



CLATSOP COMMUNITY COLLEGE

Workforce Training Winter 2011 *& Education For Life Classes*



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 28

Drop With No Notation
on Transcript

January 18

Refunds Mailed

February 18

Drop A Course Or
Change To Credit, Audit

January 3 & 17,

February 21

CCC Closed

March 11

Completely Withdraw
From All Classes

March 14 - 17

Final Exams

March 22

Grades Available
Online 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.

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 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:

/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

ASTR AHS: Astoria High School
1001 W. Marine Dr., Astoria

ASTR AQUACT: Aquatics Center
1997 Marine Dr., Astoria

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

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

ASTRSFDCTR:
Seafood Consumer Center
2021 Marine Dr., Astoria

ASTRSTDO11: Studio 11
453-A 11th St., Astoria

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

FBRART: Fiber Arts Academy
1296 Duane St., Astoria

IMTC CONFRM:
Integrated Manufacturing Tech Center
Conference Room
6540 Liberty Ln., Astoria

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

PATR: Patriot Hall, CCC
1650 Jerome Ave., Astoria

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

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

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

TBA: To be announced

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

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
- 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
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



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 & Materials
- Business Information Referrals

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

Workforce Training Courses - Winter 2011

Continuing Education

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	GOLD CARD	CODES
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DIRECT-MARKETING FOR FISHERMEN (BUS92502) (o 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 fishermen 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.

D1 Staff 10:00am-4:00pm S ASTRSFDCR \$50.00 \$50.00
Start Date: MARCH 26 End Date: MARCH 26

HANDGUN SAFETY (CRJ9 126X) (o Credit)

Participants will learn handgun safety and obtain information necessary to meet the training requirements for a concealed weapon permit.

Olsen 7:00pm-9:50pm M ARTB 101 \$60.00 \$60.00

(Section E1: January 10) -OR- (Section E2: February 7) -OR- (Section E3: March 7)

HAM RADIO TRAINING (CRJ9126X) (o Credit)

Students will prepare for the Amateur Radio (Ham 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 Banks, 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 radio communication 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 communication failures. Please call 503-440-0955 or email hamclass@charter.net for further information. Please register at the class. PLEASE NOTE: The exam will be given at 4:30pm after the class on Saturday.

W1 Holwege 5:30pm-8:20pm F SCCC RM2 No Fee No Fee
9:00am-4:00pm S SCCC RM2 No Fee No Fee

Start Date: JANUARY 14 End Date: JANUARY 15

CERTIFIED NURSING ASSISTANT (NUR9461) (9 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 - CNAI. 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.

D1 Staff TBA TBA TBA \$478.00 \$478.00

Start Date: JANUARY 4 End Date: MARCH 17

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.

D1 Flues TBA TBA TBA See Above See Above 0

Start Date: JANUARY 4 End Date: MARCH 17

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.

D2 Flues TBA TBA TBA See Above See Above 0

Start Date: JANUARY 4 End Date: MARCH 17

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.

D3 Flues TBA TBA TBA See Above See Above 0

Start Date: JANUARY 4 End Date: MARCH 17

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 503-338-8438 or 503-338-2411.

Norman 8:00am-11:50am W ASTR JOSIE \$28.00 \$28.00

(Section D4: January 19) -OR- (Section D5: February 23)

FOOD HANDLERS TRAINING FOR SPANISH SPEAKERS (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. 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.

D1 Staff 7:00pm-8:20pm M SCCC RM1 See Above See Above

Start Date: MARCH 7 End Date: MARCH 7

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	GOLD CARD	CODES
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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. Please call 503-338-2445 for registration information.

E2	Toyas	TBA	TBA	TBA	No Fee	No Fee	
Start Date: JANUARY 4 End Date: MARCH 17							

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. Please call 503-338-2445 for registration information.

