

PRINCE WILLIAM SOUND TIDINGS

November 2, 2018

Calendar

November 3
Valdez Consortium
Library's Book Basket
Auction

November 9
Registration for UAA
graduate students

November 12
Registration for UAA
seniors (90+ credits)

November 13
Registration for UAA
juniors (60-89 credits)

November 14
Registration for UAA
sophomores (30-59
credits)

November 15
Registration for UAA
freshmen (0-29 credits)

November 19
Registration for incoming
students with pending
spring applications

November 26
Open registration and for
senior citizens using a
waiver

November 21
No classes
PWSC Open

November 22-23
No classes
PWSC closed for
Thanksgiving holiday

ESL, GED, and Citizenship Classes

The Adult Basic Education program at PWSC is offering English as a Second Language classes every Monday and Wednesday from 5 p.m. to 6:30 p.m. and every Tuesday and Thursday from 10:30 a.m. to 12 p.m. We also have Citizenship classes every Friday from 10 to 11 a.m. To register for these free grant-funded classes you can go online at <https://pwsc.asapconnected.com> or give us a call for help. In addition, if you are interested in getting your GED or need help preparing for college call Teresa Barton at 907-834-1671. Email tabarton@alaska.edu

Spring 2019 Class Schedule

is now available on <https://www.alaska.edu/uaonline/>

Explore all the classes you can take through Prince William Sound College and the entire University of Alaska.

Registration priority is based on your current credit standing. See Calendar side bar for specific registration dates.

Call 834-1600 or stop by Monday–Friday, 8 a.m.- 5 p.m. and speak with a Student Affairs staff member with any questions.

All **non-credit** continuing education classes, including professional development & training, personal enrichment, university access and college success, and Health & Fitness Center classes can be accessed year-round at <https://pwsc.asapconnected.com>.



24-Hour HAZWOPER

1.5 credits

November 6-8, 8 a.m.– 5 p.m.

PWSC Sugarloaf Hall

Instructor: Sharry Miller

Designed to provide the classroom requirements for students trained at the Hazardous Waste Site worker level. 1.5 credits.

Register at uaonline.alaska.edu

907-834-1600

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Mexican Cooking

Tuesday, November 6

5:30-8:30 p.m.

\$40 each class session

Learn to cook authentic Mexican cuisine basics and more. Jamie will demonstrate and share her tips and tricks learned while cooking for her family. Some hands-on learning and tasting required.

- 6-session series, held every other week
- Register for each session in advance, separately
- Limited space in class

November 6 Menu:

Pozole is a traditional chicken soup or stew often used as a celebration dish.

Carne en su Jugo can be translated to "meat in its juices" and is a rich delicious beef, bean, bacon, and vegetable stew.

Agua de Jamaica is a Hibiscus tea, refreshing and delightful.



Instructor: **Jamie Arciniega**

Limited space. Appropriate for 13+

Register at <https://pwsc.asapconnected.com>

907-834-1600



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Kids Can Cook!

Protein Power

Saturday, November 10, 10 a.m.-noon

\$35, ages 7-11

This is the third in a series of monthly cooking classes, where kids learn basic cooking skills, safety techniques, and nutrition choices, while creating a set of recipes to bring home and share with the whole family.

11/10- Protein Power: Get your protein! Bites, bars, and smoothies.

Instructor: **Pamela Verfaillie**

Parents, please accompany your child in and sign a required waiver form for the series.

All kids must be signed in and out by parent or legal guardian each class, for their protection.

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Advance registration required at

<https://pwsc.asapconnected.com>

907-834-1600



SELF-CARE SUNDAYS WITH MERRELEY DONOHUE, LICENSED MASSAGE THERAPIST

Myofascial Self-Care

October 14th & November 4th @ 3:00-4:30 PM

October 14th-Neck & Upper Back Pain. Addressing neck tension and pain.

November 4th-Knees and Ankles. Addressing issues with ankle stability and plantar fasciitis.

Cost: \$20

Register at

www.pwsc.asapconnected.com or the H&FC front desk.



WITH LEIGH LUBIN

INTERMEDIATE YOGA

Monday & Wednesday
November 5th-December 19th
5:15-6:45 PM
Cost: \$204

Presents intermediate level yoga physical exercises, breathing techniques, meditation, and relaxation exercises.

Class takes place in room 114 (H&FC Studio)

To register for credit, visit: www.UAOnline.com

To register for non-credit, visit: www.pwsc.asapconnected.com

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Avalanche Hazard Evaluation

PER A165- 1 credit

November 29, 6:30-9 p.m. +

November 30-December 2, 9 a.m.-5:30 p.m.

