



**Clatsop
Community
College**

Workforce Training Fall 2011 *& Education For Life Classes*



Important Dates

June 1

Registration
Students with more than 44 credits
may register beginning May 31

September 26

Classes Begin

September 30

Payment Due

Last Day To Register
Without Late Fee, and Without
Instructor Approval*

September 30

Last Day To Pay For Classes
With No Late Payment Fee

September 30

Last Day To Drop
With Full Refund
(No refunds after this date)

October 3 - 7

Late Registration: Fees apply

October 7

Last Day To Register
For Term Length Classes

College Closed

November 11, 24, 25

December 23 - January 2

October 21

Last Day To Drop With
No Notation on Transcript

October 21

Refunds Mailed

November 14

Last Day To Drop A Course
Or Change To Credit, Audit

December 2

Last Day To Completely
Withdraw From All Classes

December 9

End of Term

December 13

Grades Available
Online Using MyCCC

* No late registration fee for
open-entry classes.

Fall 2011

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.

N	Sunday	R	Thursday
M	Monday	F	Friday
T	Tuesday	S	Saturday
W	Wednesday	TBA	To Be Announced

LOCATIONS:

See below for class locations.

TUITION/FEES:

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.

KEY:

=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/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
1799 Lexington Ave., Astoria, OR

ASTR AQUACT: Aquatics Center
1997 Marine Dr., Astoria, OR

ASTR ARC: American Red Cross
1054 Exchange St., Astoria, OR

ASTR ARTMOV: Arts and Movement Center
1103 Grand Ave., Astoria, OR

ASTR CMH: Columbia Memorial Hospital
2111 Exchange St., Astoria, OR

ASTR FBRART: Fiber Arts Academy
1296 Duane St., Astoria, OR

ASTR HONDO: Hondo's Brew
2703 Marine Dr., Astoria, OR

ASTR JOSIE: Josie Peper Building, CCC
1642 Franklin St., Astoria, OR

ASTR LOTUS: Lotus Yoga Studio
2935 Marine Dr., Suite F, Astoria, OR

CLTK CMS: Clatskanie Middle School
555 SW Bryant St., Clatskanie, OR

CLTK SENIOR: Clatskanie Senior Center
620 SW Tichenor, Clatskanie, OR

COLB: Columbia Hall, CCC
1651 Lexington Ave., Astoria, OR

PACM: Performing Arts Center
16th St. and Franklin St., Astoria, OR

PATR/PATR GYM: Patriot Hall/Patriot
Hall Gym, CCC
1650 Lexington Ave., Astoria, OR

RAIN RHS: Rainier High School
28170 Old Rainier Rd., Rainier, OR

SCCC/SCCC LAB: CCC South County
Campus/Computer Lab
1455 N Roosevelt, Seaside, OR

SEAS BCCC: Bob Chisholm Community Center
1225 Ave. A, Seaside, OR

SEAS HIGHS: Seaside High School
1901 N. Holladay Dr., Seaside, OR

SEAS LIBR: Seaside Public Library
1131 Broadway, Seaside, OR

SEAS MASON: The Masonic Temple
201 N. Holladay Dr., Seaside, OR

TBA: To be announced or to be arranged

TOWL: Towler Hall, CCC
1660 Lexington Ave., Astoria, OR

WARR OCEAN: Ocean Crest Motors
855 Alt. Hwy. 101, Warrenton, OR

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

For Information On Workforce Training, Contact:

Kristen Wilkin

Dean, Workforce Education
CCC - MERTS Campus
6540 Liberty Lane
Astoria, OR 97103
503-338-7696

Paula Duncan

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

INDUSTRIAL SAFETY TRAINING APPLICATIONS

Clatsop Community College's Industrial and Manufacturing Technologies Center offers modules affording open entry/exit enrollment utilizing a self-paced format of delivery approximately four hours in length.

For available modules, days, times, and registration information, contact the IMTC Department office at 503-338-7670.



Programs That Are Here To Help You

Clatsop Economic Development Resources (CEDR)

Does 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' life cycle-from concept to expansion to exiting. CEDR provides confidential and free business counseling, specialized services, workforce recruitment and training. CEDR is a one-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 discussion 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 and Materials
- Business Information Referrals

South County Campus 503-338-2402
1455 N. Roosevelt
Seaside, OR 97138

Workforce Training Courses - Fall 2011

Continuing Education

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	CODES
COTTAGE INDUSTRY STARTUPS (BUS975214) (o Credit)						
Would you like to be your own boss? You can turn your sewing, leather working, soap or sail or candle or cheese making and gardening into a business! There are minimal investment and operating expenses that can produce both income and enjoyment. Cottage industries are the perfect marriage of creativity with practicality, producing a whole new array of local economic opportunities. Class emphasis is on low-tech, low-energy input, local materials and local markets. Thinking outside-the-box is both encouraged and fostered! Course fee is \$45, payable at the first class. Couples discounts available. Register at 503-325-6886 or online at LifeboatAcademy@aol.com.						
E1	BLACK	6:00-9:50pm	W	ASTR LBACAD	See Above	☐
Start Date: OCTOBER 2		End Date: OCTOBER 31				
SAFETY N.E.T. (EMS935004) (o Credit)						
Participants in this workshop will gain the tools, skills and knowledge to organize themselves and other people who may be affected by natural disasters. Information will be shared on how to become more resilient and self-sufficient during and following an emergency event, whether a severe storm, an earthquake, tsunami, fire, health threat, or even a prolonged power outage. Knowledge from this class will give participants, whether as individuals or community wide, a better sense of security in being able to handle disaster situations that continue to face coastal communities. It's a fun way to get together with neighbors, and one that provides a greater feeling of security as we continue to experience threatening storms, tsunami watches, and other challenges to the status quo. The training is facilitated by Caren Black, a member of local CERTS (Community Emergency Response Teams) who set up her own neighborhood emergency network after the 2007 storm. Based on FEMA's Citizen Corps "Map Your Neighborhood", the N.E.T. training goes beyond "mapping" with additional organizational structures, planning, tools and information as well as ongoing updates. There is a \$10 materials fee, payable at the first class, in addition to class fees. For further information, please call 503-325-6886.						
W1	BLACK	9:00am-2:00pm	S	TOWL 310	\$35.00	
Start Date: SEPTEMBER 24		End Date: SEPTEMBER 24				
ADULT CPR (HEL9446X) (o Credit)						
Participants will develop the skills necessary to overcome any reluctance to act in emergency situations and care for life-threatening emergencies such as respiratory or cardiac emergencies in adults. Workshop cost is \$25. Call 503-325-4721 for dates and to pre-register. Fee based on pre-registration. Open Entry/Exit.						
D1	FLUES	TBA	TBA	ASTR ARC	See Above	
Start Date: SEPTEMBER 26		End Date: DECEMBER 8				
ADULT CPR/FIRST AID (HEL9446X) (o Credit)						
Participants will develop the skills necessary to overcome any reluctance to act in emergency situations and care for life-threatening emergencies such as respiratory or cardiac problems, sudden illness or injury. Workshop cost is \$35. Call 503-325-4721 for dates and to pre-register. Fee based on pre-registration. Open Entry/Exit.						
D3	FLUES	TBA	TBA	ASTR ARC	See Above	
Start Date: SEPTEMBER 26		End Date: DECEMBER 8				
INFANT/CHILD CPR (HEL9446X) (o 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 pre-register. Fee based on pre-registration. Open Entry/Exit.						
D2	FLUES	TBA	TBA	ASTR ARC	See Above	
Start Date: SEPTEMBER 26		End Date: DECEMBER 8				
CPR FOR HEALTH PROFESSIONALS (HEL9446X) (o Credit)						
The American Heart Association Basic Life Support for Health Care Providers is designed to provide health professionals training to recognize several life-threatening emergencies, provide CPR and use an AED, and relieve choking in a safe, timely, and effective manner. Please pre-register by calling 503-338-2393 or 503-338-2602. You must pre-register for this class.						
D4	NORMAN	8:00-11:50am	W	ASTR JOSIE	\$28.00	
Start Date: SEPTEMBER 7		End Date: SEPTEMBER 7				
D5	NORMAN	8:00-11:50am	W	ASTR JOSIE	\$28.00	
Start Date: SEPTEMBER 21		End Date: SEPTEMBER 21				
D6	NORMAN	8:00-11:50am	W	ASTR JOSIE	\$28.00	
Start Date: NOVEMBER 2		End Date: NOVEMBER 2				
HAM RADIO TRAINING (CRJ9126X) (o Credit)						
In this Technician Amateur Radio Class - Ham Radio - students will prepare for the Amateur Radio "Technician License Exam". 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 you Ham Radio exam. Exam will be given at 4:30pm after the class on Saturday. The objective of this class is to help prepare people to help with radio communications for non-emergency and emergency situations such as wind storms, floods, tsunamis and other possible man-made disasters that may cause major damage, and/or power and communications failures. Class begins on Friday night at 5:30 pm and ends at 8:00 pm. Class begins on Saturday at 9:00 am and ends at 6:00 pm.						
W1	HOLWEGE	5:30-8:20pm	FS	SCCC RM2	No Fee	☐
Start Date: OCTOBER 14		End Date: OCTOBER 15				