E1	Toyas	TBA	TBA	TBA	No Fee	No Fee	
Start Date: JANUARY 4 End Date: MARCH 17							

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. Please call 503-338-2445 for registration information.

E3	Toyas	TBA	TBA	TBA	No Fee	No Fee	
Start Date: JANUARY 4 End Date: MARCH 17							

FLAGGER TRAINING-ODOT CERTIFICATION (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.

	Drapar	9:00am-3:50pm	S	ARTB 101	\$60.00	\$60.00	
(Section W1: January 29) -OR- (Section W2: March 5)							

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. \$75 fee payable to OSU Extension. Must register in advance by calling 503-325-8573. Two additional Saturday classes TBA.

D2	Staff	8:00am-4:00pm	W	IMTC CONFRM	\$312.00	\$312.00	
Start Date: JANUARY 12 End Date: MARCH 16							

MASTER GARDENER (AGR9810X) (o 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.

D1	Staff	8:00am-4:00pm	W	IMTC CONFRM	See Above	See Above	
Start Date: JANUARY 12 End Date: MARCH 16							


BEE KEEPING (AGR9811) (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, year-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.

W1	Trusewicz	9:00am-4:00pm	S	COLB 221	See Above	See Above	
Start Date: MARCH 5 End Date: MARCH 5							

EXCEL GRAPHS 4 SMALL BUSINESS (CSC975201) (o 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.

E1	Keryan	6:00pm-8:50pm	R	TOWL 105	\$49.00	\$49.00	
Start Date: JANUARY 6 End Date: FEBRUARY 24							

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 503-338-7670.

BACK SAFETY	FIRE SAFETY	HEARING PROTECTION	SAFETY ORIENTATION
BLOODBORNE PATHOGENS	FALL PROTECTION	INDOOR CRANE OPERATION	STAIRWAYS AND LADDERS
CONFINED SPACE ENTRY	HAZARD COMMUNICATION	LOCKOUT/TAGOUT	WALKING AND WORK SURFACES
ELECTRICAL SAFETY	HAZMAT AWARENESS	PERSONAL PROTECTIVE EQUIPMENT	
ERGONOMICS	HAWOPER AWARENESS	RESPIRATORY PROTECTION	

Education For Life Courses - Winter 2011

Continuing Education

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	GOLD CARD	CODES
ART							
OIL PAINTING (PER000103) (o Credit)							
Students will learn the fundamentals of oil painting, including color theory, color mixing, brush techniques, and composition.							
E2	Barney	12:30pm-3:20pm	M	ARTB 101	\$108.00	\$108.00	☾
Start Date: JANUARY 4 End Date: MARCH 8							
E1	Barney	12:30pm-3:20pm	T	ARTB 101	\$108.00	\$108.00	☾
Start Date: JANUARY 10 End Date: MARCH 14							
EXPLORING WATERCOLOR (PER000124) (o Credit)							
Exploring Watercolor provides painting experiences to learn important watercolor techniques including washes, glazes, 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	Pomeroy-Crockett	6:30pm-9:20pm	R	ARTB 101	\$53.00	\$53.00	☾
Start Date: JANUARY 6 End Date: MARCH 10							
PICTURE FRAMING & MATTING (PER000139) (o 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 compliment your art work.							
W1	Staff	11:00am-4:50pm	S	ARTB 101	\$49.00	\$49.00	☾
Start Date: FEBRUARY 26 End Date: FEBRUARY 26							
INTRODUCTION TO GLASS FUSING (PER000138) (o 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-forming, from types of glass and mold materials to kilns and firing schedules. No previous experience necessary. Class will be Tuesday night 6-8pm, material cost will be an extra \$20 for glass, tools will be provided. Classes will be held at glass studio of Jamie Boyd Studio 11, 453-A, Eleventh St., Astoria, OR							
E1	Staff	6:00pm-8:50pm	T	ASTRSTD011	\$69.00	\$69.00	☾
Start Date: JANUARY 4 End Date: MARCH 8							
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. Please bring safety glasses to class. Contact instructor 503-325-0998 for list of supplies to bring to class.							
E1	Hall	6:00pm-8:50pm	R	TBA	\$56.00	\$56.00	☾
Start Date: JANUARY 6 End Date: MARCH 3							
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	6:30pm-8:20pm	T	SCCC LAB	\$56.00	\$56.00	☾
Start Date: JANUARY 4 End Date: MARCH 8							
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	7:00pm-9:50pm	R	ARTB 111	\$118.00	\$118.00	☾
Start Date: JANUARY 6 End Date: MARCH 10							
WOOD CARVING - DUCK DECOY (PER000106) (o 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-7:50pm	T	ASTR AHS	\$108.00	\$108.00	☾
Start Date: JANUARY 4 End Date: MARCH 11							

