The Clatsop Community College Academic Classes Are ONLINE!

Looking for a writing, math or science class? Winter 2011 academic classes are available now in our 2010/11 Schedule. You can access the schedule online at www.clatsopcc.edu or call the Student Services Center at 503-338-2438, 503-338-2411, or the South County Campus at 503-338-2402 for assistance.

Returning students can register online using MyCCC.

ART CENTER GALLERY: EXHIBITS
(Gallery Info: www.clatsopcc.edu)

CCC Faculty Art Show
November 4 - December 17
Opening Reception: Thursday, November 4, 6:00 p.m., Art Center Gallery

Chris Rauschenberg, Photography
January 13 - February 10
Opening Reception: Thursday, January 13, 6:00 p.m., Art Center Gallery

Au Naturel: The Nude in the 21st Century
February 17 - April 14
Opening Reception: Thursday, February 17, 6:00 p.m., Art Center Gallery

NEW! Sustainable Energy Technician Certificate now available at CCC.
See pg. 15 for certificate details and classes offered Winter term.
Important Dates

November 29 - January 7
Registration

January 4
Classes Begin

January 7
Payment Due

January 7
Register Without Late Fee, & Without Instructor Approval*

* No late registration fee for open-entry classes.

Pay For Classes With No Change To Credit, Audit Drop With No Notation
Drop With Full Refund
Completely Withdraw

How To Read This Schedule:

COURSE NUMBER:
The 5-digit number listed on the right of the class title needed to register for the class.

SECTION ID:
The 4-digit number needed to register for the class.

INSTRUCTOR:
Indicates who teaches the class.

TIME:
The time the class is offered.

DAYS:
The day(s) the class is offered.

LOCATIONS:
See below for class locations.

TUITION/FEES OR GOLD CARD:
Cost to enroll in class.

NO FEE:
There is no fee to take this class.

SEE ABOVE:
The fee is not collected through CCC but rather through the individual instructor/busines that offers the course. See class description for pricing information.

GOLD CARD:
See “What is the Gold Card Discount” for Gold Card pricing information.

CODES:

E (Evening Class)
Indicates that the class begins at or after 5:00 p.m.

I (Instructor Permission)
Students must have permission from course instructor before registering for the class.

O/ (Open Entry/Open Exit)
Many Open Entry/Open Exit courses have no late registration fees. Many of these classes may be started at anytime during the term. You must complete the required amount of hours. Contact the class instructor for more information.

What is the Gold Card Discount?
Clatsop Community College students 62 or older may hold a Clatsop Community College Gold Card. Card holders are entitled to a 25% discount on course tuition and instructional related fees. Other fees, including technology and materials fees, are the responsibility of the bearer. Students must present proof of age. The College reserves the right to exempt courses from the Gold Card discount. Look in the “Gold Card Tuition & Fees” column of the class listings to determine the cost of your class.

Enroll Now For Winter Term!
The Oregon Green Tech Certificate will prepare you for an entry level career in a broad array of green occupations across a variety of diverse industries. As an OGTC graduate you will possess the knowledge of electrical, mechanical, and heating/cooling systems within the framework of sustainability and green technology.

Individuals who complete the one-year Green Technology Certificate will:

• Have workplace skills employers need: critical thinking, problem solving, team work, etc.
• Possess a unique set of entry-level technical skills taught through the lens of green systems thinking and problem solving
• Be in demand by diverse industries such as energy efficiency and production, manufacturing, construction, repair, installation, retro-fitting and more

Clatsop Community College’s one-year Sustainable Energy Technician Certificate is aligned with the one-year Oregon Green Tech Certificate.

Courses offered Winter term include:
• SET 102 Introduction to Sustainability
• SET 121 Mechatronics Systems
• EET 121 Electrical Troubleshooting

For more information please contact: Kristen Wilkin, Dean of Workforce Education and Training at 503-338-7966 or kwilkin@clatsopcc.edu to learn more about the program and the special admissions process through Clatsop Community College and MTC Works, a WorkSource NW Oregon partner.

Oregon Green Tech Certificate Pending State Approval

This program is an equal opportunity program. Auxiliary aids and services are available upon request to individuals with disabilities.

Clatsop Community College
I authorize Clatsop Community College to use my social security number to verify enrollment and/or degree information with the National Student Clearinghouse. I will also be responsible for additional late charges, and collection and attorney’s fees. by the due date published in the relevant term schedule. If I do not make payment, make arrangements for payment, withdraw from my classes by the required date, and any other charges relating to my enrollment at the College. I understand that unless I officially withdraw from my classes that I am obligated to make payment that may be released by the College without that you consent to use of the number in the manner described.

Clatsop Economic Development Resources (CEDR)

What Is Workforce Training?

Workforce training strives to be responsive to the workforce needs of local businesses by providing training opportunities for workers seeking to gain or improve skills, knowledge or understanding of various topics needed in their occupations. Customized training is also available to businesses based on specific needs and is delivered in a flexible format geared to specific schedules and site locations. For example, training topics may include pre-employment orientation, industrial and manufacturing, safety and regulatory, medical, computer, and hospitality service. You can increase your business capacity to utilize specialized training with services such as train-the-trainer workshops, job analysis, needs assessment, pre-employment preparation, refresher and skill upgrading, and consulting services. For more information call 503-338-2408.

Types Of Training Available To You

- Industry-Specific Short Courses & Workshops
- Accounting & Bookkeeping
- Supervisory & Management Training
- Industry Certifications/Recertification & Testing
- Effective Workplace Communications & Team Building
- New Employee Orientation
- Customer Service
- OSHA Safety
- Manufacturer Training
- Supervisory Training
- Medical Training
- Computer Training
- Basic Office Skills
- Pre-employment Training
- Safety & Regulatory Training
- Real Estate Workshops
- Leadership Training
- Public Safety Classes & Workshop

For Information On Workforce Training, Contact:

Kristen Wilkin
Director, Workforce Education
CCC - MERTS Campus
6420 Liberty Lane
Astoria, OR 97103
503-338-7696

Paula Duncan
Education For Life Coordinator
CCC - Josie Peter Building
1642 Franklin St.
Astoria, OR 97103
503-338-2408

Do Your Employees Need Additional Training To Increase Productivity At Work?

Are You Sending Employees Out Of The Region For Training?

Do You Struggle With Organizing and Finding The Time For In-house Training?

Our customized training services are designed to help you identify specific industry skills and create convenient and affordable training sessions that hit the target. Assessment consulting is free!
### Workforce Training Courses - Winter 2011

**Continuing Education**

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<th>SECTION ID</th>
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<tr>
<td>DIRECT-MARKETING FOR FISHERMEN (BUS92502) (0 Credit)</td>
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<td>HAM RADIO TRAINING (CRJ9126X) (0 Credit)</td>
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<td>NETWORK SECURITY (BCS95506) (0 Credit)</td>
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**Are there classes you would like to see offered that are not listed in this schedule? Would you like to teach a class?**

Let us hear from you.

Contact:

**PAULA DUNCAN**
Coordinator, Education For Life
Phone: 503-338-2408
Email: pduncan@clatsopcc.edu
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**MUSIC AND DANCE**

**INDIVIDUAL LESSONS: BLUEGRASS GUITAR (PER0650) (0 Credit)**

Individual instruction in Bluegrass Guitar and Mandolin will be streamlined for every student based on his or her musical ambitions. Focus will be flat picking traditional “Bluegrass” and “Old Time Tunes.” We will strive to understand what makes the rhythm of bluegrass so infectious and invigorating. We will study flat picking, cross picking, single note melodies and double stops. Fee includes 10 half-hour lessons. Please call 503-325-3737 for scheduling information.

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**INDIVIDUAL LESSONS: BLUEGRASS MANDOLIN (PER06506) (0 Credit)**

This course will be streamlined for every student based on his or her musical ambitions. “Bluegrass” and “Old Time Tunes” will be the focus of this course. We will strive to understand what makes the rhythm of bluegrass so infectious and invigorating. We will study bluegrass and old time tunes that are the abc’s of bluegrass music. Fee includes 10 half-hour lessons. Please call 503-325-3737 for scheduling information.

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**INDIVIDUAL LESSONS: FLUTE (PER06500) (0 Credit)**

Students develop skills for flute, focusing on the basics of music theory and skills. Please call 503-440-3506 for scheduling information. Fee includes 10 half-hour lessons.

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**INDIVIDUAL LESSONS: GUITAR (PER06509) (0 Credit)**

Students should gain a greater knowledge of music and acoustic, electric, or bass guitars. Class emphasizes techniques and music theory for greater or professional guitarists and bass guitarists. Please call 503-338-2313 for scheduling information. Fee includes 10 half-hour lessons.