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	CODES
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THE INS AND OUTS OF PTSD (SOC94952CE) (o Credit)

Overview of the latest findings on the effects of trauma on the brain. Licensed Social Workers, Counselors, Nurses and Neurologists will learn how an individual experiences and later, re-experiences the trauma; how family members react and how they experience the survivor's re-experiencing; and how the community experiences the survivors' re-experiencing. Throughout the day, treatment suggestions will be made and discussed. This is a new look at a rapidly growing field and one that benefits us all to understand. Cost of the class for Clatsop College students for CEUs is \$35 made payable to Clatsop College, and additional \$10 fee made payable to NWCCD. For Community Members (who are not students of the college), the cost is \$85 if paid by October 15, and thereafter the cost of the class is \$110. Please call 503-325-9076 for registration and payment. This course is for CEU credit only.

D1 STAFF 9:00am-4:30pm F COLB 219 \$35.00
Start Date: OCTOBER 28 End Date: OCTOBER 28




FLAGGER TRAINING-ODOT CERT. (OST9877X) (o 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.

D1 MACDONALD 9:00am-3:50pm S TOWL 306 \$60.00
Start Date: OCTOBER 8 End Date: OCTOBER 8
D3 MACDONALD 9:00am-4:50pm S TOWL 306 \$60.00
Start Date: NOVEMBER 12 End Date: NOVEMBER 12
W1 MACDONALD 9:00am-4:50pm S TOWL 306 \$60.00
Start Date: DECEMBER 3 End Date: DECEMBER 3


HANDGUN SAFETY (CRJ912600) (o Credit)

Participants will learn handgun safety for personal and/or professional applications, and will obtain the necessary training to apply for a concealed weapon permit.

D1 OLSEN 7:00-9:50pm M ARTB-101 \$60.00 
Start Date: OCTOBER 3 End Date: OCTOBER 3
D2 OLSEN 7:00-9:50pm M ARTB 101 \$60.00 
Start Date: NOVEMBER 7 End Date: NOVEMBER 7
E1 OLSEN 7:00-9:50pm M ARTB 101 \$60.00 
Start Date: DECEMBER 5 End Date: DECEMBER 5

FOOD HANDLERS TRAINING (HRT9543X) (o 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. Student required to complete 2 hours of training. Contact CCC South County Campus for registration information at 503-338-2402. This class is offered in English Language only. Please pay \$10 fee to instructor at the first class.

E2 NAUMAN 7:00-8:20pm M SCCC RM1 \$10.00 
Start Date: OCTOBER 12 End Date: OCTOBER 12

BASKETBALL REFEREE TRAINING (PED9974X) (o 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. Call 503-338-2445 for registration information.

D2 TOYAS TBA TBA TBA No Fee
Start Date: SEPTEMBER 20 End Date: DECEMBER 9

SOCCER REFEREE TRAINING (PED9974X) (o 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.

D1 TOYAS TBA TBA TBA No Fee
Start Date: SEPTEMBER 20 End Date: DECEMBER 9


VOLLEYBALL REFEREE TRAINING (PED9974X) (o Credit)

Students will review and discuss volleyball officiating, rules and other aspects of officiating high school volleyball matches according to national federation rules. Call 503-338-2445 for registration information.

D3 TOYAS TBA TBA TBA No Fee
Start Date: SEPTEMBER 20 End Date: DECEMBER 9

LIVE AUDIO ENGINEERING (THE968501) (o Credit)

Whether you want to be a rock and roll roadie or just make your band or choir sound better, this course will teach you to mix live sound in a large or small venue. This study of live sound engineering is taught by a sound technician who has mixed in great venues such as the House of Blues, the Roxy, 30,000-seat outdoor festivals, all with national acts. The course includes: the physics of sound, the set up and use of various sound equipment including front of house and monitors, and the practical application of this knowledge as pertains to live performance.

E1 BROWN 6:00-7:50pm M PATR 303 \$85.00 
Start Date: SEPTEMBER 26 End Date: NOVEMBER 28