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	GOLD CARD	CODES
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BUSINESS AND PERSONAL DEVELOPMENT

POWER POINT PRESENTATIONS (TECo70112) (o 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 learn to create a new presentation, change text, add slides and animations, work with clip art, templates and create custom presentations.

E2	Francis	TBA	M	TOWL 105	\$70.00	\$70.00	
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Start Date: FEBRUARY 14 End Date: MARCH 14

E1	Francis	6:00pm-8:20pm	T	SCCC LAB	\$70.00	\$70.00	☾
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Start Date: FEBRUARY 15 End Date: MARCH 15

BEYOND BASIC COMPUTING (TECo70115) (o 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.

E3	Francis	6:00pm-8:20pm	M	TOWL 105	\$70.00	\$70.00	☾
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Start Date: JANUARY 10 End Date: FEBRUARY 7

E1	Francis	6:00pm-8:20pm	T	SCCC RM1	\$70.00	\$70.00	☾
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Start Date: JANUARY 11 End Date: FEBRUARY 8

EXCEL GRAPHS 4 SMALL BUSINESS (CSC975201) (o 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 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.

E1	Keryan	6:00pm-8:50pm	R	TOWL 105	\$49.00	\$49.00	☾
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Start Date: JANUARY 6 End Date: FEBRUARY 24

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.

D1	Gruhlkey	7:00am-7:45am	MWF	ASTR AQUACT	\$99.00	\$99.00	
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Start Date: JANUARY 10 End Date: MARCH 18

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	6:30pm-7:20pm	MW	ASTR JOSIE	\$49.00	\$49.00	☾
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Start Date: JANUARY 10 End Date: MARCH 16

CHUAN-FA KUNG FU (PERo31001) (o Credit)

Learn the basics to advanced techniques in Chuan-Fa Kung Fu from the Kajukenbo system. 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	7:00pm-7:45pm	MR	SEAS MASON	\$70.00	\$70.00	☾
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Start Date: JANUARY 10 End Date: MARCH 14

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 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.

D1	Potter	9:00am-10:20am	T	SCCC RM2	\$49.00	\$49.00	
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Start Date: JANUARY 4 End Date: MARCH 8

Education For Life Courses - Winter 2011

Continuing Education

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FITNESS continued...

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. Please call instructor Judy Matelich Hall at 503-298-3874 for information about the cost of the class and to register and pay for the class.

D1	Staff	TBA		ASTR LOTUS	See Above	See Above	
Start Date: JANUARY 4		End Date: MARCH 11					

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. Please contact instructor Judy Matelich Hall at 503-298-3874 for information about the cost of the class and to register and pay for the class.

D1	Staff	TBA		ASTR LOTUS	See Above	See Above	
Start Date: JANUARY 4		End Date: MARCH 11					

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	6:30pm-8:50pm	W	SCCC LAB	\$65.00	\$65.00	
Start Date: JANUARY 5		End Date: MARCH 9					


INTRODUCTION TO BIBLICAL HEBREW (FRL060101) (o Credit)

In this first of a three part series, 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 days, times and further information.