This course is a 4-day program providing backcountry winter travelers a decision making framework to avoid avalanches. AIARE 1 introduces essential avalanche skills: plan, prepare, teamwork, observe, recognize avalanche terrain, and companion rescue.

Instructor: Sarah Carter



Register at UAOnline.Alaska.edu. This class may be taken as non-credit.

Call for details. 907-834-1600



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WITH DR. ALFARO

NUTRITION KITCHEN

Nutrition Kitchen workshops with Dr. Alfaro have you cooking, dicing, drizzling, and mixing to prepare a healthy meal while engaging in discussions about nutrition. Healthy cooking is key to better health and avoiding preventable disease. Learn about the science of healthy cooking as you practice it! Come hungry and come with a friend.

Cost: \$30

Register at

www.pwsc.asapconnected.com or the H&FC front desk.

THANKSGIVING GOODIES FOR SPECIAL DIETS (GLUTEN FREE & ANTI-INFLAMMATORY)

**NOVEMBER 8TH, 2018
5:30PM-7:00PM**

One of the trickiest times of the year for those who live with special diets is the holidays when there are tons of events and festivities. Many traditional holiday food ingredients contain allergens that have a toxic effect for you or some of your guests. Join us to discover and prepare delicious holiday recipes that are gluten free and anti-inflammatory.

Menu:

- Baked young chicken with garlic and lemon
- Vegetable variations
- Cauliflower substitutes for rice or potatoes
- Berry and coconut desserts
- Bread



Sponsored in part by:



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Fall 2018

Programs and Group Fitness

MONDAY	10/29-12/20	6:00-6:45am	Tabata Bootcamp w/Sarah JO	\$C
5:00 a.m.—8:45 p.m.	9/24-11/28	8:00-9:00am	Beginning Yoga w/Leigh	\$C
	9/12-10/5	9:30-10:20am	Bodies in Tune/Donna	I
	Begins 10/8	9:30-10:25am	Strength in Motion w/ Judy	I
	9/10-12/21	10:30-11:20am	Fit for Life/Judy	F
	10/1-11/22	12:15-12:45pm	Lunch Power Hour w/Sarah JO	IS
	Begins 11/26	12:15-12:45pm	Kettle Bell Power Circuit w/Amber	I
	9/10-10/31	5:30-6:45pm	Beginning Yoga w/Leigh	\$C
	11/5-12/19	5:30-6:45pm	Intermediate Yoga w/Leigh	\$C
TUESDAY	Begins 9/4-10/25	6:00-6:40am	Spin w/ Sarah JO &Chloe	I
5:00 a.m.—8:45 p.m.	Begins September	6:00-7:00am	Full Throttle Circuit Training w/Ryan	I
	Begins September	8:30-9:25pm	Bosu /Cardio/Sculpt w/ Amber	I
	9/13-10/4	9:30-10:25am	Longevity Stick w/Donna	I
	Begins September	6:30-7:45pm	Yin Yang Yoga w/Mel	I
	WEDNESDAY	10/29-12/20	6:00-6:45am	Tabata Bootcamp w/Sarah JO
5:00 a.m.—8:45 p.m.	9/24-11/28	8:00-9:00am	Beginning Yoga w/Leigh	\$C
	9/12-10/5	9:30-10:20am	Bodies in Tune/Donna	I
	Begins 10/8	9:30-10:25am	Strength in Motion w/ Judy	I
	9/10-12/21	10:30-11:20am	Fit for Life/Judy	F
	10/1-11/22	12:15-12:45pm	Lunch Power Hour w/Sarah JO	IS
	Begins 11/26	12:15-12:45pm	Kettle Bell Power Circuit w/Amber	I
	9/10-10/31	5:30-6:45pm	Beginning Yoga w/Leigh	\$C
	11/5-12/19	5:30-6:45pm	Intermediate Yoga w/Leigh	\$C
THURSDAY	Begins 9/4-10/25	6:00-6:40am	Spin w/ Sarah JO & Chloe	I
5:00 a.m.—8:45 p.m.	10/29-12/20	6:00-6:45am	Tabata Bootcamp w/Sarah JO	\$C
	Begins September	6:00-7:00am	Full Throttle Circuit Training w/Ryan	I
	Begins September	8:30-9:25am	Bosu/Cardio/Sculpt w/Amber	I
	9/13-10/4	9:30-10:25am	Longevity Stick w/Donna	I
	10/1-11/22	12:15-12:45pm	Lunch Power Hour w/Sarah JO	IS
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	Begins September	6:30-7:45pm	Yin Yang Yoga w/Mel	I
FRIDAY	9/12-10/5	9:30-10:20am	Bodies in Tune/Donna	I
5:00 a.m.—8:45 p.m.	Begins 10/8	9:30-10:25am	Strength in Motion w/ Judy	I
	9/10-12/21	10:30-11:20am	Fit for Life/Judy	F
	See GO Schedule	5:30-6:30 pm	Gym Orientation w/Kayla	I
SATURDAY			Open Studio	
9:00 a.m.—8:45 p.m.				
SUNDAY				I
9:00 a.m.—8:45 p.m.				