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**INDIVIDUAL LESSONS: PIANO (PER06502) (0 Credit)**

Students develop skills for piano, focusing on the basics of music theory, chords, and basic skills. Fee includes 10 half-hour lessons. Please call 503-440-3506 for scheduling information.

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**INDIVIDUAL LESSONS: SNARE DRUM (PER0650) (0 Credit)**

Students develop skills for snare drums, focusing on the basics of music theory and skills. Fee includes 10 half-hour lessons. Please call 503-436-3766 for scheduling information.

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**BASKETBALL REFEREE TRAINING (PED9974X) (0 Credit)**

Students will review current and new rules which pertain to officiating high school basketball. The rules are sanctions under the National Federation of High Schools. Students will also practice floor positioning and correct referee techniques. Please call 503-336-2445 for registration information.

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**SOCCER REFEREE TRAINING (PED99974X) (0 Credit)**

Students will review and discuss soccer officiating, rules and other aspects of officiating high school soccer games according to national federation rules. Call 503-336-2445 for registration information. Please call 503-336-2445 for registration information.

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<th>SECTION ID</th>
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**VOLEYBALL REFEREE TRAINING (PED99974) (0 Credit)**

Students will review and discuss volleyball officiating, rules and other aspects of officiating high school volleyball matches according to National Federation Rules. Please call 503-336-2445 for registration information.

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**FLAGGER TRAINING-ODOT CERTIFICATION (OST9877X) (0 Credit)**

Prepares those employed or employed as flaggers to train or retrain for certification in Oregon, Washington and Idaho. Alerts participants to dangers and pitfalls inherent in the work place, provides them with the information they need to be safe and prepare a safe environment for coworkers, drivers and pedestrians.

**Section W1: January 29**

- **Time:** 9:00am-3:00pm
- **Location:** ARB 101
- **Fees:** $105.00
- **Card Code:** ARB 101

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**EXCEL GRAPHS 4 SMALL BUSINESS (CS95720) (0 Credit)**

This course is designed to help small business owners by using Microsoft Excel to develop simple analysis for their businesses. We will discuss developing good data from your business operation (typically sales, but it can be many other things as well). We will then use this information to develop some graphs and then extend our knowledge of our business with some rather simple analysis tools. As we progress through the course, students are welcome to bring in their own data and we will work one on one with you. Students will learn to identify key data variables for their business, develop crisp graphical displays of sales, and utilize some of the analytical power of Excel to forecast future results.

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**INDUSTRIAL SAFETY TRAINING APPLICATIONS**

Clatsop Community College’s Industrial and Manufacturing Technologies Center offers the following modules affording open entry/exit enrollment utilizing a self-paced format of delivery approximately four hours in length. For available days, times, and registration information, contact the IMT Dept. office at 503-338-2445.
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**GENERAL INTEREST continued...**

**SEAFOOD 101 (PER043512) (0 Credit)**

How do I know which fish to buy? Is fresh fish better then frozen or visa-versa? Can I overcook fish files? What's the best way to store fresh or frozen fish? What's that fishy smell? Is there a different nutritional value to farmed versus wild caught fish? There are no questions off limits in this thorough look at seafood - how to purchase it, how to handle and how to prepare it. Join local seafood experts and learn everything you ever wanted to know about seafood in this class. Registration is $25 per person and includes refreshments and a snack... (seafood, of course!).

Start Date: FEBRUARY 12 | End Date: FEBRUARY 12

**BE KIND TO YOUR HEART (PER043513) (0 Credit)**

Be kind to your heart and your sweeter - join Executive Chef Chris Holen from Baked Alaska for a heart-healthy interactive cooking class where flavor and quality abound. Healthy can also be delicious and we'll prove it to you! You learn how to prepare healthy and nutritious seafood as you learn about the varied and many benefits to your health and well being from consuming seafood on a regular basis. This is an interactive class which includes dinner and local wines and drafts - all for only $85 per person. This class is put on by the Community-Based Education Collaborative in the Duncan Law Seafood Consumer Education Center in Astoria.

Start Date: FEBRUARY 17 | End Date: FEBRUARY 17

**SPRING FEVER! SPRING CHINOOK! (PER043514) (0 Credit)**

There are so many ways to prepare the delicious Spring Chinook Salmon - one of the most prized fish species from our local waters. Join Executive Chef Chris Holen from Baked Alaska in an interactive cooking class where we explore the versatility and simple deliciousness of this local treasure. With interesting facts about the fishery and a real, live salmon fisherman on hand to discuss the Oregon fishery and answer your questions about fishing for Chinook. This is an interactive class which includes dinner and local wines and drafts - all for only $85 per person. This class is put on by the Community-Based Education Collaborative in the Duncan Law Seafood Consumer Education Center in Astoria.

Start Date: MARCH 24 | End Date: MARCH 24

**NAUI BASIC SCUBA DIVING COURSE (PER031406) (0 Credit)**

National Association of Underwater Instructors Graduate Course. To outline the essential skills in snorkeling and about dive equipment, the science of diving, responsible diving practices and the environment. You will also learn many skills in the water with practice time for your safety and comfort. Certification option available after 5 dives in open water available. Please call Royal Holcom at Astoria Scuba 503-325-2502 for more detailed information.

Start Date: JANUARY 4 | End Date: MARCH 8

**AARP DRIVER'S SAFETY COURSE (SAFG0200) (0 Credit)**

This course explains the changes that occur in vision, hearing, and reaction time as we age, and provides useful driving tips to handling these changes. Designed for drivers aged 50 and older who wish to participate in discussions surrounding safety and ageing. One does not have to be a member of AARP to take this class. Oregon State has provides a discount on your auto insurance premium for completing this course. If you have already taken this or a similar course, most insurance companies require that a refresher course be taken every three years to continue to receive the discount; or every two years if you are 70 or older. Please call 503-338-2408 to register for the class. Cost to AARP members is $12, and $14 for non-members.

Start Date: JANUARY 4 | End Date: MARCH 8

**US POWER SQUADRON SAFE BOATING (SAFG09500) (0 Credit)**

Presents the basic elements of equipment, regulations, elementary seamanship, charts and their uses, boat training, sailing and engine troubleshooting.

Start Date: JANUARY 4 | End Date: MARCH 8
## Education For Life Courses - Winter 2011

### Continuing Education

#### GENERAL INTEREST continued...

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<th>Course Name</th>
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<tr>
<td>WEAVE-AMERICAN OVERSHOT (PER002508) (0 Credit)</td>
<td></td>
<td>FEBRUARY 8</td>
<td>MARCH 18</td>
<td>TOWL 105</td>
<td>$70.00</td>
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<tr>
<td>BEGINNING CROCHETING (PER002504) (0 Credit)</td>
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<td>TOWL 105</td>
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<tr>
<td>PRAGMATIC COASTAL GARDENING (PER028605) (0 Credit)</td>
<td></td>
<td></td>
<td></td>
<td>Seafood Education Center in Astoria</td>
<td>$70.00</td>
<td>$70.00</td>
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<tr>
<td>IN LOVE WITH DUNGENESS CRAB (PER043517) (0 Credit)</td>
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<td>TOWL 209</td>
<td>$59.00</td>
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<tr>
<td>PAIRING LOCAL SEAFOODS (PER043516) (0 Credit)</td>
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<td>Seafood Education Center in Astoria</td>
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<tr>
<td>COOKING UP SEAFOOD STEW (PER043515) (0 Credit)</td>
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<td>TOWL 209</td>
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### BUSINESS AND PERSONAL DEVELOPMENT

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<th>Course Name</th>
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<th>End Date</th>
<th>Location</th>
<th>Tuition</th>
<th>Gold Card</th>
<th>Card Codes</th>
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<tbody>
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<td>POWER POINT PRESENTATIONS (TEC079112) (0 Credit)</td>
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<td>MARCH 14</td>
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<td>BEYOND BASIC COMPUTING (TEC079103) (0 Credit)</td>
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<tr>
<td>EXCEL GRAPHS 4 SMALL BUSINESS (CSC975205) (0 Credit)</td>
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### FITNESS

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<th>End Date</th>
<th>Location</th>
<th>Tuition</th>
<th>Gold Card</th>
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<tbody>
<tr>
<td>AQUATIC FITNESS (FIT08500) (0 Credit)</td>
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<td>TOWL 209</td>
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<td>PILATES EXERCISE FOR SENIORS (FIT085027) (0 Credit)</td>
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<tr>
<td>SOARING CRANE QI GONG (FIT085070) (0 Credit)</td>
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<td>TOWL 209</td>
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For more information, see page 2 for "How To Read This Schedule", "Gold Card Info.", "Important Dates", and "Locations".
### SPORTS