E1	Livingston	TBA		TBA	\$65.00	\$65.00	
Start Date: JANUARY 5		End Date: MARCH 11					

JAPANESE CONVERSATION (JPN060100) (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	6:00pm-8:50pm	W	PATR 326	\$140.00	\$140.00	
Start Date: JANUARY 5		End Date: MARCH 9					

GENERAL INTEREST


NUTRITION FOR CHRONIC DISEASES (HELo85308) (o 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.

E1	Laman	6:30pm-7:50pm	T	TOWL 206	\$49.00	\$49.00	
Start Date: JANUARY 4		End Date: FEBRUARY 1					


INTRO TO HOMEOPATHY (PER022602) (o Credit)

Homeopathy is growing in popularity and is the second most widely used system of medicine in the world. It is based on the principal 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 homeopathic 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.

E1	Kauffman	7:00pm-8:50pm	WR	TOWL 210	\$48.00	\$48.00	
Start Date: JANUARY 13		End Date: FEBRUARY 23					

MEDITATION/STRESS & HEALING (LIFo67501) (o Credit)

This interactive class will educate the student on managing personal stress levels. Open discussions about reaching "optimal stress" in life and the affects to overall health will be encouraged. Students will have the opportunity to quiet the mind and relieve stress while learning life-changing techniques. This class will teach meditation skills to safely and comfortably release daily stresses on the body, mind and spirit as well as to heal, build self-confidence, and improve overall quality of life. Visualization and guided meditations will be utilized.

E1	KAUFFMAN	7:00pm-8:50pm	T	ASTR JOSIE	\$44.00	\$44.00	
Start Date: JANUARY 4		End Date: MARCH 8					

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

MASTER GARDENER (AGR9810X) (o 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.

D1	Staff	8:00am-4:00pm	W	IMTC CONFRM	See Above	See Above
Start Date: JANUARY 12 End Date: MARCH 16						

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. 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.

D1	Staff	2:00pm-4:00pm	U	FBRART	See Above	See Above
Start Date: JANUARY 2 End Date: JANUARY 9						

SAFE FIBER DYEING (PER002513) (o Credit)

Students will learn to dye protein fibers with food coloring and/or Kool-aid! 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.

D1	Staff	1:00pm-3:00pm	T	FBRART	See Above	See Above
Start Date: JANUARY 4 End Date: JANUARY 11						

BEGINNING WEAVING (PER002509) (o Credit)

The Beginning Weaving class will teach students how to make a warp, how to thread the reed and heddles, how to dress a loom, and how to roll on a warp and weave a web. Students will also learn how to take the woven project off the loom and can 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.

E1	Staff	1:00pm-4:00pm	MWF	FBRART	See Above	See Above
Start Date: JANUARY 5 End Date: JANUARY 26						

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. Cost of the class is \$30. Please call 503-325-5598 to register for the class and for further information.

D1	Staff	2:00pm-4:00pm	U	FBRART	See Above	See Above
Start Date: JANUARY 16 End Date: JANUARY 23						

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. Please pay \$30 and register the instructor at the first class. For further information, please call 503-325-5598.

D1	Staff	1:00pm-5:00pm	T	FBRART	See Above	See Above
Start Date: JANUARY 18 End Date: JANUARY 25						

CARD WEAVING (PER002507) (o Credit)

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 \$40 which includes materials. Fees can be paid to the instructor at the first class. Please call 503-325-5598 to register and for further information.

D1	Staff	1:00pm-4:00pm	TR	FBRART	See Above	See Above
Start Date: JANUARY 25 End Date: JANUARY 27						

RUG WEAVING (PER002510) (o Credit)

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 class. 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.

D1	Staff	6:00pm-8:50pm	MWF	FBRART	See Above	See Above
Start Date: FEBRUARY 7 End Date: FEBRUARY 28						

Education For Life Courses - Winter 2011


Continuing Education

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

WEAVE-AMERICAN OVERSHOT (PER002508) (o Credit)

Learn to weave a mini-coverlet or pillow in the classic American overshot pattern. Students will also learn the history of coverlet weaving and patterns. The history of weaving 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.