Education For Life Courses - Fall 2011

Continuing Education

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	CODES
ART						
OIL PAINTING ART: CREATING W/PAINT (PER000103) (o Credit)						
Students will learn the fundamentals of oil painting, including color theory, color mixing, brush techniques, and composition.						
D1	DAHLSTEN	10:00-01:00pm	F	ARTB 101	\$75.00	
Start Date: SEPTEMBER 30 End Date: DECEMBER 2						
JEWELRY METALSMITHING (PER000123) (o 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.						
E1	HALL	6:00-8:50pm	R	ASTR JOSIE	\$56.00	☐
Start Date: SEPTEMBER 29 End Date: DECEMBER 1						
MAKE BEADED JEWELRY (PER000125) (o Credit)						
Students will make earrings, necklaces and bracelets that feature beads and use copper, brass, silver or gold wire from their own materials or items available to be purchased at the class.						
E1	HALL	6:00-8:50pm	W	ASTR JOSIE	\$56.00	☐
Start Date: SEPTEMBER 28 End Date: NOVEMBER 30						
BLACK/WHITE PHOTO & DARKROOM (PER003000) (o Credit)						
Students will learn production of photographic images using a variety of darkroom techniques for black and white photography.						
E1	MEYER	7:00-9:50pm	R	ARTB 111	\$118.00	☐
Start Date: SEPTEMBER 29 End Date: DECEMBER 1						
DIGITAL PHOTOGRAPHY WORKSHOP (PER003014) (o Credit)						
Enjoy the beauty of Cannon Beach and the stimulation of an interactive discussion of light, lighting and the artistic enrichment of your digital photography in this Light Hearted Imaging Photography Workshop. The instructor's demonstrations will feature equipment and techniques for students to increase their capability to use and control light artistically and technically. The 3-day session cost is \$195--early registration is \$165. Call Frank Lynch regarding registration, payment of class fees, times and further info at 503-804-7881.						
D1	LYNCH	See Above	NFS	Tolovana Inn, CB	See Above	☐
Start Date: NOVEMBER 4 End Date: NOVEMBER 6						
ENHANCING YOUR DIGITAL PHOTOGRAPHY (PER003009) (o 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.						
E1	LYNCH	6:30-8:20pm	T	SCCC LAB	\$56.00	☐
Start Date: SEPTEMBER 27 End Date: NOVEMBER 29						
BEGINNING STAINED GLASS (PER000137) (o Credit)						
Join in the fun of putting together a work of art made from glass! You don't need to be an artist though...just bring your ideas and learn to turn your ideas into a stained glass window! Students will learn the ancient art of cutting pieces of colored glass and learn how to do leading for a stained glass window. This class features complete beginning design concepts, pattern making, as well as fabrication.						
D1	FERGUSON	12:00-03:00pm	T	ARTB 101	\$79.00	☐
Start Date: SEPTEMBER 27 End Date: NOVEMBER 29						
THE ARTIST'S WAY-GET STARTED (PER000143) (o Credit)						
This intensive workshop is designed to facilitate a deep personal dialog about what it means to be a creative person. We will study the Artist's Way process as our primary tool kit. Prepare to embrace a renewed relationship with your inner creative pulse. For all types of artists, active, retired, lapsed, working in all mediums - writing, painting, dancing, gardening, you name it! All levels and all art expressions are welcome. Plan on working hard. This is tough inner work and you will emerge a different person, with a new commitment to your creative process! Required textbook is, "The Artist's Way" by Julia Cameron (any edition). Please bring textbook to first class.						
E1	HART	6:00-8:30pm	T	ASTR JOSIE	\$45.00	☐
Start Date: SEPTEMBER 27 End Date: NOVEMBER 29						

BUSINESS & PERSONAL DEVELOPMENT

COMPUTERS: BEGINNING 3 DS MAX (TECo70122) (o Credit)

The 3 Ds Max program was used in the making of the blockbuster hit movie Avatar! Learn the basics of a program that has been used in many industries including (but not limited to) video games, special effects for movies, TV and architectural visualization. Learn to navigate & familiarize yourself with software that provides powerful, integrated 3D modeling & animation rendering tools. This class is great for artists, designers, graphic designers, game developers, architects, engineers & visualization specialists who want to create spectacular visual effects!

E1	Barnes	6:00-8:50pm	T	IMTC COMP	\$75.00	☐
Start Date: SEPTEMBER 27 End Date: NOVEMBER 29						

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	CODES
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BUSINESS & PERSONAL DEVELOPMENT *continued...*

EVENT PLANNING & COORDINATION (GWFO77801) (o Credit)

Meetings and conventions bring people together for a common purpose, and meeting and convention planners work to ensure that this purpose is achieved seamlessly. If you are interested in coordinating and planning every detail of meetings and conventions, then this class is for you! You will learn about general planning, the timing of an event, how to work within a budget, how to work with vendors and staff, and the importance of excellent customer service! You'll also gain knowledge about the aesthetics of setting up an event and how to get the best WOW factor for clients through the use of color coordination.

E1	ABEL	6:00-8:50pm	MT	TOWL 209	\$75.00	
Start Date: NOVEMBER 7		End Date: NOVEMBER 8				

BEGINNERS PHOTOSHOP CS5 (TECO70121) (o Credit)

This class will help the novice photographer to bring out the best in their digital photos by manipulating their photos of people, objects, landscapes & lighting in images. You, too, can make professional looking photos by editing & enhancing the original digital photo, transforming them into anything imaginable! You can also showcase your photos in an extraordinary way. Learn how to create artistic images & manipulate photos using Photoshop CS5.

E1	Barnes	6:00-9:50pm	M	ARTB 115	\$65.00	
Start Date: SEPTEMBER 26		End Date: NOVEMBER 28				

BASIC COMPUTING (TECO70114) (o Credit)

If you feel it's finally time to get acquainted with computers, this is the class for you. We'll start at the very beginning: learning basic terminology, turning on and off the computer, using different programs, using email, and searching the internet. This is a hands-on class which revolves around student needs. We suggest you plan to practice during the week to get the most out of the class.

E1	FRANCIS	6:00-8:00pm	M	TOWL 108	\$70.00	
Start Date: SEPTEMBER 26		End Date: OCTOBER 24				
E2	FRANCIS	6:00-8:00pm	R	SCCC LAB	\$70.00	
Start Date: SEPTEMBER 29		End Date: OCTOBER 27				

BEYOND BASIC COMPUTING (TECO70115) (o Credit)

E1	FRANCIS	6:00-8:00pm	M	TOWL 108	\$70.00	
Start Date: OCTOBER 31		End Date: NOVEMBER 28				

FITNESS

AQUATIC FITNESS (FITo85003) (o Credit)

A physical conditioning program for women and men. Body-conscious cardio/resistance workout targets heart rate, range of motion and strength building techniques done in chest deep water. Please call 503-338-2408 for further information about location and registration.

D1	GRUHLKEY	7:00-7:50am	MWF	ASTR AQUAT	\$60.00	
Start Date: SEPTEMBER 26		End Date: DECEMBER 2				

YOGA FLOW (FITo85036) (o Credit)

This Yoga class is for people who are already aware of what Yoga is about and who deal with limitations due to injury, illness, aging or just want a slower paced approach to Yoga. These classes are wonderful for all ages and all levels of ability. This class will help lubricate the joints, stretch the muscles, strengthen the bones and help release fascia. Classes are every Friday from 9:00 am to 10:00 am and on the first Wednesday of each month at 7:30 pm. Sessions are 1 hour. Please call 503-298-3874 for further information, or email at lotusyoga@live.com.

D1	STAFF	TBA	TBA	ASTR LOTUS	See Above	
Start Date: SEPTEMBER 26		End Date: DECEMBER 2				

LEVEL 1 YOGA (FITo85034) (o 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. Learn how to modify even challenging postures. Take your time and enjoy a freedom of body and a calming of the mind. Monday and Wednesday classes are held from 6:00 pm to 8:15 pm and are 75 minutes each. The Tuesday class is held beginning 12:20 pm to 12:40 pm and are only 20 minutes for those with time constraints. For more information, please call 503-298-3874 to or email lotusyoga@live.com.