**FITNESS continued...**

<table>
<thead>
<tr>
<th>Level</th>
<th>Course</th>
<th>Start Date</th>
<th>End Date</th>
<th>Tuition/Fees</th>
<th>Gold Card</th>
<th>Codes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 YOGA</td>
<td>Light, restore, and rejuvenate. This Yoga class for all levels of participation. You will gently strengthen your body, create flexibility and begin to learn to build personal practice of the movements and positions. Please call instructor Judy Matelich Hall at 503-286-3874 for information about the cost of the classes and register and pay for the class.</td>
<td>JANUARY 4</td>
<td>MARCH 11</td>
<td>See Above</td>
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</table>

### FOREIGN LANGUAGES

<table>
<thead>
<tr>
<th>Language</th>
<th>Course Description</th>
<th>Start Date</th>
<th>End Date</th>
<th>Tuition/Fees</th>
<th>Gold Card</th>
<th>Codes</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRENCH</td>
<td>Learn to speak basic French conversation and phrases. Students will develop their vocabulary while learning elements of French culture and the historical background of France.</td>
<td>JANUARY 13</td>
<td>FEBRUARY 23</td>
<td>TBA</td>
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### GENERAL INTEREST

<table>
<thead>
<tr>
<th>Topic</th>
<th>Course Description</th>
<th>Start Date</th>
<th>End Date</th>
<th>Tuition/Fees</th>
<th>Gold Card</th>
<th>Codes</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTRITION</td>
<td>Provide basic information about the relationship between diet and chronic diseases such as diabetes, heart disease, cancer, arthritis and strokes. Emphasis will be on prevention and improving current health status through diet.</td>
<td>JANUARY 4</td>
<td>FEBRUARY 1</td>
<td>$65.00</td>
<td>$65.00</td>
<td></td>
</tr>
<tr>
<td>INTRO TO HOMEOPATHY</td>
<td>Students will learn the complete wool preparation process and learn how to select a fleece that is suitable for their project. They will also learn how to spin and card fiber to prepare it for spinning and weaving. Cost of the class is $75 and includes a fleece ($30 value). Please call 503-325-5598 to register for the class.</td>
<td>JANUARY 5</td>
<td>FEBRUARY 28</td>
<td>TBA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SAFE FIBER DYING</td>
<td>Students will learn to spin yarn from prepared fiber or roving, and will make a continuous skein of yarn and learn how to draft fiber. Cost of the class is $30. Please call 503-325-5598 for further information and to register for the class.</td>
<td>JANUARY 4</td>
<td>END OF JANUARY</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
<tr>
<td>BEGINNING SPINNING</td>
<td>Students will learn how to spin yarn from prepared fiber or roving, and will make a continuous skein of yarn and learn how to draft fiber. Cost of the class is $40 which includes materials. Fees can be paid to the instructor at the first class. Please call 503-325-5598 to register for the class and for further information.</td>
<td>JANUARY 6</td>
<td>END OF JANUARY</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
<tr>
<td>LEARN TO BLEND FIBERS</td>
<td>Students will learn how to blend fibers for spinning, weaving, felting, etc. They will also learn color principles and color applications and other blending techniques for color combinations. Learn blending techniques for combining fibers. Please pay $30 and register the instructor at the first class.</td>
<td>JANUARY 16</td>
<td>END OF JANUARY</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
<tr>
<td>SAFE FIBER DYING</td>
<td>Students will learn to dye protein fibers with food coloring and/or Kool-aids! They will also learn color principles and applications to color wool and other fibers. Cost of the class is $30. Please call 503-325-5598 for further information and to register for the class.</td>
<td>JANUARY 4</td>
<td>END OF JANUARY</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
<tr>
<td>BEGINNING SPINNING</td>
<td>Students will learn to spin yarn from prepared fiber or roving, and will make a continuous skein of yarn and learn how to draft fiber. Cost of the class is $30. Please call 503-325-5598 to register for the class and for further information.</td>
<td>JANUARY 6</td>
<td>END OF JANUARY</td>
<td>See Above</td>
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<td></td>
</tr>
</tbody>
</table>

### MEDITATION/SLEEP & HEALING

<table>
<thead>
<tr>
<th>Topic</th>
<th>Course Description</th>
<th>Start Date</th>
<th>End Date</th>
<th>Tuition/Fees</th>
<th>Gold Card</th>
<th>Codes</th>
</tr>
</thead>
<tbody>
<tr>
<td>RELAX &amp; RESTORE</td>
<td>Learn to apply the level 1 postures into a yoga flow while exploring deeper levels of the postures you have already learned. Please contact instructor Judy Matelich Hall at 503-286-3874 for information about the cost of the classes and register and pay for the class.</td>
<td>JANUARY 5</td>
<td>MARCH 11</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
<tr>
<td>WOOL PREPARATION</td>
<td>Students will learn how to select a fleece that is suitable for their project. They will also learn how to spin and card fiber to prepare it for spinning and weaving. The cost of the class is $75 and includes a fleece ($30 value). Please call 503-325-5598 to register for the class.</td>
<td>JANUARY 12</td>
<td>END OF MARCH</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
<tr>
<td>SAFE FIBER DYING</td>
<td>Students will learn to dye protein fibers with food coloring and/or Kool-aids! They will also learn color principles and applications to color wool and other fibers. Cost of the class is $30. Please call 503-325-5598 for further information and to register for the class.</td>
<td>JANUARY 4</td>
<td>END OF JANUARY</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
<tr>
<td>BEGINNING SPINNING</td>
<td>Students will learn to spin yarn from prepared fiber or roving, and will make a continuous skein of yarn and learn how to draft fiber. Cost of the class is $40 which includes materials. Fees can be paid to the instructor at the first class. Please call 503-325-5598 to register for the class and for further information.</td>
<td>JANUARY 6</td>
<td>END OF JANUARY</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
<tr>
<td>CARD WEAVING</td>
<td>Learn an ancient Egyptian weaving technique using cards and how to design patterns for card weaving. Students will have a finished product to take home. Cost of the class is $45 and includes materials. Fees can be paid to the instructor at the first class. Please call 503-325-5598 to register for the class and for further information.</td>
<td>JANUARY 25</td>
<td>END OF JANUARY</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
<tr>
<td>RUG WEAVING</td>
<td>This class is great for beginners and advanced weavers who want to learn how to weave a rug! Students will learn the elements of rug weaving on a floor loom. Materials and the loom will be provided and students will have a finished product to take home. Cost of the class is $195. Members of the Academy receive a 10% discount on the cost of the classes. Please register and pay the instructor at the first class. Classes will be held at the Astoria Fiber Arts Academy located at 1296 Duane Street, Astoria. For further information, please call 503-325-5598.</td>
<td>JANUARY 4</td>
<td>END OF JANUARY</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
</tbody>
</table>

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8 See page 2 for “How To Read This Schedule”, “Gold Card Info.”, “Important Dates”, and “Locations”. 9
## Fitness continued...

**LEVEL 1 YOGA (FIT085034) (0 Credit)**

Relax, restore and rejuvenate! This Yoga class is for all levels of participation. You will gently strengthen your body, create flexibility and begin to learn to build personal practice of the movements and positions. Please call instructor Judy Matelich Hall at 503-298-3874 for information about the cost of the class, and register and pay for class.

<table>
<thead>
<tr>
<th>SECTION ID</th>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>LOCATION</th>
<th>TUITION/FEES</th>
<th>GOLD CARD</th>
<th>CODES</th>
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<tbody>
<tr>
<td>D1 Staff</td>
<td>TBA</td>
<td>TBA</td>
<td></td>
<td>ASTIR LOTUS</td>
<td>See Above</td>
<td>See Above</td>
<td></td>
</tr>
</tbody>
</table>

**LEVEL 2 YOGA (FIT085035) (0 Credit)**

Learn to take the level 1 postures into a yoga flow while exploring deeper levels of the postures you have already learned. Please contact instructor Judy Matelich Hall at 503-298-3874 for information about the cost of the class and to register and pay for class.

<table>
<thead>
<tr>
<th>SECTION ID</th>
<th>INSTRUCTOR</th>
<th>TIME</th>
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<th>GOLD CARD</th>
<th>CODES</th>
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<tbody>
<tr>
<td>D1 Staff</td>
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<td>ASTIR LOTUS</td>
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</tbody>
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## Foreign Languages

**FRENCH LANGUAGE & CULTURE (FRN060020) (0 Credit)**

Students will learn to speak beginning French conversation and phrases. Students will develop their vocabulary while learning elements of French culture and a bit of the historical background of France.