E1	Staff	1:00pm-4:00pm	MWF	FBRART	See Above	See Above	
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Start Date: MARCH 7 End Date: MARCH 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. 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.

D1	Staff	1:00pm-3:00pm	R	FBRART	See Above	See Above	
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Start Date: JANUARY 6 End Date: JANUARY 27

SEWING FOR BEGINNERS (PER002511) (o 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.

E1	Staff	6:00pm-8:50pm	T	FBRART	See Above	See Above	
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Start Date: JANUARY 4 End Date: FEBRUARY 22

PRAGMATIC COASTAL GARDENING (PER028005) (o 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.

E1	Hart	6:30pm-8:50pm	R	TOWL 209	\$59.00	\$59.00	
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Start Date: JANUARY 6 End Date: MARCH 10

IN LOVE WITH DUNGENESS CRAB (PER043517) (o 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 Dungeness in this interactive cooking class. You will learn fun cooking techniques intertwined with interesting facts about this exciting and sometimes dangerous fishery. We'll even have a real live fisherman on hand to help answer your questions and describe what it's like fishing dungenies in the middle of December. The deadliest catch doesn't have anything on the west coast Dungeness 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 in Astoria.

E1	Staff	6:00pm-8:50pm	T	ASTRSFDCTR	See Above	See Above	
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Start Date: JANUARY 15 End Date: JANUARY 15

PAIRING LOCAL SEAFOODS (PER043516) (o 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.

E1	Staff	6:00pm-8:50pm	RS	ASTRSFDCTR	See Above	See Above	
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Start Date: JANUARY 20 End Date: JANUARY 20

COOKING UP SEAFOOD STEW (PER043515) (o 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.

E1	Staff	6:00pm-8:50pm	T	ASTRSFDCTR	See Above	See Above	
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Start Date: FEBRUARY 8 End Date: FEBRUARY 8

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


SEAFOOD 101 (PER043512) (o Credit)

How do I know which fish to buy? Is fresh fish better than frozen or visa-versa? Can I overcook fish fillets? 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 ASTRSFDCTR See Above See Above
Start Date: FEBRUARY 12 End Date: FEBRUARY 12


BE KIND TO YOUR HEART (PER043513) (o 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 ASTRSFDCTR See Above See Above 
Start Date: FEBRUARY 17 End Date: FEBRUARY 17

SPRING FEVER! SPRING CHINOOK! (PER043514) (o 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 ASTRSFDCTR See Above See Above 
Start Date: MARCH 24 End Date: MARCH 24

NAUI BASIC SCUBA DIVING COURSE (PER031406) (o 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 call Floyd Holcom at Astoria Scuba 503-325-2502 for more detailed information.

D1 Staff TBA TBA See Above See Above
Start Date: JANUARY 4 End Date: MARCH 9

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 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	9:00am-1:00pm	MT	SEAS BCCC	See Above	See Above
Start Date: JANUARY 10		End Date: JANUARY 11				
D3	Staff	9:00am-1:00pm	MT	SEAS BCCC	See Above	See Above
Start Date: FEBRUARY 7		End Date: FEBRUARY 8				
D2	Staff	9:00am-1:00pm	TW	PATR 325	See Above	See Above
Start Date: FEBRUARY 22		End Date: FEBRUARY 23				
D4	Staff	9:00am-1:00pm	MT	SEAS BCCC	See Above	See Above
Start Date: MARCH 7		End Date: MARCH 8				

US POWER SQUADRON SAFE BOATING (SAF090500) (o Credit)

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

E1 Staff 7:00pm-8:50pm T ARTB 101 No Fee No Fee 
Start Date: JANUARY 4 End Date: MARCH 8

Education For Life Courses - Winter 2011

Continuing Education

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

WRITING PRACTICE AND PROJECT (PER013513) (o Credit)

This class will be a project based writing class focusing on reading, lecture and in-class prompts for discussion. It will be a salon-style class, not a workshop format. Reading aloud will help students train their ears. This class is for all levels of writers and there won't be any grammar or spelling penalties!! Reading assignments will be handed out in class. Class participation is required.

