River Gorge, and the Cascade Mountains.

TRA V09-01, GLBRK S, 1 Tue., 10/6, 6:30-8 pm, Gauer

CRN 61358