<table>
<thead>
<tr>
<th>E1 Shepherd</th>
<th>6:30pm-8:50pm</th>
<th>W</th>
<th>SCC LAB</th>
<th>$65.00</th>
<th>$65.00</th>
</tr>
</thead>
</table>

**INTRODUCTION TO BIBLICAL HEBREW (FRH060001) (0 Credit)**

In this 8-week course, students will begin to learn the language of the Hebrew Scriptures. Reading and translation begins with the earliest lessons and increases in complexity as the student progresses. Please call 503-338-2408 for details.

<table>
<thead>
<tr>
<th>E1 Livingston</th>
<th>TBA</th>
<th>TBA</th>
<th>$65.00</th>
<th>$65.00</th>
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</table>

**JAPANESE CONVERSATION (JPN060000) (0 Credit)**

Students will develop skills necessary to function in the Japanese speaking community, with emphasis on pronunciation and conversational flow of sentences and everyday phrases. Includes cultural training as well as speaking and listening.

<table>
<thead>
<tr>
<th>E1 Swisser</th>
<th>6:00pm-8:50pm</th>
<th>W</th>
<th>PMTR 326</th>
<th>$140.00</th>
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## General Interest

**NUTRITION FOR CHRONIC DISEASES (HEL085308) (0 Credit)**

This course will provide basic information about the relationship between diet and chronic diseases such as diabetes, heart disease, cancer, arthritis and strokes. Emphasis will be on prevention and improving current health status through diet.

<table>
<thead>
<tr>
<th>E1 Laman</th>
<th>6:30pm-7:50pm</th>
<th>T</th>
<th>TOWL 206</th>
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<th>$49.00</th>
</tr>
</thead>
</table>

**INTRO TO HOMOEOPATHY (PER002562) (0 Credit)**

Homeopathy is growing in popularity and is the second most widely used system of medicine in the world. It is based on the principle of like curing like, not suppression as with chemical drugs. It boosts the immune system, is totally natural and safe, it treats the whole organism, is inexpensive, and extremely effective when given the correct remedy called the simillimum. This class will give a basic foundation in understanding classical homoeopathic medicine, how and why it cures, and what it can successfully treat. Classes will be held on the following dates from 7-9pm: Thursday, January 13; Thursday, January 20; Thursday, January 27; February 9; Wednesday, February 16; and Wednesday, February 23.

<table>
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<th>E1 Kaufman</th>
<th>7:00pm-8:50pm</th>
<th>W</th>
<th>TOWL 210</th>
<th>$48.00</th>
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**MEDITATION/STRESS & HEALING (LIF067501) (0 Credit)**

This interactive class will educate the student on managing personal stress levels. Open discussions about reaching "optimal stress" in life and how to roll on a war and weave a web. Students will also learn how to take the woven project off the loom and keep their finished piece. Cost of this class is $195 per person for 30 hours of instruction which includes materials. Please register and pay instructor at the first class. All classes will be held at the Fiber Arts Academy located at 1296 Duane Street, Astoria. Members of the Academy receive a 10% discount for the cost of the class. For further information, call 503-325-5598.

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<th>E1 Staff</th>
<th>TBA</th>
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## General Education

**MASTER GARDENER (AGR9880X) (0 Credit)**

Growing plants, berries, bulbs, seeds, herbs, and vegetables. Emphasizes selection of varieties, soil preparation, propagation, location, composting, fertilization, watering, and pest control. $75 fee payable to OSU Extension. Must register in advance by calling OSU at 503-325-8573. Two additional Saturday classes. TBA.

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<thead>
<tr>
<th>D1 Staff</th>
<th>8:00am-4:00pm</th>
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<th>IMTC CONFIRM</th>
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</table>

**WOOL PREPARATION (PER002560) (0 Credit)**

Students will learn the complete wool preparation process and learn how to select a fleece that is suitable for their project. They will also learn how to skirt it and wash it and comb or pick and card fiber to prepare it for spinning and weaving. The cost of the class is $75 and includes a fleece ($30 value). Please call 503-325-5598 to register for the class and for further information.

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<tr>
<th>D1 Staff</th>
<th>2:00pm-4:00pm</th>
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<th>FBART</th>
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</table>
### Education For Life Courses - Winter 2011

#### GENERAL INTEREST continued...

<table>
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<tr>
<th>SECTION ID</th>
<th>INSTRUCTOR</th>
<th>TIME</th>
<th>DAY</th>
<th>LOCATION</th>
<th>TUITION/FEES</th>
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</table>

WEAVE-AMERICAN OVERSHOT (PER002508) (0 Credit)
Learn to weave a mini-cowboy hat in the classic American overshoot pattern. Students will also learn the history of coverlet weaving and patterns. The history of the weave will also be explored. Cost of the class is $160 and includes materials. Please call 503-325-5598 for further information and to register for the class. Members of the Fiber Arts Academy receive a 10% discount.

- **Start Date:** JANUARY 6
- **End Date:** MARCH 18
- **Location:** Centra in Astoria.

BEGINNING CROCHETING (PER003509) (0 Credit)
Students will learn the basics of crochet stitches, different sizes of crochet hooks, what types of yarn to use for various projects, how to increase and decrease stitches, and how to follow a pattern. Students will progress at their own pace. Cost of the class is $40 and can be paid to the instructor at the first class. Please call 503-325-5598 for further information and to register for the class.

- **Start Date:** JANUARY 6
- **End Date:** JANUARY 19
- **Location:** See Above

SEWING FOR BEGINNERS (PER005511) (0 Credit)
Learn the basic sewing skills for those who have a sewing machine and want to learn how to construct clothing. Please bring your own portable sewing machine. Students will provide their own material and notions. Cost of the class is $140. Please call 503-325-5598 for further information.

- **Start Date:** JANUARY 4
- **End Date:** FEBRUARY 22
- **Location:** See Above

IN LOVE WITH DUNGEON CRAB (PER043507) (0 Credit)
Think you know all there is to know about preparing this delicious crustacean? Join local Executive Chef Chris Holen from Baked Alaska to explore everything Dunegon in this interactive cooking class. You will learn fun cooking techniques intertwined with interesting facts about this exciting and sometimes dangerous fish. We’ll even have a live fisherman on hand to help answer your questions and describe what it’s like fishing during the middle of December. The deadliest catch doesn’t have anything on the west coast Dungeon crab fishery! $85 per person which includes dinner and local wines and drafts. This class is put on by the Community-Based Education Collaborative in the Duncan Law Seafood Consumer Education Center.

- **Start Date:** JANUARY 6
- **End Date:** MARCH 10
- **Location:** FBRART

PRAGMATIC COASTAL GARDENING (PER028005) (0 Credit)
In this class, the Garden-Writer instructor leads this lecture, Q & A, and field trip based class. Learn to confidently seek solutions to garden challenges specific to our climate. Information is in regards to food-based or ornamental plants. Projects will be based on your own yard, or a community garden.

- **Start Date:** JANUARY 6
- **End Date:** MARCH 10

PAIRING LOCAL SEAFOODS (PER043516) (0 Credit)
What’s the best thing about preparing fresh locally caught seafood? All the wonderful local ingredients and wines to pair with it! From locally grown produce to mushrooms foraged just outside your neighborhood. This class with Executive Chef Chris Holen from Baked Alaska will help you harmonize the bounty of our local ocean with delectable ingredients - all for a match made in heaven! You will learn how to pair and prepare in-season seafood along with the unique gifts that Oregon has to offer. This is an interactive class which includes dinner and local wines and drafts - all for only $85 per person. This class is put on by the Community-Based Education Collaborative in the Duncan Law Seafood Consumer Education Center in Astoria.

- **Start Date:** JANUARY 20
- **End Date:** JANUARY 20
- **Location:** ASTRJOGG

COOKING UP SEAFOOD STEW (PER043505) (0 Credit)
Nothing is quite as comforting as a warm stew on a stormy northern Oregon coast night. Join Executive Chef Chris Holen from Baked Alaska and learn all the tricks of the trade when it comes to making scrumptious seafood stew from scratch - it’s easier than you might think and fun too. With a treasure trove of locally caught seafood, Chef Holen will teach you how to prepare this wonderful dish which will keep you and your guests happy and your stomach’s soothed on a rainy and cold February night! This is an interactive class which includes dinner and local wines and drafts - all for only $85 per person. This class is put on by the Community-Based Education Collaborative in the Duncan Law Seafood Consumer Education Center in Astoria.