E1	Hart	6:30pm-8:50pm	T	TOWL 209	\$49.00	\$49.00	☐
Start Date: JANUARY 4		End Date: MARCH 11					

MOTORCYCLE RIDER SAFETY CLASS (SAF090100) (o Credit)

Students will develop the fundamental motorcycle riding skills of turning, shifting, and braking, as well as practical mental skills and techniques for riding in special situations expanding into more advanced street riding techniques. This 3 day course will be held on Friday March 25 from 6:00 pm to 9:00 pm - Saturday March 26 from 7:30 am to 3:00 pm - Sunday, March 27 from 7:30 am to 4:00 pm. A fee of \$179 is payable to Team Oregon. Students MUST PRE-REGISTER by calling 1-800-545-9944 Ext. 0 to register and pay for the class. Safety equipment is provided. This class is mandated for motorcycle riders from 16 to 20 years of age.

W1	Axmaker	6:00pm-8:50pm	UFS	ARTB 101	See Above	See Above	☐
Start Date: MARCH 25		End Date: MARCH 27					

MUSIC AND DANCE

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. 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.

D1	Weese	TBA		TBA	\$212.00	\$212.00	
Start Date: JANUARY 4		End Date: MARCH 11					

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. Please call 503-325-3737 for scheduling information.

D1	Weese	TBA		TBA	\$212.00	\$212.00	
Start Date: JANUARY 4		End Date: MARCH 11					

INDIVIDUAL LESSONS: FLUTE (PER006500) (o 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.

D1	Walker	TBA		TBA	\$212.00	\$212.00	
Start Date: JANUARY 4		End Date: MARCH 11					

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. Please call 503-338-2313 for scheduling information. Fee includes 10 half-hour lessons.

D1	Drury	TBA		TBA	\$212.00	\$212.00	
Start Date: JANUARY 4		End Date: MARCH 11					

INDIVIDUAL LESSONS: PIANO (PER006502) (o 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.

D1	Walker	TBA		TBA	See Above	See Above	
Start Date: JANUARY 4		End Date: MARCH 11					

INDIVIDUAL LESSONS: SNARE DRUM (PER00650) (o Credit)

Students develop skills for snare drums, focusing on the basics of music theory and skills. Fee includes 10 half-hour lessons. Please call 503-436-0766 for scheduling information.

D1	Eldridge	TBA		TBA	\$212.00	\$212.00	
Start Date: JANUARY 4		End Date: MARCH 11					

SECTION ID	INSTRUCTOR	TIME	DAY	LOCATION	TUITION/ FEES	GOLD CARD	CODES
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MUSIC AND DANCE continued...


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.

E1	Reed Hinds	6:30pm-8:20pm	T	PACM 200	No Fee	No Fee	
Start Date: JANUARY 5		End Date: MARCH 8					


NORTH COAST SYMPHONIC BAND (PER007600) (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.

E1	Staff	7:00pm-8:50pm	M	PACM 200	No Fee	No Fee	
Start Date: JANUARY 4		End Date: MARCH 14					


BALLROOM DANCING LESSONS: CHA CHA (PER006003) (o Credit)

Introduction to ballroom dancing. Students will learn different styles of ballroom dancing and explore the dynamics of partner dancing.

E1	Bryant	7:00pm-7:50pm	F	PATR GYM	\$47.00	\$47.00	
Start Date: JANUARY 7		End Date: FEBRUARY 4					

BALLROOM DANCING LESSONS: JITTERBUG (PER006003) (o Credit)

Introduction to ballroom dancing. Students will learn different styles of ballroom dancing and explore the dynamics of partner dancing.