GROUP FITNESS CLASS DESCRIPTIONS

Bodies in Tune/w Donna

A strength training and toning class for all ages, this class involves weight bearing and core strengthening exercises. Bands, steps, stability balls, and weights are all incorporated into the exercises to make them appropriate for all ability levels. Monday's focus is lower body, Wednesday is upper body, and Friday is "Gut 'n Butt."

Spin w/Sarah JO & Chloe

A mix of endurance, intervals, and strength rides are incorporated to help you push your fitness to the next level. Have no fear-you choose the difficulty level and resistance. Burn 600-1000 calories in a one-hour class!

Lunch Power Hour w/Sarah JO

Strength training and cardio come together to make your workouts fast but effective! Intervals are designed to get your heart rate up and rests are built in to bring it back down. Burn calories and build muscle all on your lunch break!

Strength in Motion w/Judy

An upbeat, full-body workout designed to increase muscle tone and cardiovascular fitness while improving balance and flexibility. This class combines aerobic conditioning, mat work, strength training, and stretching. Exercise equipment includes balance balls strength bands, and weights that will be used to customize the workouts. All fitness levels welcome.

Tabata Bootcamp w/Sarah JO

An 8-week comprehensive fitness program designed to help participants gain strength, lose weight, increase agility, & meet their fitness goals. Online support, nutrition, accountability, & more. Register for credit at: www.uaonline.com. For non-credit register at: <https://pwsc.asapconnected.com>

Kettlebell Power Circuit w/Amber

A dynamic class full of explosive, core based exercises to build muscle and rev up your metabolism and maximize your potential! Can be modified for all fitness levels.

Full Throttle Circuit Training w/Ryan

Alternate through cardio and strength training exercises designed to tone your body, and power your core. Class uses free weight, machine, and body weight exercises in a circuit style rotation. Ideal for athletic training and muscle development.

Fitness for Life w/Judy

Gentle exercise for all stages of life. Designed for those desiring to improve their body's function and strength. Gentle movements incorporating self-resistance, exercise bands, breath control, and stretching are used to provide a whole body fitness routine to help improve daily functionality and strength. Exercises can be modified to the fitness level of the individual, including exercising in a seated position Class is FREE and sponsored by United Way and SWAN.

Bosu/Cardio/Sculpt w/Amber

Utilizing BOSU (Both Sides Up) equipment, moves from these classes will add balance and stabilization to any fitness routine. BOSU Cardio emphasizes movement and control, BOSU Sculpt focuses on strength and toning, and BOSU Core Cardio hones in on the abdominals and back.

Yin Yang Yoga w/Mel

A quieter practice consisting of poses being held for 3-5 minutes. Focus is on the opening of connective tissue of the eight key joints, thus rejuvenating and distributing Chi (energy) throughout the body. Most of yin and yang is done seated or laying down on the yoga mat. Tuesday classes focus on spine openers, and Thursday classes focus on hip openers.

Beginning Yoga w/ Leigh

An introduction to yoga physical exercises, breathing, relaxation and concentration techniques as an approach to wellness. Register for credit at: www.uaonline.com. For non-credit register at: <https://pwsc.asapconnected.com>

Intermediate Yoga w/ Leigh

Presets intermediate level yoga physical exercises, breathing techniques, meditation, and relaxation exercises. Credit and non-credit. Register for credit at: www.uaonline.com. For non-credit register at: <https://pwsc.asapconnected.com>

Orientation

Not sure where to start? Learn everything you need to know to navigate the gym. Etiquette, safety, form, upcoming classes & more.

Longevity Stick w/Donna

This exercise regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, focus, breathing capacity and vitality. Class combines longevity stick exercises with rhythmic breathing to help promote better health and physical movement capabilities.

FUR SEWING

with Robin Mayo

Basics of fur sewing: selecting and preparing furs, choosing and customizing patterns, basic sewing, lining and finishing. Everyone will make one major project, either a trapper style hat, mittens, or parka ruff.

Class will meet for 2.5 hours once a week for four weeks. No experience necessary, appropriate for ages 16 and up.