- **Start Date:** FEBRUARY 8
- **End Date:** FEBRUARY 8

#### BUSINESS AND PERSONAL DEVELOPMENT

<table>
<thead>
<tr>
<th>SECTION ID</th>
<th>INSTRUCTOR</th>
<th>TIME</th>
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</table>

POWER POINT PRESENTATIONS (TEC070112) (0 Credit)
This course will acquaint students with the proper procedures necessary to create presentations using the Power Point computer program which will be suitable for professional purposes, coursework, and personal use. Students will be taught to create a new presentation, change test, add slides and animations, work with clip art, templates and create custom presentations.

- **Start Date:** JANUARY 14
- **End Date:** MARCH 14
- **Location:** TOWL 105

BEYOND BASIC COMPUTING (TEC070135) (0 Credit)
You know the basics but want to learn more. This class picks up where Basic Computing left off. We'll start with a review of basics and a survey of student interests. Core topics include customizing Microsoft Windows; installing and removing software; managing email and files; and reviewing basic applications (word processors, spreadsheets, presentations). We can move on to digital photo applications or whatever you desire. This is a hands-on class; you'll learn by working on the computer with the instructor's help.

- **Start Date:** JANUARY 10
- **End Date:** FEBRUARY 7
- **Location:** SCCC 102

EXCEL GRAPHS 4 SMALL BUSINESS (CSG070120) (0 Credit)
This course is designed to help small business owners by using Microsoft EXCEL to develop simple analysis for their businesses. We will discuss developing good data from your business operation (typically sales, but it can be many other things as well). We will use this information to develop some graphs and then extend our knowledge of our business with some rather simple analysis tools. As we progress through the course, students are welcomed to bring in their own data and we will work one on one with you. Students will learn to identify key data variables for their business, develop crisp graphical displays of sales, and utilize some of the analytical power of Excel to forecast future results.

- **Start Date:** JANUARY 6
- **End Date:** FEBRUARY 24
- **Location:** TOWL 105

#### FITNESS

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AQUATIC FITNESS (FIT085006) (0 Credit)
A physical conditioning program for women and men. Body conscious cardio/resistance workout targets heart rate, range of motion and strength building exercises are done in chest deep water.

- **Start Date:** JANUARY 6
- **End Date:** FEBRUARY 15
- **Location:** TOWL 209

PILATES EXERCISE FOR SENIORS (FIT085037) (0 Credit)
Loosen stiff joints, lose weight, increase your cardiovascular stamina and respiratory strength - all at the same time - with Pilates Exercise for Seniors!! Learn the fundamentals of Pilates including correct form, breathing, core body strengthening and how to apply them to enhance your mind-body connection. Please bring a yoga mat with you to class.

- **Start Date:** JANUARY 10
- **End Date:** FEBRUARY 18
- **Location:** TOWL 105

CHUAN-FA KUNG FU (PER035009) (0 Credit)
Learn the basic principles and techniques of this ancient style of Chinese martial arts. This course is suitable for professional purposes, coursework, and personal use. Students will be taught to create a new presentation, change test, add slides and animations, work with clip art, templates and create custom presentations.

- **Start Date:** JANUARY 10
- **End Date:** MARCH 14
- **Location:** See Above

SOARING CRANE QI GONG (FIT085075) (0 Credit)
Soaring Crane Qi Gong is an ancient system of exercises consisting of gentle, slow and easy to learn movements. This is a beginner’s level form of Qi Gong and is a beneficial practice for adults of all ages and skill levels. By practicing this form, you will bring balance and harmony to the body, the breath and the mind. Soaring Crane Qi Gong has been proven to increase energy, release stress, bring focus and clarity to the mind, as well as enhance overall health and well being.

- **Start Date:** JANUARY 4
- **End Date:** MARCH 8
- **Location:** SCC RM2

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See page 2 for “How To Read This Schedule”, “Gold Card Info.”, “Important Dates”, and “Locations”. See page 7 for “How To Read This Schedule”, “Gold Card Info.”, “Important Dates”, and “Locations”. See page 10 for “How To Read This Schedule”, “Gold Card Info.”, “Important Dates”, and “Locations”.
## Education For Life Courses - Winter 2011

### Continuing Education

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### ART

**OIL PAINTING (PER000109) (0 Credit)**

Students learn the fundamentals of oil painting, including color theory, color mixing, brush techniques, and composition.

- **E2** 
  - Barney
  - 12:30pm-3:20pm M
  - ARIB 101
  - $108.00
  - $108.00
  - Start Date: JANUARY 4
  - End Date: MARCH 8

- **E1** 
  - 12:30pm-3:20pm T
  - ARIB 101
  - $108.00
  - $108.00
  - Start Date: JANUARY 10
  - End Date: MARCH 14

**EXPLORING WATERCOLOR (PER000242) (0 Credit)**

Exploring Watercolor provides painting experiences to learn important watercolor techniques including washes, glasses, special effects, negative painting, and saving white spaces. Elements of design, the golden mean, horizon lines, value patterns, basic color theory and use of thumbnail sketches are discussed and incorporated in each artist’s paintings.

- **E1** Pomery-Crockett
  - 6:30pm-9:20pm R
  - ARIB 101
  - $53.00
  - $53.00
  - Start Date: JANUARY 6
  - End Date: MARCH 10

**PICTURE FRAMING & MATTING (PER005395) (0 Credit)**

Learn to frame your wonderful art work to make it look professional! This Saturday Picture Framing and Matting Workshop will teach students how to cut mitered corners on frame molding and how to cut mat board to fit the picture and the frame. Students will also learn how to choose the correct color to enhance the artwork and what styles of framing materials are available and what would work best to complement your art work.

- **W1** Staff
  - 11:00am-4:50pm S
  - ARIB 101
  - $49.00
  - $49.00
  - Start Date: FEBRUARY 26
  - End Date: FEBRUARY 26

**INTRODUCTION TO GLASS FUSING (PER000383) (0 Credit)**

As a student in this class, you will be provided with the fundamentals necessary to pursue fused glass, one of the most common forms of kiln-glass. In the end, you will make two fused and slumped plates, but first you will have some work to do. The workshop will begin with exercises in glass cutting, including straight and curved cuts, as well as perfect circles. From there, you will take your new found skills and put them to use designing, cutting and composing the parts necessary to make two fused and slumped plates. Discussions and demonstrations will cover the basics of kiln-firing, from types of glass and mold materials to kilns and firing schedules. No previous experience necessary. Class will be held at glass studio of Jamie Boyd Studio 11, 453-A, Eleventh St., Astoria, OR.

- **E1** Staff
  - 6:00pm-8:50pm T
  - ARIB 101
  - $69.00
  - $69.00
  - Start Date: JANUARY 4
  - End Date: MARCH 8

**JEWELRY METALSMAITHING (PER000313) (0 Credit)**

Add a little BLING to your life! Join our Jewelry Metalsmithing class to learn how to make silver, brass, or copper jewelry by using hand tools and precious metals to produce cut-work using designs and formed items that reflect your individual style. Please bring safety glasses to class.

- **D1** Staff
  - TBA
  - TBA
  - See Above
  - See Above

**ENHANCING YOUR DIGITAL PHOTOGRAPHY (PER000309) (0 Credit)**

The pleasure and processes of digital photography will be revealed through lecture, demonstration, and student image review. Principals and practices for camera use and image enhancement and preservation will be illustrated using Adobe Lightroom as a full-featured tool. This class will be held at studio of Jame Boyd Studio 11, 453-A, Eleventh St., Astoria, OR.

- **E1** Staff
  - 6:30pm-8:30pm T
  - LYNCH 102
  - $56.00
  - $56.00
  - Start Date: JANUARY 4
  - End Date: MARCH 3

**BLACK/WHITE PHOTO & DARKROOM (PER000300) (0 Credit)**

Students will learn production of photographic images using a variety of darkroom techniques for black and white photography.

- **E1** Meyer
  - 7:00pm-9:50pm R
  - ARIB 111
  - $118.00
  - $118.00
  - Start Date: JANUARY 6
  - End Date: MARCH 10

**WOOD CARVING - DUCK DECOY (PER000106) (0 Credit)**

This class will take you through the process of carving a duck hunting decoy step-by-step from creating a pattern, shaping the duck, balancing and painting the finished decoy. Included are both traditional and power carving techniques. This class is located in the high school’s woodshop.