E2	Bryant	7:00pm-7:50pm	F	PATR GYM	\$47.00	\$47.00	
Start Date: FEBRUARY 11		End Date: MARCH 11					

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	11:00am-12:20pm	S	PATR GYM	\$49.00	\$49.00	
Start Date: JANUARY 8		End Date: MARCH 12					

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!

E3	Bryant	8:00pm-8:50pm	F	PATR GYM	\$49.00	\$49.00	
Start Date: JANUARY 7		End Date: MARCH 11					

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

REGISTRATION & SCHEDULE CHANGE FORM

Mail-In & Fax Registration • Fax 503-325-5738 or 503-338-2503 • Phone 503-338-2438, 503-338-2411 or 503-338-2402
Mail-In: Student Services Center, Clatsop Community College, 1653 Jerome Avenue, Astoria, OR 97103-3698

Birthdate E-mail Address

Student ID #

Today's Date: _____

Gender ☐ Male ☐ Female

□ Fall	20
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☐ Winter 20☐ Spring 20☐ Summer 20

Social Security Number *

☐ Doctorate☐ Do not wish to provide☐ Other

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

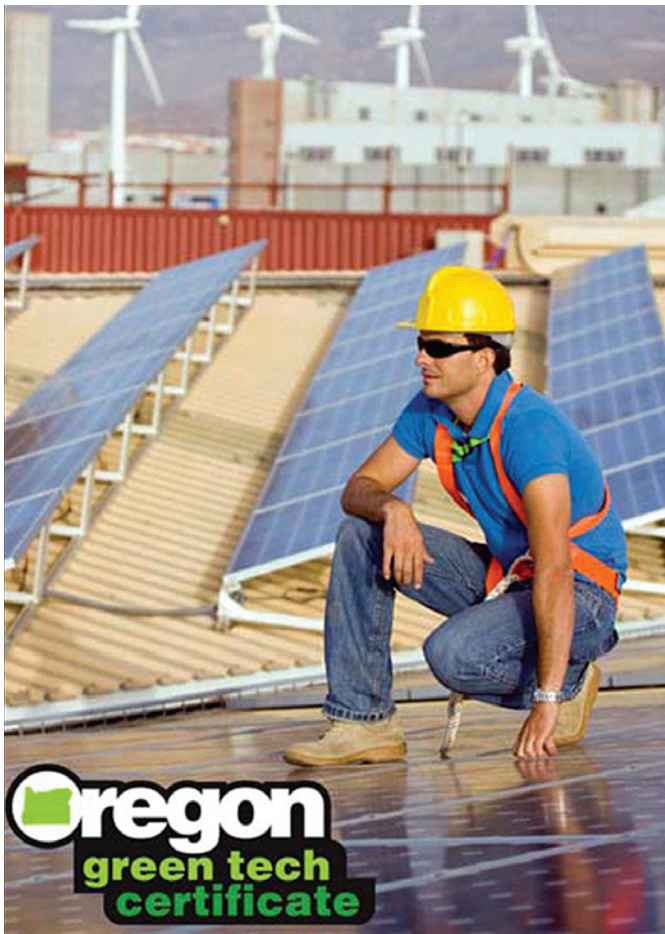
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Cardholder's Signature

I authorize Clatsop Community College to use my social security number to verify enrollment and/or degree information with the National Student Clearinghouse.

Date _____

Cut along dotted line and mail-in or fax to the Student Services Center at CCC



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.

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 Mechanical Systems
- EET 121 Electrical Troubleshooting I

For more information please contact:
Kristen Wilkin, Dean of Workforce Education and Training at 503-338-7696 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.

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"

Oregon Green Tech Certificate Pending State Approval

This program is financed 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.



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

Postal Patron

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!