

Community Education

ASU Jonesboro & Paragould



Gain Knowledge, Develop Skills, Start a Hobby, *Have some fun...!*

May 2009

Acrylic Painting for Beginners (May 9-June 6—*Skips Memorial Day Weekend Saturday, 5/23/09*) Saturday, 10:00 a.m.-12:00 p.m., *ASU-Jonesboro*, \$50, Instructor: Luci Murray. Get started! Learn to paint with acrylic in a fun environment and experiment with mixed media and creative techniques on paper and canvas board. Learn the basics of color, design and composition or expand your technique with a variety of new ideas. Supplies furnished for the first class. After the first class, students should purchase paints and brushes. Adult to age 12 welcome. No experience necessary.

Aromatherapy Bath Blends (May 12, Tuesday, 4:00-5:30 p.m., *ASU-Paragould*, \$30, Instructor: Dee Lindsey) **Remember Mother's Day!** Learn to make your own bath products with herbs and fresh ingredients for personal enjoyment or gift giving. You'll remember to thank yourself when bath time becomes a spa with these relaxing, soothing blends. Learn to make home recipes for muscle aches, tension and aromatic treatments. Take-home samples included.

Computing for Seniors (May 15-June 26, Friday, 10:00-11:30 a.m., *Skips Memorial Day Weekend Friday, 5/22/09*, *ASU-Paragould*, \$85, Instructor: Deanna Harris) Learn to use a personal computer as an important part of your life in easy steps. Large type print book for easier reading is included with step-by-step instructions. Learn the basics of storing files, playing music on your computer, creating your own letterhead, using graphics, images and pictures, playing games, sending/receiving e-mail, shopping safely on the internet, on-line banking and more. This is a great starter course for any computer novice. No experience necessary.

Growing an Herb Garden (May 9-June 20, Saturday, 1:00-2:00 p.m., *Skips Memorial Day Weekend Saturday, 5/23/09*, *ASU-Jonesboro*; May 5-June 9, Tuesday, 6:00-7:00 p.m., *ASU-Paragould*, \$80, Instructor: Dee Lindsey) Discover the secrets of herb gardening from a master gardener. This course shows you how to get started, how to design an herb bed, and **provides 5 starter plants** for your garden. You'll also learn about cooking with herbs, making crafts, teas and medicine! If you've always wanted an herb garden, this is the class for you. No experience required. Adult to age 12.

Hebrew, Level II, Translation & Word Development (May 26-June 30, Tuesday, 6:00-7:30 p.m., *ASU-Jonesboro*, \$45, Instructor: Dr. Doug Wheeler) Hebrew II students will build on the skills learned in Hebrew I and will begin to formulate interpretations in the Old Testament based upon the Hebrew roots. Grammar will be developed to assist the student in more advanced reading and understanding of Hebrew text in the Bible. **Hebrew III available upon demand.**

Making Herbal Teas, (May 16, Saturday, 2:30-3:30 p.m., *ASU-Jonesboro*; May 8, Friday, 3:15-4:15 p.m., *ASU-Paragould*, \$15, Instructor: Dee Lindsey) **Mother's Day!** Relax and enjoy a refreshing and delicious taste-testing experience of freshly brewed herbal teas. Learn about the different properties of herbs, how to brew your own custom beverages, and take a bag of herbs home with recipes to brew your own. Adults to age 12.

Organic Skin Care: Making Herbal Cosmetics (May 9, Saturday, 3:00-5:00 p.m., *ASU-Jonesboro*; May 8, Friday, 1:00-3:00 p.m. or May 12, Tuesday, 3:30-5:30 p.m., *ASU-Paragould*. \$30, Instructor: Dee Lindsey) **A unique Mother's Day gift!** Learn to make your own natural cosmetics with herbs and treat yourself to refreshing, organic skin care. Make and sample products in class and experience how ingredients containing fresh herbal properties can be incorporated into your health regimen. **Bring a towel** and makeup remover or come make-up free for best results. Recipes provided. Age 12-Adult.

Organic Vegetable Gardening (May 14-June 4, Thursday, 5:00-6:00 p.m., *ASU-Jonesboro*; May 29-June 19, Friday, 2:00-3:00 p.m., *ASU-Paragould*, \$60, Instructor: Dee Lindsey) How does your garden grow? **Organically**, when you take this class and learn how to make your own natural fertilizers and pesticides. Learn how to plant and tend your own garden and enjoy fresh veggies this summer! This class walks you through everything you need to know, step by step, including soil preparation, planting, **gardening without weeds**, cooking with your fresh produce in tasty recipes, harvesting and preservation.