- **E1** Antilla
  - 6:00pm-7:55pm T
  - ARIB 111
  - $108.00
  - $108.00
  - Start Date: JANUARY 6
  - End Date: MARCH 11

### GENERAL INTEREST continued...

**SEAFOD 101 (PER043512) (0 Credit)**

How do I know which fish to buy? Is fresh fish better then frozen or visa-versa? Can I overlook fish flitches? What’s the best way to store fresh or frozen fish? What's that fishy smell? Is there a different nutritional value to farmed versus wild caught fish? There are no questions off limits in this thorough look at seafood - how to purchase it, how to handle and how to prepare it. Join local seafood experts and learn everything you ever wanted to know about seafood in this class. Registration is $25 per person and includes refreshments and a snack… (seafood, of course!).

- **D1** Staff
  - 1:00pm-6:00pm S
  - ARIB 101
  - $69.00
  - See Above
  - Start Date: FEBRUARY 12
  - End Date: FEBRUARY 12

**BE KIND TO YOUR HEART (PER043513) (0 Credit)**

Be kind to your heart and your sweetie - join Executive Chef Chris Holen from Baked Alaska for a heart-healthy interactive cooking class where flavor and quality abound. Healthy can also be delicious and we’ll prove it to you! You learn how to prepare healthy and nutritious seafood as you learn about the varied and many benefits to your health and wellbeing from consuming seafood on a regular basis. This is an interactive class which includes dinner and local wines and drafts - all for only $85 per person. This class is put on by the Community-Based Education Collaborative in the Duncan Law Seafood Consumer Education Center in Astoria.

- **E1** Staff
  - 6:00pm-8:50pm R
  - ARIB 101
  - $69.00
  - See Above
  - Start Date: MARCH 17
  - End Date: MARCH 17

**SPRING FEVER! SPRING CHINOOK (PER043514) (0 Credit)**

There are so many ways to prepare the delicious Spring Chinook Salmon - one of the most prized fish species from our local waters. Join Executive Chef Chris Holen from Baked Alaska in an interactive cooking class where we explore the versatility and simple deliciousness of this local treasure. With interesting facts about the fishery and a real, live salmon fisherman on hand to discuss the Oregon fishery and answer your questions about fishing for Chinook. This is an interactive class which includes dinner and local wines and drafts - all for only $85 per person. This class is put on by the Community-Based Education Collaborative in the Duncan Law Seafood Consumer Education Center in Astoria.

- **E1** Staff
  - 6:00pm-8:50pm R
  - ARIB 101
  - $69.00
  - See Above
  - Start Date: MARCH 24
  - End Date: MARCH 24

**NAUI BASIC SCUBA DIVING COURSE (PER03406) (0 Credit)**

National Association of Underwater Instructors (NAUI) provides a course to introduce the essential skills in snorkeling and about dive equipment, the science of diving, responsible diving practices and the environment. You will also learn many skills in the water with practice time for your safety and comfort. Certification option available after 5 dives in open water available. Please call Royal Holcom at Astoria Scuba 503-325-2502 for more detailed information.

- **D1** Staff
  - TBA
  - TBA
  - See Above
  - See Above

**AARP DRIVER’S SAFETY COURSE (SAF090200) (0 Credit)**

This course explains the changes that occur in vision, hearing, and reaction time as we age, and provides useful driving tips to handling these changes. Designed for drivers aged 50 and older who wish to participate in discussions surrounding safety and aging. One does not have to be a member of AARP to take this class. Oregon State law provides a discount on your auto insurance premium for completing this course. If you have already taken this or a similar course, most insurance companies require that a refresher course be taken every three years to continue to receive the discount; or every two years if you are 70 or over. Please call 503-338-2408 to register for the class. Cost to AARP members is $12, and $14 for non-members.

- **D1** Staff
  - Start Date: JANUARY 8
  - End Date: JANUARY 11
  - MT
  - SEAS BCCC
  - See Above
  - See Above

- **D2** Staff
  - Start Date: FEBRUARY 7
  - End Date: FEBRUARY 8
  - MT
  - SEAS BCCC
  - See Above
  - See Above

- **D3** Staff
  - Start Date: FEBRUARY 22
  - End Date: FEBRUARY 23
  - TW
  - PNR 325
  - See Above
  - See Above

- **D4** Staff
  - 9:00am-1:00pm T
  - ARIB 101
  - $69.00
  - See Above
  - See Above

**US POWER SQUADRON SAFE BOATING (SAF090500) (0 Credit)**

Presents the basic elements of equipment, regulations, elementary seamanship, charts and their uses, boat trailering, sailing, and engine troubleshooting.

- **E1** Staff
  - 7:00pm-8:30pm T
  - ARIB 101
  - No Fee
  - No Fee
  - Start Date: JANUARY 8
  - End Date: MARCH 8

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6 See page 2 for “How To Read This Schedule”, “Gold Card Info.”, “Important Dates”, and “Locations”.

11
### Education For Life Courses - Winter 2011

**GENERAL INTEREST continued...**

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**MUSIC AND DANCE**

**INDIVIDUAL LESSONS: BLUEGRASS GUITAR (PER00650) (0 Credit)**

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**INDIVIDUAL LESSONS: BLUEGRASS MANDOLIN (PER00650) (0 Credit)**

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**INDIVIDUAL LESSONS: FLUTE (PER00650) (0 Credit)**

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**INDIVIDUAL LESSONS: SNARE DRUM (PER00650) (0 Credit)**

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**BASKETBALL REFEREE TRAINING (PED9374X) (0 Credit)**

Students will review current and new rules which pertain to officiating high school basketball. The rules are sanctioned under the National Federation of High Schools. Students will also practice floor positioning and correct referee techniques. Please call 503-338-2445 for registration information.

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**SOCCER REFEREE TRAINING (PED9974X) (0 Credit)**

Students will review and discuss soccer officiating rules and other aspects of officiating high school soccer games according to national Federation rules. Call 503-338-2445 for registration information. Please call 503-318-2445 for registration information.

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**Volleyball REFEREE TRAINING (PED9374X) (0 Credit)**

Students will review and discuss volleyball officiating rules and other aspects of officiating high school volleyball matches according to National Federation Rules. Please call 503-338-2445 for registration information.

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**FLAGGER TRAINING-ODOT CERTIFICATION (OST9877X) (0 Credit)**

Prepares those employed or employable as flaggers to train or retrain for certification in Oregon, Washington and Idaho. Alerts participants to dangers and pitfalls inherent in the work place, provides them with the information they need to be safe and prepare a safe environment for coworkers, drivers and pedestrians.

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**MASTER GARDENER (AGR9810X) (4 Credit)**

Participants will gain a good understanding of plant, water, and soil interrelationships. Participants become "Master Gardeners" and are expected to return to the community an equal number of hours of volunteer service. Co-sponsored by OSU Extension Service. $79 fee payable to OSU Extension. Must register in advance by calling 503-325-8573. Two additional Saturday classes TBA.

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**BEE KEEPING (AGR9817X) (2 Credit)**

Bee keeping is an art and a science. Novice beekeepers and those interested in becoming beekeepers will learn how to be successful with a venture of keeping honey bees. This class will cover topics including bee behaviors, equipment, care of hives, diseases and medications, safety, honey production, marketing, round maintenance and how to obtain honey bees locally. Fee is $15 per person, or $25 per family. Please bring a sack lunch. Register and pay in class.

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**EXCEL GRAPHS 4 SMALL BUSINESS (CSC97520) (0 Credit)**

This course is designed to help small business owners by using Microsoft Excel to develop simple analysis for their businesses. We will discuss developing good data from your business operation (typically sales, but it can be many other things as well). We will then use this information to develop some graphs and then instill our knowledge of our business with some rather simple analysis tools. As we progress through the course, students are welcome to bring in their own data and we will work one on one with you. Students will learn to identify key data variables for their business, develop crisp graphical displays of sales, and utilize some of the analytical power of Excel to forecast future results.

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See page 2 for “How To Read This Schedule”, “Gold Card Info.”, “Important Dates”, and “Locations”. 5
**DIRECT-MARKETING FOR FISHERMEN (BUS92502) (0 Credit)**

In this one-day workshop, learn the basics about direct-marketing seafood catch to the buyers and the public. Direct-Marketing for Fishermen will focus on identifying resources to assist with fishermen's direct-marketing efforts as well as helping the average fisherman understand the regulations surrounding direct-marketing efforts. Join our experts for a day of learning everything that is direct-marketing including the risks and the rewards. Start adding more value to your catch.

**HANDGUN SAFETY (CRJ9126X) (0 Credit)**

Participants will learn handgun safety and obtain information necessary to meet the training requirements for a concealed weapon permit. Please call 503-440-0955 or email hamclass@charter.net for further information.