D1	STAFF	TBA	TBA	ASTR LOTUS	See Above	
Start Date: SEPTEMBER 26		End Date: DECEMBER 2				

LEVEL 2 YOGA (FITo85035) (o Credit)

Learn to take the level 1 postures into a yoga flow while exploring deeper levels of the postures you have already learned. Learn how to guide the body with good alignment through a flowing series of poses & challenging postures. A good workout for the body & mind! Go even deeper into the joints & muscles for greater strength & flexibility and flush toxins from the body. Be creative, have fun & get healthy. Tuesday & Thursday classes are 6:00-7:15pm. Friday class is 6:00-7:30pm. An open practice is followed by an optional meditation. For info, call 503-298-3874 or email lotusyoga@live.com.

E2	STAFF	TBA	TRF	ASTR LOTUS	See Above	
Start Date: SEPTEMBER 26		End Date: DECEMBER 2				

Education For Life Courses - Fall 2011

Continuing Education

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	CODES
FITNESS continued...						
PILATES EXERCISE FOR SENIORS (FITo85037) (o 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.						
E1	GRUHLKEY	7:30-8:20pm	MW	PATR GYM	\$49.00	☐
Start Date: SEPTEMBER 26 End Date: NOVEMBER 30						
TAI CHI FOR SENIORS (FITo85038oCr) (o Credit)						
Falls are the leading cause of death for those over age 65. The Arthritis Foundation promotes this form and research has proven that this form of Tai Chi helps increase balance and reduces falls, and is also appropriate for those who need to remain seated. These classes are funded by the Older American Act Funds so there is no charge for individuals over 60 years old. Please call Columbia Memorial Hospital at 503-338-7564 for info.						
D1	STAFF	TBA	TBA	TBA	See Above	
Start Date: SEPTEMBER 26 End Date: DECEMBER 8						
SOARING CRANE QI GONG (FITo85017) (o 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 & skill levels. By practicing this form, you will bring balance & harmony to body, breath and mind. Soaring Crane Qi Gong has been proven to increase energy, release stress, bring focus & clarity to the mind, and enhance overall health & well being.						
D1	POTTER	9:00-10:20am	T	SCCC RM2	\$49.00	
Start Date: SEPTEMBER 27 End Date: NOVEMBER 29						
CHUAN-FA KUNG FU (PERo31001) (o Credit)						
Learn the basics to advanced techniques in Chuan-Fa Kung Fu. This well-rounded class is designed so that beginning students and continuing students at any level of mastery can learn new and/or additional skills.						
E1	POOLE	7:00-7:45pm	MR	SEAS MASON	\$70.00	☐
Start Date: SEPTEMBER 26 End Date: DECEMBER 1						
TURBO KICK (FITo85043) (o Credit)						
Burn hundreds of calories as you exercise to hip-hop music using kick-boxing moves which the instructor will teach. All fitness levels welcome!						
E1	STRECKER	7:00-7:50pm	TR	PATR GYM	\$54.00	☐
Start Date: SEPTEMBER 27 End Date: DECEMBER 1						
COMBAT HAPKIDO (PERo31006) (o Credit)						
This self-defense class trains practitioners to either counter or preemptively strike an imminent attack to defend one's self. It emphasizes small circular motions, non-resisting movements and control of an opponent through force redirection and varied movements. Practitioners seek to gain advantage in a personal attack through footwork, distractive striking and body positioning to employ leverage.						
D1	ADAMS	7:00-7:50pm	F	PATR GYM	\$54.00	☐
Start Date: SEPTEMBER 30 End Date: DECEMBER 2						
CANE DO/THE WAY OF THE CANE (PERo31007) (o Credit)						
Learn to use the cane as a martial arts weapon. Terrific add-on to the Combat Hapkido course. You will learn to defend yourself from a variety of attacks. You will also learn a cane exercise form to use for health and vitality. This is a moderate intensity martial arts class for all ages of adults. Provide your own hook style cane or contact the instructor to purchase at padme@p-ima.com						
E1	ADAMS	8:00-8:50pm	F	PATR GYM	\$40.00	☐
Start Date: SEPTEMBER 30 End Date: DECEMBER 2						
FOREIGN LANGUAGES						
FRENCH LANGUAGE & CULTURE (FRNo60202) (o 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.						
E1	SHEPHERD	6:30-8:50pm	W	SEAS LIBR	\$65.00	☐
Start Date: SEPTEMBER 28 End Date: NOVEMBER 30						
ELEMENTARY HEBREW LANGUAGE (FRLo60101) (o Credit)						
Learn the language of the ancient Hebrews! Students will begin by learning to read the Hebrew alphabet phonetically and how to write the alphabet. Reading and translation will begin with the earliest lessons and will increase in complexity as the student progresses through the language course. Please call 503-801-3156 for information regarding days, times, dates and location.						
D1	LIVINGSTON	TBA	TBA	TBA	\$65.00	
Start Date: SEPTEMBER 26 End Date: DECEMBER 2						

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	CODES
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FOREIGN LANGUAGES *continued...*

GERMAN LANGUAGE AND CULTURE (GERo60101) (o Credit)

Did you realize that the Celts are believed to have been the first inhabitants of Germany, followed by the Scandinavian and Northern German tribes who moved south at the end of the 2nd century BCE? If you want to learn much more about German history, culture and how to speak the German language, this class is for you!

E1	CHAMBERS	6:00-8:50pm	R	TOWL 206	\$65.00	☐
Start Date: SEPTEMBER 29 End Date: DECEMBER 1						

JAPANESE CONVERSATION (JPNo60100) (o 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.

E1	SWITZER	6:00-8:50pm	W	TOWL 207	\$140.00	☐
Start Date: SEPTEMBER 28 End Date: NOVEMBER 30						

GENERAL INTEREST

COLLEGE FINANCIAL LITERACY (LIFo65913) (o Credit)

Financial literacy for college is a course designed to help students see the relationship between the financial decisions they make as college students and their long-term financial future. Students increase their understanding of the federal financial aid system and explore options for reducing their dependence on student loans (i.e., scholarships). Please call 503-338-2307 for further information.

D1	WEATHERLY	TBA	TBA	TBA	No Fee	I
Start Date: SEPTEMBER 26 End Date: DECEMBER 2						

FINANCIAL PLAN FOR RETIREMENT (LIFo65715) (o Credit)

This is a class designed to educate you on how to successfully build a sound retirement plan using all of your resources. The class is currently being used by a number of large employers for work force training to educate employees on the benefits of financial planning. We will cover 401(k)s & work based plans, pensions both public & private, Social Security, IRA's and other sources of income at retirement. We will review several written financial plans to educate you on the benefits of financial planning for retirement both financially and from a holistic approach. You will also learn which asset to use first to minimize the impact of taxes.