Spanish for Medical Professionals I (May 11-June 15, Monday, 5:30-8:30 p.m., *ASU-Jonesboro*; May 12-June 16, Tuesday, 5:30-8:30 p.m., *ASU-Paragould*, \$120 plus cost of textbook. Instructor: Dr. Yvonne Unnold) An intensive six-week course, 18 50-Minutes class periods. Learn the necessary terms to communicate effectively with Spanish-speaking patients. This six-week course is suitable for practitioners, paraprofessionals,

staff and services groups in the medical professions who desire to develop their Spanish communication skills in the workplace. No experience is necessary. **Level II available upon demand.**

Tussie Mussies for Showers and Weddings (May 30, Saturday, 2:30-4:30 p.m., *ASU-Jonesboro*, \$20, Instructor: Dee Lindsey) Get ready for the wedding season with these Victorian herbal bouquets. Learn a bit of folklore while you make these time honored, aroma therapeutic crafts. Great for decorating, bouquets, corsages, bridal parties and more. Age 12-Adult. Instruction sheet included.

June 2009

Acting for the Community Theater (June 9-July 14, Tuesday, 6:30-8:30 p.m., *ASU-Paragould*, \$96, Instructor: John F. Michael) Express yourself! Learn the basics of acting theory, movement, voice, interpretation and performance through fun exercises geared toward those who wish to become involved in local community theater. No experience necessary.

Basket Weaving for Beginners (Friday, June 5, 9 a.m.-4 p.m., *ASU-Jonesboro*, \$45, Instructor: Heather Runyan) Have fun learning the ancient art of basket weaving. This workshop guides participants every step of the way to weave a basket for personal use or gift giving. Tool set is yours to keep! 12 years-Adult. **Registration deadline: May 20**, to order supplies.

Chess for Beginners, (June 9-July 14, Tuesday, 5:00-6:00 p.m., *ASU-Paragould*, \$60, Instructor: John F. Michael) Beginners of all ages will enjoy learning the basics of chess including the rules and object of the game, basic tactics and strategy and how to use chess notation and chess clocks common in typical tournaments.

Collage Art, Ages 10-14 Saturday, June 27, 2009, 1:00-5:00 p.m., \$40, Instructor: Luci Murray. *ASU-Jonesboro*. Can trash be recycled into art? Yes-way! It's all about texture, design, color and arrangement when all the pieces fit together to create something eye-catching and stimulating to your senses. Create a center-of-attention, conversation piece for your home in this **WAY-out-there** workshop. Supplies and snacks included. Wear art-friendly clothes.

Computerama! Ages 7-9 (June 26, Friday, 1:00-4:30 p.m., *ASU-Paragould*, \$40, Instructor: Deanna Harris) Kids are smart! Give them the gift of learning to use a personal computer in fun, easy steps that covers the basics of e-mail, music, surfing the net, word processing and printing, games, painting and Danger-Stranger **Internet Safety!** Step-by-step, hands-on instructions help this age group have fun **and** learn. Snacks are provided, and students take home Internet Safety Rules. No experience necessary. **Limited seating.**

Computerama! Ages 10-12 (June 12, Friday, 1:00-4:30 p.m., *ASU-Paragould*, \$40, Instructor: Deanna Harris) Kids learn to use a personal computer in fun, easy steps that cover the basics of e-mail, music, surfing the net, word processing and printing, games, painting and Danger-Stranger **Internet Safety!** Step-by-step, hands-on instructions make this a great starter course or a fun summer workshop! Snacks are provided, and students take home Internet Safety Rules. No experience necessary. **Limited seating.**

Digital Photography, Ages 10-14 (June 6, Saturday, 1:00-4:00 p.m., *ASU-Paragould*, \$35, Instructor: Karole Risker) Young eyes view the planet differently on this photo field trip and capture fun pics while learning the basics. No fancy camera needed for this class; bring what you have! Snack included. **Limited enrollment.**

Digital Photography, Intermediate (June 30-August 4, Tuesday, 6:00-8:00 p.m., *ASU-Paragould*, \$105, Instructor: Karole Risker) Build on your photography basics and master techniques and special problems that make your photos look like the pros. Special field assignments grow your skills. This class builds on Digital Photography I.

Dream Pillows (June 20, Saturday, 2:30-4:30, *ASU-Jonesboro*, \$20, Instructor: Dee Lindsey) Learn how to make these classic herbal sachets that release aromatherapy while you sleep. Dream pillows support relaxation to help you fall asleep. Makes a great gift or craft party idea. Age 12-Adult. Sweet dreams! Instruction sheet provided.