**HAM RADIO TRAINING (CRJ9126X) (0 Credit)**

This is a Federal Communications License which you must have to operate on Ham Radio Frequencies. Students will learn about Radio Theory, Allowable Frequencies, RF Exposure Limits, Repeaters, Radio Ethics, Antennas, Allowable Frequency Bands, as well as other important and necessary subjects to know in order to pass your Ham Radio Exam. The objective of this class is to help prepare people to help with communication for non-emergent and emergency situations. Students will also work on Ham Radio disasters that may cause major damage and/or communication failures. Please call 503-440-0955 or email hamclass@charter.net for further information.

**INFANT/CHILD CPR (HEL9446X) (0 Credit)**

Participants will learn to recognize and respond to life-threatening respiratory or cardiac emergencies in infants and children and will develop the skills necessary to overcome reluctance to act in these emergency situations. Workshop cost is $25. Call 503-325-4721 for dates and to preregister. Fee based on pre-registration.

**MUSIC AND DANCE continued...**

**NORTH COAST CHORALE (PER007500) (0 Credit)**

Participants will learn or improve their ability to sing with a choral group by studying music, including sight reading, understanding musical notation and following directions, while rehearsing. Students will be given the opportunity to experience the genius of old masters and contemporary composers.

**NORTH COAST SYMPHONIC BAND (PER007600) (0 Credit)**

Participants will learn or improve their ability to play musical instruments within a symphonic band made up of a wind ensemble and a percussion section. Students will prepare for a public performance or concert of band music and gain concept and understanding for the work of music. Cost is $20. Call 503-440-0955 or email hamclass@charter.net for further information.

**SALSA DANCE LESSONS (PER006009) (0 Credit)**

In this one-day workshop learn the basics about direct-marketing seafood catch to the buyers and the public. Direct-Marketing for Fishermen will focus on identifying resources to assist with fishermen's direct-marketing efforts as well as helping the average fisherman understand the regulations surrounding direct-marketing efforts. Join our experts for a day of learning everything that is direct-marketing including the risks and the rewards. Start adding more value to your catch.

**SALSA DANCE LESSONS (PER006009) (0 Credit)**

**CERTIFIED NURSING ASSISTANT (NUR9661) (0 Credit)**

Students acquire, demonstrate and deliver routine patient care to residents of long term care and other facilities. This course includes instruction in basic bedside nursing skills, restorative services, mental health and social needs as well as personal care skills and patient rights. Students will be given an introduction to anatomy and physiology. This course meets the requirements of the Oregon State Board of Nursing for certification as a nursing assistant - DNL. Please contact the Nursing and Allied Health Director, Laurie Choate, by e-mail at lchoate@clatsopcc.edu or stop by her office in Columbia Hall, Room 205, to receive the class schedule and permission to register. You must have the permission of the Nursing and Allied Health Director to register for this class.

**CERTIFIED NURSING ASSISTANT (NUR9661) (0 Credit)**

Students acquire, demonstrate and deliver routine patient care to residents of long term care and other facilities. This course includes instruction in basic bedside nursing skills, restorative services, mental health and social needs as well as personal care skills and patient rights. Students will be given an introduction to anatomy and physiology. This course meets the requirements of the Oregon State Board of Nursing for certification as a nursing assistant - DNL. Please contact the Nursing and Allied Health Director, Laurie Choate, by e-mail at lchoate@clatsopcc.edu or stop by her office in Columbia Hall, Room 205, to receive the class schedule and permission to register. You must have the permission of the Nursing and Allied Health Director to register for this class.

**FOOD HANDLERS TRAINING FOR SPANISH SPEAKERS (HRT9745X) (0 Credit)**

Food Handlers will learn preparation and serving of safe food. Emphasis will be placed on the five major factors of food-borne illnesses. An exam is required for certification. Students required to complete 2 hours of training. Register by calling 503-338-2438 or 503-338-2411. This class will be for Spanish speakers only. If you need further information or have questions, please call 503-338-2408. Please pay $10 fee to the instructor at the class.

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Please refer to page 2 for "How To Read This Schedule", "Gold Card Info.", "Important Dates", and "Locations".
Do Your Employees Need Additional Training To Increase Productivity At Work?  
Are You Sending Employees Out Of The Region For Training?  
Do You Struggle With Organizing and Finding The Time For In-house Training?  

Our customized training services are designed to help you identify specific industry skills and create convenient and affordable training sessions that hit the target.  
Assessment consulting is free!  

What Is Workforce Training?  
Workforce training strives to be responsive to the workforce needs of local businesses by providing training opportunities for workers seeking to gain or improve skills, knowledge or understanding of various topics needed in their occupations. Customized training is also available to businesses based on specific needs and is delivered in a flexible format geared to specific schedules and site locations. For example, training topics may include pre-employment orientation, industrial and manufacturing, safety and regulatory, medical, computer, and hospitality service. You can increase your business capacity to utilize specialized training with services such as train-the-trainer workshops, job analysis, needs assessment, pre-employment preparation, refresher and skill upgrading, and consulting services. For more information call 503-338-2408.

Types Of Training Available To You  
- Industry-Specific Short Courses & Workshops  
- Supervisory & Management Training  
- Industry Certifications/Recertification & Testing  
- Effective Workplace Communications & Team Building  
- New Employee Orientation  
- Customer Service  
- OSHA Safety  
- Manufacturer Training  
- Supervisory Training  
- Medical Training  
- Computer Training  
- Basic Office Skills  
- Pre-employment Training  
- Safety & Regulatory Training  
- Real Estate Workshops  
- Leadership Training  
- Public Safety Classes & Workshop  

For Information On Workforce Training, Contact:  
Kristen Wilkin  
Deputy Workforce Education Director  
CCC - MERTS Campus  
646 Liberty Lane  
Astorina, OR 97103  
503-338-7696  

Paula Duncan  
Education Coordinator  
CCC - Josie Peper Building  
1642 Franklin St.  
Astorina, OR 97103  
503-338-2408  

Programs That Are Here To Help You  
Clatsop Economic Development Resources (CEDR)  
Do solving your business challenges seem like an impossible task?  
The mission of CEDR is to deliver business-driven economic development services to create, grow, and retain businesses in Clatsop County. CEDR covers all aspects of your business.  
We cycle from concept to expansion to exiting.  
CEDR provides confidential and free business counseling, specialized services, workforce training to small and medium-sized businesses.  
We can help you overcome barriers to growth and achieve your goals.  
We can help you have a stop, high quality and low cost business solution.  
South County Campus 503-338-2402  
Small Business Management Program (SBM)  
Since 1979, the Small Business Management Program has assisted small business owners to achieve their goals through improved organization, management, operations and marketing of their businesses.  
Instruction is practical and immediately usable, tailored to each business’s individual needs.  
If you’re a business owner who is willing to commit time for classes and on-site visits and willing to try and accept new ideas, then this program is for you.  
You’ll benefit from monthly classroom sessions covering specific topics, group discussions and an exchange of ideas with other business owners; monthly visits to your business by the SBM instructor for personalized and confidential application of classroom topics and subjects of your choosing; and an analysis of your business to help you develop a sound plan for growth, expansion and greater profits.  
South County Campus 503-738-2417  
Small Business Development Center (SBDC)  
The path traveled to start, run and grow a business is filled with a variety of obstacles that often result in costly setbacks, or even failure.  
Traveling this path alone can be overwhelming and is extremely risky.  
The Clatsop Community College SBDC counselors have traveled the path and can assist with overcoming the obstacles. The result is lower risk and increased probability of success.  
We accomplish this by providing:  
- No Cost Business Consulting  
- Training Sessions & Materials  
- Business Information Referrals  
South County Campus 503-338-2402  
1455 N. Roosevelt  
Seaside, OR 97138  

FINANCIAL RESPONSIBILITY: I understand that by registering for a class or course at Clatsop Community College, I have incurred a legal obligation to pay all tuition and fees and any other charges relating to my enrollment at the College. I understand that unless I officially withdraw from my classes that I am obligated to make payment by the due date published in the relevant term schedule. If I do not make payment, make arrangements for payment, withdraw from my classes by the required date, I will be also responsible for additional late charges, and collection and attorney’s fees.  
I authorize Clatsop Community College to use my social security number to verify enrollment and/or degree information with the National Student Clearinghouse.  

Please bill my  
- VISA  
- MASTERCARD  

I certify that the statements made on this form are true and complete to the best of my knowledge and belief. I understand that if I am not registered for the course I have listed, I will be automatically dropped from the course.  

Please provide your social security number to verify enrollment and degree information with the National Student Clearinghouse.  

Card #  
Expiration Date  
Cardholder’s Signature  

Please provide your social security number to verify enrollment and degree information with the National Student Clearinghouse.  