E1	THOMAS	6:00-8:50pm	W	TOWL 206	See Above	☐
Start Date: SEPTEMBER 28 End Date: OCTOBER 5						
E2	THOMAS	6:30-8:50pm	W	TOWL 206	See Above	☐
Start Date: OCTOBER 12 End Date: OCTOBER 19						

MUSHROOM IDENTIFICATION (PERo23302) (o Credit)

This course is designed to teach the beginner to moderately advanced mushroomer how to identify the fleshy fungi of Oregon, with an emphasis on edible varieties. The course will be a combination of classroom lectures, field trips and lab work. In addition, students will learn the rules & regulations for picking mushrooms, how to key out habitats, tools & techniques for harvesting, preserving mushrooms for storage, and culinary cooking techniques & recipes. Participants will get hands on experience picking & identifying mushrooms in the field. There will also be a cooking lab where the seafood school will present techniques & recipes for cooking fungi. The first class (Monday, September 19) and third class (Monday, September 26) will be held in CCC's Towler Hall (Rm 206) from 6:00-8:00pm. The second class (Sunday, September 25, 9am-12pm) is a field trip to Gnat Creek. The fourth class (Tuesday, September 27, 6:00-8:00pm), "Cooking with Mushrooms", is at Astoria Middle School's Life Skills Room. The fifth class (Sunday, October 2, 9:00am-12:00pm) is a field trip to Fort Stevens State Park. Please call 503-791-5594 or email daneosis@hotmail.com for further info.

E1	OSIS	6:00-7:50pm	NMT	See Above	\$49.00	☐
Start Date: SEPTEMBER 19 End Date: OCTOBER 2						

SOCIAL SECURITY DISABILITY (LIFo65719) (o Credit)

Join this class to acquire a basic overview of the supplemental security income and social security disability insurance benefits and administrative processes presented by Oregon lawyers. A question & answer discussion will follow the class.

D1	STAFF	9:00am-4:00pm	T	PATR 303	No Fee	
Start Date: OCTOBER 18 End Date: OCTOBER 18						

US POWER SQUADRON SAFE BOATING (SAFo90500) (o Credit)

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

D1	STAFF	7:00-8:50pm	T	ARTB 101	No Fee	☐
Start Date: SEPTEMBER 27 End Date: NOVEMBER 15						

WRITING MEMOIRS & LIFE STORIES (PERo13509) (o Credit)

Memoir writing, the art of turning memories into stories & books, is tough to land, like a slippery fish. Becky Hart will teach the basics of memoir writing to capture memories & transform them into compelling narratives. Writers of all levels are welcome. Please bring a notebook & pen to the first class.

D1	HART	1:00-4:00pm	W	ASTR JOSIE	\$54.00	
Start Date: SEPTEMBER 28 End Date: NOVEMBER 30						

Education For Life Courses - Fall 2011

Continuing Education

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	CODES
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GENERAL INTEREST continued...

LIVE WELL W/CHRONIC CONDITIONS (HEL085310) (0 Credit)

ENCORE and Columbia Memorial Hospital will present a six-week workshop that provides tools for living a healthy life with chronic health conditions including diabetes, arthritis, asthma, heart disease. Developed at Stanford University, these classes will be taught by trained instructors under the auspices of CMH. The classes are designed to be fun and interactive, using resources, skills, and action planning to give us a greater sense of control in our lives. Participants share their successes and build a common source of support. For those who live with chronic health conditions, or know someone who does, we urge you to attend these classes. Call Columbia Memorial Hospital to register and for further information at 503-338-7564.

D1 STAFF TBA TBA ASTR CMH See Above

Start Date: SEPTEMBER 26 End Date: DECEMBER 2

QUITTING TOBACCO/NICOTINE (HEL085321) (0 Credit)

This course covers tobacco cessation and the physiological and psychological aspects of tobacco use. The benefits of tobacco cessation will be discussed along with tips for quitting. Students will learn the seven FDA-approved nicotine replacement therapy options and proper use of each. This course would be beneficial to anyone who is trying to quit tobacco or is assisting others in quitting. Please call 503-338-7564 to register and for further information regarding date, day and time.

E1 STAFF TBA TBA ASTR CMH See Above

Start Date: SEPTEMBER 26 End Date: DECEMBER 2

THE INS AND OUTS OF PTSD (HEL085352) (0 Credit)

Overview of the latest findings on the effects of trauma on the brain. Students learn how the individual experiences and later, re-experiences the trauma; how family members react and how they experience the survivor's re-experiencing; and how the community experiences the survivors' re-experiencing. Throughout the day, treatment suggestions will be made and discussed. This is a new look at a rapidly growing field and one that benefits us all to understand. For community members (who are not students of the college), the cost is \$85 if paid by October 15, thereafter the cost of the class is \$110. Please contact 503-325-3623 or 503-325-9076 for registration and payment, or for further information.

D1 STAFF 9:00am-4:30pm F COLB 219 See Above

Start Date: OCTOBER 28 End Date: OCTOBER 28

HEALTHY COOKING 4 GOOD HEALTH (HEL085315) (0 Credit)

This 8-week introductory cooking course will present cooking techniques for special needs diets and cooking for optimal nutrition. There will also be information on food composition, healthy cooking on a budget, and adjusting recipes for those people who may be diabetic, lactose intolerant, or have other special dietary considerations. Please call 503-338-2408 for information regarding days, dates, times and location.

E1 LAMAN 6:30-7:50pm TBA ASTR AMS \$49.00

Start Date: SEPTEMBER 26 End Date: DECEMBER 2

FARMERS, CHEFS, CHARCUTERIE (PER043512) (0 Credit)

A day-long workshop for North Coast farmers and chefs on making charcuterie with locally raised meats that is not only delicious but safe and legal. Talks in the morning will cover relevant regulations and best practices for controlling pathogens during meat curing. In the afternoon and expert salumist will demonstrate techniques and best practices. Space is limited, so reserve your spot today! For reservations and required pre-registration, please call Kristen Frost Albrecht at 503-325-8573 or stop by OSU Extension Clatsop County, 2001 Marine Drive, Room 210 in Astoria. The class will be held at the EVOO Cooking School in Cannon Beach, OR. Cost is \$25 and includes lunch. Please pay at the class.

D1 STAFF 8:00am-4:00pm M CBCH-EVOO \$25.00

Start Date: SEPTEMBER 26 End Date: SEPTEMBER 26

HOME BREW BEER (PER043521) (0 Credit)

Brewing beer began in ca 3000 BCE by ancient Sumerians and later the Egyptians, and was also brewed by America's Founding Father, and today, making home brew is still enjoyed by millions. Join in the fun to making your own brew! Students in the class will learn to make beer over a 4-week period. Instruction will include information about the recipes and ingredients, equipment, how to properly rack and bottle the beer, and will end with each student taking home a finished home brew product. This is a hands-on class requiring a text, "the Joy of Home Brewing" for \$15.99 available for purchase at the first class. Space is limited to 6 people only, so please register early. Cost of the class is \$45 and can be paid to the instructor at the first class.

E1 KIEPKE 6:00-8:50pm M ASTR HONDO See Above

Start Date: OCTOBER 3 End Date: OCTOBER 24

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

National Association of Underwater Instructor Basic Scuba Course to provide 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 contact Floyd Holcom at Astoria Scuba 503-325-2502 for more detailed information.