Green Living: Highway to Natural Health (June 2-July 7, Tuesday, 6:15-7:45 p.m., *ASU-Jonesboro*, \$50, Instructor: Amanda Yates) Learn to live a naturally healthy lifestyle with friendly foods, natural remedies, herbs, green cleaning, organic cosmetics and other alternative household green products. Find out what you need to know to organize a natural first aid cabinet, what herbology, homeopathic medicine and essential oils are all

NEW WORKSHOPS

Arkansas State University
Paragould & Jonesboro Campuses

June 2009 Continued:

about, how to understand product labels and how foods affect moods, behaviors and more. If you want a more healthy lifestyle, this class is for you!

Organic Skin Care: Making Herbal Cosmetics (June 6, Saturday, 3:00-5:00 p.m., ASU-Jonesboro; June 12, Friday, 3:00-5:00 p.m., ASU-Paragould, \$30, Instructor: Dee Lindsey) Learn to make your own natural cosmetics with herbs and treat yourself to refreshing, organic skin care. Make and sample products in class and experience how ingredients containing fresh herbal properties can be incorporated into your health regimen. *Bring a towel* and makeup remover or come make-up free for best results. Recipes provided. Age 12-Adult.

Spanish for Medical Professionals I (June 22-July 27, Monday, 5:30-8:30 p.m., ASU-Jonesboro; June 23-July 28, Tuesday, 5:30-8:30 p.m., ASU-Paragould, \$120 plus cost of textbook. Instructor: Dr. Yvonne Unnold) An intensive six-week course, 18 50-Minutes class periods. Learn the necessary terms to communicate effectively with Spanish-speaking patients. This six-week course is suitable for practitioners, paraprofessionals, staff and services groups in the medical professions who desire to develop their Spanish communication skills in the workplace. No experience is necessary. *Level II available upon demand.*

July 2009

Acrylic Painting for Kids, Ages 10-14 (July 25, Saturday, 1:00-5:00 p.m., ASU-Jonesboro, \$40, Instructor: Luci Murray) Encourage your child's creativity in this half-day workshop that guides students through an introduction to the color wheel, mixing colors, shading and tinting to produce custom colors. Students produce art projects using mixed media and creative techniques on paper and canvas board. Supplies and snacks are included. No experience necessary. Wear paint friendly clothes.

Aromatherapy Bath Blends (July 18, Saturday, 1:00-2:30 p.m., ASU-Jonesboro, \$30, Instructor: Dee Lindsey) Learn to make your own bath products with herbs and fresh ingredients for personal enjoyment or gift giving. You'll remember to thank yourself when bath time becomes a spa with these relaxing, soothing blends. Learn to make home recipes for muscle aches, tension and aromatic treatments. Take-home samples included.

Computerama! Ages 7-9 (July 24, Friday, 1:00-4:30 p.m., ASU-Paragould, \$40, Instructor: Deanna Harris) Kids are smart! Give them the gift of learning to use a personal computer in fun, easy steps that covers the basics of e-mail, music, surfing the net, word processing and printing, games, painting and Danger-Stranger *Internet Safety!* Step-by-step, hands-on instructions help this age group have fun *and* learn. Snacks are provided, and students take home Internet Safety Rules. No experience necessary. *Limited seating.*

Computerama! Ages 10-12 (July 10, Friday, 1:00-4:30 p.m., ASU-Paragould, \$40, Instructor: Deanna Harris) Kids learn to use a personal computer in fun, easy steps that cover the basics of e-mail, music, surfing the net, word processing and printing, games, painting and Danger-Stranger *Internet Safety!* Step-by-step, hands-on instructions make this a great starter course or a fun summer workshop! Snacks are provided, and students take home Internet Safety Rules. No experience necessary. *Limited seating.*

Digital Photography, Ages 10-14 (July 11, Saturday, 1:00-4:00 p.m., ASU-Paragould, \$35, Instructor: Karole Risker) Young eyes view the planet differently on this photo field trip and capture fun pics while learning the basics. No fancy camera needed for this class; bring what you have! Snacks included. *Limited enrollment.*

Dream Pillows (July 18, Saturday, 3:00-5:00, ASU-Jonesboro, \$20, Instructor: Dee Lindsey) Learn how to make these herbal sachets that release aromatherapy while you sleep. Dream pillows support relaxation to help you fall asleep. Makes a great gift or craft party idea. Age 12-Adult. Sweet dreams! Instruction sheet provided.

Making Herbal Teas, (July 11, Saturday, 1:30-2:30 p.m., ASU-Jonesboro, \$15, Instructor: Dee Lindsey) Relax and enjoy a refreshing and delicious taste-testing experience of freshly brewed herbal teas. Learn about the different properties of herbs, how to brew your own custom beverages, and take a bag of herbs home with recipes to brew your own. Age 12-Adults.