Student Social Security #  
Student Signature  
Date  
Advisor Signature  
Date  

If you have a documented disability and would like accommodations, please contact the Disability Specialist at 503-338-2474.
Important Dates

November 29 - January 7
Registration
January 4
Classes Begin
January 7
Payment Due
January 7
Register Without Late Fee
& Without Instructor Approval*
January 7
Pay For Classes With No Late Payment Fee
January 7
Drop With Full Refund
(No refunds after this date)

January 10 - January 14
Late Registration
January 14
Register For Term Length Classes
January 18
Drop With No Nostatlon
on Transcript
January 18
Refunds Mailed
February 18
Drop A Course Or Change To Credit, Audit
January 3 & 17,
January 14
CCC Closed
March 11
Completely Withdraw
From All Classes
March 14 - 17
Final Exams
March 22
Grades Available
Using MyCCC

* No late registration fee for open-entry classes.

What is the Gold Card Discount?
Clatsop Community College students 62 or older may hold a Clatsop Community College Gold Card. Card holders are entitled to a 25% discount on course tuition and instructional related fees. Other fees, including technology and materials fees, are the responsibility of the bearer. Students must present proof of age. The College reserves the right to exempt courses from the Gold Card discount. Look in the “Gold Card Tuition & Fees” column of the class listings to determine the cost of your class.

How To Read This Schedule:

COURSE NUMBER:
The 3-letter, 6-digit number listed to the right of the class title needed to register for the class.

SECTION ID:
The 1-letter, 1-digit number needed to register for the class.

INSTRUCTOR:
Indicates who teaches the class.

TIME:
The time the class is offered.

DAYS:
The day(s) the class is offered.

LOCATIONS:
See below for class locations.

TUITION/FEES OR GOLD CARD:
Cost to enroll in class.

No Fee:
There is no fee to take this class.

SEE ABOVE:
The fee is not collected through CCC but rather through the individual instructor/business that offers the course. See class description for pricing information.

GOLD CARD:
See “What is the Gold Card Discount” for Gold Card pricing information.

CODES:
Indicates that the class begins at or after
5:00 p.m.

Instructor Permission
Students must have permission from course instructor before registering for the class.

Open Entry/Open Exit
Many Open Entry/Open Exit courses have no late registration fees. Many of these classes may be started at anytime during the term. You must complete the required amount of hours. Contact the class instructor for more information.

Locations:

ARTB: Art Building, CCC
ASTR AHS: Astoria High School
ASTR AQUCY: Aquatics Center
ASTR JOSIE: Josie Peppe Building, CCC
ASTR LOTUS: Lotus Yoga Studio
ASTR SDCR: Seafood Consumer Center
Astromed: Studio 11
COLB: Columbia Hall, CCC
COL: Columbia Hall, CCC
FBRART: Fiber Arts Academy
IMTC CONFIRM: Integrated Manufacturing Tech Center
PACM: Performing Arts Center
PATR: Patrick Hall, CCC
SCCC LAB: CCC South County Campus Computer Lab
SEAS BCCC: Bob Chisholm Community Center
SEAS MASON: The Masonic Temple
TOWL: Towler Hall, CCC

How To Read This Schedule:

COURSE NUMBER:
The 3-letter, 6-digit number listed to the right of the class title needed to register for the class.

SECTION ID:
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LOCATIONS:
See below for class locations.

TUITION/FEES OR GOLD CARD:
Cost to enroll in class.

No Fee:
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SEE ABOVE:
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GOLD CARD:
See “What is the Gold Card Discount” for Gold Card pricing information.

CODES:
(course begins at or after
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Locations:

ARTB: Art Building, CCC
ASTR AHS: Astoria High School
ASTR AQUCY: Aquatics Center
ASTR JOSIE: Josie Peppe Building, CCC
ASTR LOTUS: Lotus Yoga Studio
ASTR SDCR: Seafood Consumer Center
Astromed: Studio 11
COLB: Columbia Hall, CCC
COL: Columbia Hall, CCC
FBRART: Fiber Arts Academy
IMTC CONFIRM: Integrated Manufacturing Tech Center
PACM: Performing Arts Center
PATR: Patrick Hall, CCC
SCCC LAB: CCC South County Campus Computer Lab
SEAS BCCC: Bob Chisholm Community Center
SEAS MASON: The Masonic Temple
TOWL: Towler Hall, CCC

Clatsop Community College’s one-year Sustainable Energy Technician Certificate is aligned with the one-year Oregon Green Tech Certificate.

Courses offered Winter term include:
• SET 121 Introduction to Sustainability
• SET 121 Mechanical Systems
• EET 121 Electrical Troubleshooting

For more information please contact:
Kristen Wilkin, Dean of Workforce Education and Training at 503-338-7969 or kwilkin@clatsopcc.edu to learn more about the program and the special admissions process through Clatsop Community College and MTC Works, a WorkSource NW Oregon partner.

ENROLL NOW FOR WINTER TERM!

The Oregon Green Tech Certificate will prepare you for an entry level career in a broad array of green occupations across a variety of diverse industries. As an OGTC graduate you will possess the knowledge of electrical, mechanical, and heating/cooling systems within the framework of sustainability and green technology.

Individuals who complete the one-year Green Technology Certificate will:
• Have workplace skills employers need: critical thinking, problem solving, team work, etc.
• Possess a unique set of entry-level technical skills taught through the lens of green systems thinking and problem solving.
• Be in demand by diverse industries such as energy efficiency and production, manufacturing, construction, repair, installation, retro-fitting and more. This program is an equal opportunity program. Auxiliary aids and services are available upon request to individuals with disabilities.

Oregon Green Tech Certificate Pending State Approval

This program is funded in whole or in part with funds provided through the Oregon Department of Community Colleges and Workforce Development and The Oregon Consortium from the U.S. Department of Labor.
The Clatsop Community College
Academic Classes Are ONLINE!

Looking for a writing, math or science class? Winter 2011 academic classes are available now in our 2010/11 Schedule. You can access the schedule online at www.clatsopcc.edu or call the Student Services Center at 503-338-2438, 503-338-2411, or the South County Campus at 503-338-2402 for assistance.

Returning students can register online using MyCCC.

ART CENTER GALLERY: EXHIBITS
(Gallery Info: www.clatsopcc.edu)

CCC Faculty Art Show
November 4 - December 17
Opening Reception: Thursday, November 4, 6:00 p.m., Art Center Gallery

Chris Rauschenberg, Photography
January 13 - February 10
Opening Reception: Thursday, January 13, 6:00 p.m., Art Center Gallery

Au Naturel: The Nude in the 21st Century
February 17 - April 14
Opening Reception: Thursday, February 17, 6:00 p.m., Art Center Gallery

NEW! Sustainable Energy Technician Certificate now available at CCC.

See pg. 15 for certificate details and classes offered Winter term.

ARTS & IDEAS: EVENTS
(A&I Info: 503-338-5735)

December 11 at 7:00 p.m. &
December 12 at 2:00 p.m. PAC
North Coast Choral, Concert
"Ghosts of Christmas Past"

January 11 12:00 Noon PAC
Rainy Day Film Festival, Movie
"Freedom Riders"

January 15 7:30 p.m. PAC
A Celebration of ALL Religions, Event
"World Religion Day"

January 30 2:00 p.m. PAC
North Coast Symphonic Band, Concert
"Music of the Victorian Era"

February 13 3:00 p.m. PAC
Kim Angelis and Friends, Concert
"Romancing The PAC/The Gypsies’ Journey"

March 4 7:00 p.m. PAC
Music 180 & 280, Guitar Recital/Concert
"Dave Drury & CCC Students In Concert"

March 5 7:30 p.m. PAC
Woman’s History Month, Theater
"The Vagina Monologues"

March 6 3:00 p.m. PAC
North Coast Symphony, Concert
"8th Symphonies"

March 19 7:30 p.m. PAC
Woman’s History Month, Movie
"Iron Jawed Angels"

March 26 7:30 p.m. PAC
Astoria Tuba Quartet, Concert
"Low Blow"

Last Saturday of Each Month:
Troll Radio Revue
All shows held at the PAC from 11:00 a.m. to Noon. Live KMUN radio broadcast.
Fun for children of all ages!

Accredited by the Northwest Commission on Colleges & Universities.

It is the policy of Clatsop Community College that there will be no discrimination or harassment on the grounds of race, color, sex, marital status, religion, national origin, age, sexual orientation, or disability in any educational program, activity, or employment. Questions or complaints should be directed to the Title IX/Section 504 Coordinator located in the Student Services Center 503-338-2474. For ADA and other accommodations call: 503-338-2474 TDD 503-338-2468.