D1 HOLCOM TBA TBA ASTR AQUACT See Above


Start Date: SEPTEMBER 26 End Date: DECEMBER 2

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	CODES
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GENERAL INTEREST *continued...*

KNOT AWAY! (PER002532) (o Credit)


Working knots to decorative knots - learn enough about knots to sail a boat, tie on a load, build a house, decorate your crafts, or make a rug. Learning this ancient craft will tie everything together for those interested in seamanship, outdoorsmanship, and survival. The class project is to build a chair or table for outdoor use. The materials cost is \$20, payable at the first class.

E1 HALL 6:00-8:50pm M ASTR JOSIE \$35.00 

Start Date: SEPTEMBER 26 End Date: OCTOBER 10

WRITER'S WORKSHOP (PER013505) (o Credit)

Are you writing your memoirs, or a short story, article or other writing project? Bring your work-in-progress to class and discuss it with other writers. This ten-week class is limited to 12 people. Be prepared at the first class to discuss your writing project or start a writing project with the help of the instructor. We will read aloud and discuss the writing projects with your permission.

E1 ADAIR 6:00-8:50pm M TOWL 211 \$56.00 

Start Date: SEPTEMBER 26 End Date: NOVEMBER 28

WOMEN'S WRITING WORKSHOP (PER013510) (o Credit)

Through the use of a personal journal, assignments, readings and group interaction, women will investigate the proverbial "Who Am I?" question and how women fit into their families, whether a daughter, mother, wife, or sister. Explore the various approaches to writing, and find out what works best for women as individuals. Please bring a sack lunch to class.

W1 ADAIR 10:00am-3:00pm S PATR 302 \$35.00

Start Date: OCTOBER 8 End Date: OCTOBER 22


AARP DRIVER'S SAFETY COURSE (SAF090200) (o Credit)

This course explains the changes that occur in vision, hearing, and reaction time as we age, and provides useful driving safety tips to handling these changes. Designed for drivers aged 50 & older who wish to participate in discussions surrounding safety & aging. One does not have to be an AARP member to register. 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 3 years to continue to receive the discount; or every 2 years if you are 70 or over. Please call Paula at 503-338-2408 to register for the class.

D1	STAFF	9:00am-12:50pm	TW	TOWL 206	See Above
Start Date: SEPTEMBER 13		End Date: SEPTEMBER 14			
D4	STAFF	9:00am-1:00pm	S	SCCC RM1	See Above
Start Date: SEPTEMBER 17		End Date: SEPTEMBER 24			
D3	STAFF	1:00-5:00pm	S	WARR OCEAN	See Above
Start Date: OCTOBER 8		End Date: OCTOBER 15			
W1	STAFF	9:00am-1:00pm	MT	SEAS BCCC	See Above
Start Date: NOVEMBER 7		End Date: NOVEMBER 8			
D2	STAFF	9:00am-12:50pm	TW	TOWL 206	See Above
Start Date: NOVEMBER 15		End Date: NOVEMBER 16			
W2	STAFF	1:00-5:00pm	TW	CLTK SENIOR	See Above
Start Date: NOVEMBER 15		End Date: NOVEMBER 16			


CLUTTER FREE FOR GOOD! (PER041001) (o Credit)

Do you remember hearing "A place for everything and everything in its place"? Are you always searching for your keys? Take this opportunity to learn how to de-clutter your life and learn an amazing process that helps you get rid of significant clutter issues! Learn how simply taking things off the floor and putting them onto shelves or in cabinets can make a huge difference! Learn to discard items that are broken or that you no longer use.

D1	POOLE	7:00-8:50pm	W	TOWL 211	\$29.00 
Start Date: OCTOBER 12		End Date: OCTOBER 12			
D2	POOLE	9:30-11:30am	S	SCCC RM1	\$29.00
Start Date: OCTOBER 15		End Date: OCTOBER 15			

MOTORCYCLE RIDER SAFETY CLASS (SAF090100) (o Credit)

Students develop the fundamental motorcycle riding skills of turning, shifting & braking, as well as practical mental skills & techniques for riding in special situations expanding into more advanced street riding techniques. The course will be held Friday, October 15 from 6:00-9:00 pm; Saturday, October 16 from 7:30am-3:00 pm; & Sunday, October 17 from 7:30am-4:00 pm. A \$179 fee is payable to Team Oregon. Students must pre-register. Call 1-800-545-9944 Ext. 0 to register & pay for the class. Safety equipment provided. This class is mandated for motorcycle riders from 16 to 20 years of age.

W1 AXMAKER 6:00-8:50pm NFS COLB 221 See Above 

Start Date: OCTOBER 14 End Date: OCTOBER 16

Education For Life Courses - Fall 2011

Continuing Education

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	CODES
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FIBER ARTS ACADEMY

Please pre-register for all Fiber Arts Academy classes by calling 503-325-5598 or registering online at www.astoriafiberarts.com

SEWING FOR ABSOLUTE BEGINNERS (PER002527) (o Credit)

Learn all of the basics of sewing machine operation while creating a market bag. Student must provide a sewing machine for use in class.

D1	THIERRY	12:00-2:00pm	S (Oct. 8, 15, 22, 29)	ASTR-FBRART	\$48.00
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SEWING ROMAN SHADES (PER002531) (o Credit)

Create Roman shades, intermediate sewing skills required. Student must provide a sewing machine for use in class.

D1	THIERRY	10:00am-12:00pm	MWF	ASTR FBRART	\$108.00
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Start Date: NOVEMBER 2 End Date: NOVEMBER 21

KNITTING BASICS (PER002530) (o Credit)

Learn the basic knitting stitches, knit and purl, casting on and off, increase and decrease stitches. Students will complete a project at their own skill level.

D1	THIERRY	1:00-3:00pm	MWF	ASTR FBRART	\$72.00
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Start Date: NOVEMBER 7 End Date: NOVEMBER 18

BEGINNING CROCHETING (PER002504) (o 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. Students will buy materials in class \$15.

D1	STAFF	1:00-3:00pm	R (Oct. 6, 13, 20, & 27)	ASTR FBRART	\$40.00
D2	STAFF	1:00-3:00pm	R (Nov. 3, 10, 17, & 24)	ASTR FBRART	\$40.00

LEARN TO WEAVE IN TWO DAYS (PER002528) (o Credit)

Warp and thread a loom while creating a scarf in 2 classes. Students will buy materials in class for \$20.

D1	THIERRY	10:00am-4:00pm	SN (Nov. 12 & 13)	ASTR FBRART	\$115.00
D2	THIERRY	10:00am-4:00pm	SN (Dec. 10 & 11)	ASTR FBRART	\$115.00

RYA WEAVING (PER002529) (o Credit)

Learn the ancient art of Rya weaving using knotting and color. Looms will be pre-warped. Students will buy materials in class for \$15.

D1	THIERRY	1:00-3:00pm	TR (Nov. 1, 3, 8, & 10)	ASTR FBRART	\$75.00
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LEARN TO BLEND FIBERS (PER002512) (o Credit)

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. Students will buy materials in class \$15.