Organic Skin Care: Making Herbal Cosmetics (July 11, Saturday, 3:00-5:00 p.m., ASU-Jonesboro; July 10, Friday, 1:00-3:00 p.m., ASU-Paragould, \$30, Instructor: Dee Lindsey) Learn to make your own natural cosmetics with herbs and treat yourself to refreshing, organic skin care. Make and sample products in class and experience how ingredients containing fresh

herbal properties can be incorporated into your health regimen. *Bring a towel* and makeup remover or come make-up free for best results. Recipes provided. Age 12-Adult.

August 2009

Aromatherapy Bath Blends (August 1, Saturday, 1:00-2:30 p.m., ASU-Jonesboro, \$30, Instructor: Dee Lindsey) Learn to make your own bath products with herbs and fresh ingredients for personal enjoyment or gift giving. You'll remember to thank yourself when bath time becomes a spa with these relaxing, soothing blends. Learn to make home recipes for muscle aches, tension and aromatic treatments. Take-home samples included.

Computerama! Ages 10-12 (August 7, Friday, 1:00-4:30 p.m., ASU-Paragould, \$40, Instructor: Deanna Harris) Kids learn to use a personal computer in fun, easy steps that cover the basics of e-mail, music, surfing the net, word processing and printing, games, painting and Danger-Stranger *Internet Safety!* Step-by-step, hands-on instructions make this a great starter course or a fun summer workshop! Snacks are provided, and students take home Internet Safety Rules. No experience necessary. *Limited seating.*

Digital Photography, Ages 10-14 (August 1, Saturday, 1:00-4:00 p.m., ASU-Paragould, \$35, Instructor: Karole Risker) Young eyes view the planet differently on this photo field trip and capture fun pics while learning the basics. No fancy camera needed for this class; bring what you have! Snacks included. *Limited enrollment.*

Dream Pillows (August 1, Saturday, 3:00-5:00, ASU-Jonesboro, \$20, Instructor: Dee Lindsey) Learn how to make these classic herbal sachets that release aromatherapy while you sleep. Dream pillows support relaxation to help you fall asleep. Makes a great gift or craft party idea. Age 12-Adult. Sweet dreams! Instruction sheet provided.

Green Living: Highway to Natural Health (August 25-September 29, Tuesday, 6:15-7:45 p.m., ASU-Jonesboro, \$50, Instructor: Amanda Yates) Learn to live a naturally healthy lifestyle with friendly foods, natural remedies, herbs, green cleaning, organic cosmetics and other alternative household green products. Find out what you need to know to organize a natural first aid cabinet, what herbology, homeopathic medicine and essential oils are all about, how to understand product labels and how foods affect moods, behaviors and more. If you want a more healthy lifestyle, this class is for you!

Making Herbal Teas (Saturday, August 8, 1:30-2:30 p.m., ASU-Jonesboro, \$15, Instructor: Dee Lindsey) Relax and enjoy a refreshing and delicious taste-testing experience of freshly brewed herbal teas. Learn about the different properties of herbs, how to brew your own custom beverages, and take a bag of herbs home with recipes to brew your own. Age 12-Adults.

Mixed Media Art, Ages 10-14 (August 15, 2009, Saturday, 1:00-5:00 p.m., ASU-Jonesboro, \$40, Instructor: Luci Murray) Brainstorm to express a multi-dimensional, mega-media art piece of brainiac proportions in this workshop that uses an abundance of eclectic media. Originality won't be a problem, when you create this brain child. It's alive! Supplies and snacks included. Wear art-friendly clothes.

Organic Skin Care: Making Herbal Cosmetics (August 8, Saturday, 3:00-5:00 p.m., ASU-Jonesboro; August 7, Friday, 1:00-3:00 p.m., ASU-Paragould, \$30, Instructor: Dee Lindsey) Learn to make your own natural cosmetics with herbs and treat yourself to refreshing, organic skin care. Make and sample products in class and experience how ingredients containing fresh herbal properties can be incorporated into your health regimen. *Bring a towel* and makeup remover or come make-up free for best results. Recipes provided. Adult-Age 12.

Microsoft Professional Suite 2007

Class Times: 8:30 –11:30 a.m.

Cost: \$109

May 6 – 8.....	Intermediate Microsoft Excel
May 19 - 21.....	Beginning Microsoft PowerPoint
June 2 - 4.....	Beginning Microsoft Word
June 16 - 18.....	Beginning Microsoft Access

Registration Information

On-Line: <http://www2.astate.edu/regional-programs>
Follow links to "Community Education" or "Computer Courses"
Phone: (870) 972-3052
E-Mail: evone@astate.edu

Payment Information

Payment must be received prior to the first day of class to confirm your space. Mail check made payable to "ASU" to:

Center for Regional Programs
Community Education
P.O. Box 2260
State University, AR 72467

Credit card payments may be made by telephone at (870) 972-3052. For security purposes, please do not mail or fax credit card numbers.

**Computer
Classes!**