D1	STAFF	1:00-5:00pm	T (Oct. 18 & 25)	ASTR FBRART	\$40.00
D2	STAFF	1:00-5:00pm	T (Nov. 22 & 29)	ASTR FBRART	\$40.00

SAFE FIBER DYEING (PER002513) (o Credit)

Students will learn to dye protein fibers with food coloring and/or Koolaid! They will also learn color principles and applications to color wool and other fibers. Students will buy materials in class \$10.

D1	STAFF	1:00-3:00pm	T (Oct. 4 & 11)	ASTR FBRART	\$30.00
D2	STAFF	1:00-3:00pm	T (Nov. 1 & 8)	ASTR FBRART	\$30.00

BEGINNING SPINNING (PER002514) (o Credit)

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. Students will buy materials in class \$5.

D1	STAFF	3:00-5:00pm	M (Oct. 10 & 17)	ASTR FBRART	\$45.00
D2	STAFF	9:00-11:00am	S (Nov. 12 & 19)	ASTR FBRART	\$45.00
D3	STAFF	1:00-3:00pm	R (Dec. 1 & 8)	ASTR FBRART	\$45.00

WOOL PREPARATION (PER002515) (o 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 to comb or pick and card fiber to prepare it for spinning and weaving. Students will buy materials in class \$30.


D1	STAFF	2:00-4:00pm	N (Oct. 2 & 9)	ASTR FBRART	\$45.00
D2	STAFF	2:00-4:00pm	N (Nov. 6 & 13)	ASTR FBRART	\$45.00

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	CODES
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MUSIC & DANCE


NORTH COAST CHORALE (PER007500) (o 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 it. Students will be given the opportunity to experience the genius of old masters and contemporary composers.

D1 REED HINDS 6:30-8:20pm T PACM 200 No Fee 


THE CANNON BEACH CHORUS (PER007501) (o Credit)

Through participation in rehearsals and performances, those enrolled in this course will focus on developing/building musicianship, sight reading and sight singing skills, and especially development of the singing voice through the rehearsal and performance of choral music especially suited for the adult community chorus. Please call 785-691-7202 for location and further information.

E1 BUEHLER 6:30-8:30pm M Cannon Beach No Fee  I

NORTH COAST SYMPHONIC BAND (PER00760) (o 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.

E2 STAFF 7:00-8:50pm M PACM 200 No Fee 

INDIVIDUAL LESSONS: FLUTE (PER006500) (o Credit)

Students develop skills for flute, focusing on the basics of music theory & skills. Fee includes 10 half-hour lessons. Call 503-440-3506 for scheduling info.

D1 WALKER TBA TBA PACM 109 \$212.00

INDIVIDUAL LESSONS: GUITAR (PER006501) (o Credit)

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

D1 DRURY TBA TBA TBA \$212.00

INDIVIDUAL LESSONS: BLUEGRASS GUITAR (PER006505) (o 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.

D1 WEESE TBA TBA PACM 109 \$212.00

INDIVIDUAL LESSONS: BLUEGRASS MANDOLIN (PER006506) (o Credit)

This course will be streamlined for every student based on hers or his 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. Call 503-325-3737 for info.

D1 WEESE TBA TBA PACM 109 \$212.00


INDIVIDUAL LESSONS: PIANO (PER006502) (o Credit)

Students develop skills for piano, focusing on the basics of music theory, chords, & basic skills. Fee includes 10 half-hour lessons. Call 503-440-3506 for info.

D1 WALKER TBA TBA PACM 109 \$212.00

BALLROOM DANCING LESSONS (PER006003) (o Credit)

Introduction to ballroom dancing. Students will learn different styles of ballroom dancing and explore the dynamics of partner dancing. Please register & pay at the class. Call 503-338-1899 or email www.astoriaartsandmovement.com for further info.

E1 BRYANT 7:00-7:50pm R ASTR ARTMOV See Above 


BEGINNING BELLY DANCING (PER006002) (o Credit)

Though the origin of belly dancing remains a subject of great debate, we know it to be one of the most ancient forms of dance. Endless gestures and postures involving the entire body combine to create one of the most fluid forms of feminine expression. At the beginner level, most moves and positions are surprisingly easy to learn and offer an exotic way to have fun and exercise. Physical benefits include improved muscle tone and joint movement; however, the spiritual enhancement is far more persuasive.

W1 PARHAM 11:00-12:20pm S PATR GYM \$49.00


COAST FUSION BELLY DANCE (PER006012) (o Credit)

You too can master the proper belly dance form! Learn to perform the basic and advanced tribal fusion moves and learn to isolate specific muscle groups for all over toning. Register and pay at the first class. Call 503-338-1899 or email www.astoriaartsandmovement.com for info.

E1 McKAY 6:00-7:15pm M ASTR ARTMOV See Above 


BROADWAY JAZZ DANCE (PER006011) (o Credit)

Broadway Jazz is a classical jazz dance class with choreography inspired by Broadway musicals over the years. This class includes warm-up, deep stretch, body isolations, strength and toning, across-the-floor drills, and center choreography. A complete dance routine is achieved for each 8-week session. Props such as feather boas, hats, gloves, chairs, and canes enhance the fun and performance aspect of this class. To register call 503-338-1899 or call Trixie at 503-440-5581. Please pay the instructor at the first class. Visit www.astoriaartsandmovement.com for more info.

E1 GUNN 7:30-8:50pm NF ASTR ARTMOV See Above 

SALSA DANCE LESSONS (PER006009) (o Credit)

This class is an introduction course in the fast and fun world of Salsa Dancing! Join in the fun of learning this Latin dance filled with spins, twists and fancy footwork! It's a great workout if you want to lose weight! This is a class where students can pick up brand new steps of polish their old ones for Salsa. Students will learn steps, techniques and stylings that will help them on the floor. Please register and pay at the class. Call 503-338-1899 for info.

E1 BRYANT 8:00-8:50pm R ASTR ARTMOV See Above 

CLATSOP COMMUNITY COLLEGE

REGISTRATION & SCHEDULE CHANGE FORM Use This Schedule To Register For *Workforce Training* and *Education For Life* Courses.

Mail-In and Fax Registration • Fax 503-338-2503 or 503-338-2351 • Phone 503-338-2411 or 503-338-2402
Mail-In: Student Services Center, Clatsop Community College, 1651 Lexington Avenue, Astoria, OR 97103-3698

Student ID # _____
Name _____
Last First Middle Gender ☐ Male ☐ Female
Mailing Address _____
Street City State Zip
Home Phone _____ Work Phone _____
Birthdate _____ E-mail Address _____

Today's Date: _____
☐ Fall 20____
☐ Winter 20____
☐ Spring 20____
☐ Summer 20____

Social Security Number *

If you were previously an admitted student at CCC but have not attended in the past year, check here ☐

Residency *Required for tuition purposes*

☐ In State US Citizen (Resident of OR, CA, ID, WA, or NV.)

Out of State:

- ☐ Maintain Alaska Residency
☐ US citizen outside of OR, CA, ID, WA or NV
☐ International student (requires I-20)
☐ Immigrant ☐ Refugee ☐ Other

Veteran: ☐ Yes ☐ No

Employed: ☐ Yes ☐ No ☐ Retired
If yes, ☐ FT (35+hrs) ☐ PT (<35hrs)

Education:

- ☐ High School Grad
☐ GED
☐ Adult High School Diploma
☐ Still in High School
☐ Did not finish High School
☐ Associates
☐ Bachelors
☐ Masters
☐ Doctorate

Ethnicity

- ☐ American Indian/Alaska Native
☐ Asian/Pacific Islander/Filipino
☐ Black, Non-Hispanic
☐ Caucasian
☐ Non US Citizen
☐ Hispanic
☐ Do not wish to provide

Current Residence

- ☐ Astoria City Limits
☐ Cannon Beach/Arch Cape/Tolovana Park
☐ Clatskanie/Westport
☐ Cullaby Lake/Sunset Beach/Surf Pines
☐ Gearhart
☐ Hamlet/Elsie/Jewell
☐ Knappa/Svensen/Fernhill
☐ Lewis & Clark/Youngs River/Jeffers Garden
☐ Olney/Walluski
☐ Pacific/Wahkiakum County
☐ Seaside
☐ Tongue Point
☐ Warrenton/Hammond
☐ Other

* Providing your social security number is voluntary. If you provide it, the college will use your social security number for keeping records, doing research, aggregate reporting, extending credit and collecting debts. Your social security number will not be given to the general public. If you choose not to provide your social security number, you will not be denied any rights as a student. Please read the statement in the Academic Information section of your class schedule which describes how your number will be used. Providing your social security number means that you consent to use of the number in the manner described.

If you are under 18, additional permissions are required before you can register for class.

Directory information is student information that may be released by the College without written authorization. Refer to our college catalog for the current policy.

Clatsop Community College is an affirmative action, equal opportunity institution.

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

☐ Initial registration this term or ☐ Add classes to current schedule (check the "Audit" box and circle the CRN # if you are auditing a class)

Course #	Course Title	Days	Time	Credits	Audit	Instructor Signature (required for late reg.)

Please bill my

☐ VISA ☐ MASTERCARD

Card # _____

Expiration Date _____

Cardholder's Signature _____

FINANCIAL RESPONSIBILITY: I understand that by registering for a class 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 also be 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.

Student Signature _____

Date _____

Advisor Signature _____

Date _____

Clatsop Community College and IITR Fall CDL Courses

Professional truck driving training prepares the student to enter a wide variety of work within the transportation and logistics industry, including associated jobs such as warehousing and local delivery.

Clatsop Community College offers a Professional Truck Driving Less-Than-One-Year Certificate and courses can be taken by degree and non-degree seeking students looking to increase their workforce skills. Upon completion of the courses a student will be able to hold a CLASS A CDL with All Endorsements except passengers.



Fall term class dates are currently being developed.

Place: Maritime Science Building Conference Room, MERTS Campus, 6550 Liberty Lane, Astoria

Courses: TTL 101 Intro. To Professional Truck Driving and Logistics (4 credits)

TTL 121 Practical Applications in Professional Truck Driving and Logistics (6 credits)

Cost: \$4,700 for the two courses which must be registered for together. Payment will be made to IITR directly.

To register please call: 503-325-7962 or 503-338-7696.



HISTORIC PRESERVATION AND RESTORATION Weekend Workshops Fall 2011

For more information contact Lucien Swerdloff at
LSwerdloff@clatsopcc.edu or 503-338-2301.

BLD 226: Window Documentation and Restoration

Students gain knowledge and skills to document and restore historic wood windows.

Instructor: Kevin Palo

Times: 9:00am-4:00pm, 24-25 Sep.

Location: Astoria Train Depot

BLD 226: Wood Window Restoration

Students do restoration work on wood windows in the old Astoria Train Depot

Instructor: Kevin Palo

Times: 9:00am-4:00pm, 29-30 Oct.

Location: Astoria Train Depot

BLD 122: Floor Systems

Students gain knowledge and practical hands-on experience in materials and methods of construction for floor systems.

Instructor: Kirk Garrison

Times: 9:00am-4:00pm, 1 Oct. and 8 Oct.

Location: TBA

BLD 136: Materials: Glass

Students gain knowledge and practical hands-on experience in applications and properties of glass in construction.

Instructor: Pam Chestnut

Times: 9:00am-4:00pm, 5-6 Nov.

Location: TBA

BLD 123: Wall Systems

Students gain knowledge and practical hands-on experience in materials and methods of construction for wall systems.

Instructor: Kirk Garrison

Times: 9:00am-4:00pm, 15 Oct. and 22 Oct.

Location: TBA

BLD 127: Stair Layout

Students gain knowledge and practical hands-on experience in materials and methods of construction for stairs.

Instructor: Ed Overbay

Times: 9:00am-4:00pm 19-20 Nov.

Location: Overbay Houseworks, Warrenton

Clatsop Community College
1651 Lexington Ave.
Astoria, OR 97103
1455 N. Roosevelt
Seaside, OR 97138

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Clatsop Community College Academic Schedule Now ONLINE!

Looking for a writing, math or welding class? Fall 2011 academic classes are available now. You can access the schedule online at www.clatsopcc.edu or call the Student Services Center at 503-338-2411, or the South County Campus 503-338-2402 for assistance. Returning students can register online using MyCCC.

Art Center Gallery: Exhibits Gallery Info: www.clatsopcc.edu

Womanizing Eve

September 26th - October 27th

Keith Howard

Solo Show Award Winner 2011 Au Naturel

*Opening Reception: Thursday, October 6th,
6:00 p.m., CCC Art Center Gallery*

Two Monotype Printmakers:

William Park and Stephen Hayes

November 3rd - December 9th

Printmaking exhibit curated by Royal Nebeker

*Opening Reception: Thursday, November 3rd,
6:00 p.m., CCC Art Center Gallery*

Graphic Design Exhibit

January 5th - February 9th

Curated by Lucien Swerdloff

*Opening Reception: Thursday, January 5th,
6:00 p.m., CCC Art Center Gallery*

Au Naturel: The Nude in the 21st Century

February 23rd - March 29th

International Juried Competition founded by Kristin Shauck

*Opening Reception: Thursday, February 23rd,
6:00 p.m., CCC Art Center Gallery*

Pacific Rim Ceramics

April 5th - May 11th

Ceramic exhibit curated by Richard Rowland

*Opening Reception: Thursday, April 5th,
6:00 p.m., CCC Art Center Gallery*

CCC Student Art Show

May 17th - June 7th

*Opening Reception: Thursday, May 17th,
6:00 p.m., CCC Art Center Gallery*

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 at 503-338-2408 or pduncan@clatsopcc.edu

Accredited by the Northwest Commission on Colleges and 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 programs, activities, or employment. Questions or complaints should be directed to the Affirmative Action/Title IX Officer in Library 108 at 503-338-2450; TDD 503-338-2468. The Section 504 Coordinator is located in the Student Services Center 503-338-2474. For ADA and other accommodations call: 503-338-2474 TDD 503-338-2468