Class is offered in two locations:

Glennallen
PWSC classroom
6 pm - 8:30 pm
Tuesdays
January
15, 22, 29 and
February 5

Kenny Lake
Library
6 pm - 8:30 pm
Thursdays
January
17, 24, 31 and
February 7



The cost of this class is being offset with funding from Valdez United Way



Enrollment Fee: \$100

Register by January 4, 2019 online at: pwsc.asapconnected.com or call:

907-822-3673

Beginning Cross Country Skiing

Tues and Thurs, Jan 15-Feb 28, noon-1 p.m. & Saturday, Feb 9, 10 a.m.-2 p.m.

\$229

Instructor: Erin Cutts



An introduction to the fundamentals of diagonal-stride cross-country skiing. Topics include:

- Selection of personal clothing
- Ski and safety equipment
- Cold-weather injuries
- Skiing skills and trail ethics

Students may need to rent or purchase equipment.

Requires ability to perform comfortably in cold and inclement weather. 16+

Also available as a 1-credit option. Speak with a Student Affairs staff member for details and cost.

Register by January 4 at <https://pwsc.asapconnected.com> 907-834-1600



Be Sure to Catch *If...* on Stage



The PWSC Drama Department's Fall production is an original play for children written by Valdez residents. *If...* was created under the direction of PWSC Theatre Programs Coordinator Dawson Moore, with contributions from Kerra Apolo, Heidi Franke, Dennis Humphrey, Kyle Walker, and Carl Young. It tells the tale of a teenage girl in Valdez who has decided to run away from home with her imaginary friend "If."

Moore gave the writers an assignment in July to write short plays. When they were finished, he combined them all into one cogent storyline. The play stars

Abigail Ruth Sims as Bronwyn and Sarah Jorgenson-Owen as If. The rest of the cast includes PWSC student Kirsten Delozier; PWSC employees Kerra Apolo, Heidi Franke, and Jay Stevens; and community members Jamie Arciniega, Jovianna Arciniega, Elaine Gilson, Hannah Jane Gilson, Tracy Gilson, Emily Humphrey, Stephanie Olson, Jadyn Tapp, Sarah Tapp, Alexander Wilder, and Carl Young.

Tracy Gilson, the owner of the Valdez Dance Company, will be providing choreography, in addition to acting. Former Valdez resident Flora Walters is creating original music. The production will feature extensive costumes by Dorenda Hollis-Kramp and lighting design by Kyle Walker. There will be a school matinee on Friday, November 16, at 10:00 a.m., with public showings that night and the next at 7:00. Performances are at the Valdez Civic Center.

Interested in more information? Contact Dawson at 834-1614 or dlmoore@alaska.edu.

(photo above is first read-through of the play)

Winter Camping Alaska

January 23- February 6 (Outing Feb. 1-3)

Instructor: Erin Cutts

Wednesday 6:30-8:30 p.m. and weekend outing February 1-3

Register by January 11 at <https://pwsc.asapconnected.com>

Learn the skills needed to plan and complete overnight trips during winter conditions.

Topics covered include:

Equipment, recognition of winter hazards, modes of travel, camp site selection, comp construction, snow caves, and leave-no-trace ethics.

Required Text: The Winter Camping Handbook: Wilderness Travel & Adventure in the Cold-Weather Months; ISBN: 978-0881507829

Optional Text: Snow Caves for Fun & Survival; ISBN: 978-0979559006

This class may be taken for 1 college credit. See a Student Affairs staff member or visit UAOnline.alaska.edu for this option.

\$329.00



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Monthly Safety Tip from the PWSC Safety Committee

According to the National Sleep Foundation, adults need 7-9 hours of sleep per night, but with so many distractions, responsibilities, and stresses, not everyone gets that much. 70 million people are sleep deprived or suffer from sleep disorders, and it's a major contributor to car crashes. Adults ages 18-29 are much more likely to drive while drowsy compared to other age groups. Men are more likely than women to drive while drowsy (56% vs 45%). People tend to fall asleep while driving on high-speed, long, or rural highways. Nearly 1/4 of adults say they know someone personally who has fallen asleep at the wheel.

What can you do? Make sure you get 7-9 hours of sleep. If you have been awake for 24 hours or more, don't drive. It's just not safe. If you know you have a long road ahead, drink something with caffeine. Try stopping every 100 miles or every 2 hours on the road. Travel during times when you are normally awake.

To learn more visit www.sleepfoundation.org.

COMMUNITY WINTER GEAR SWAP & SELL

BUY! SELL! SWAP! DONATE!

Saturday, November 17, 2018 • 1:00pm-5:00pm
Recreation Center • 414 W. Hanagita

DONATE: Drop unwanted winter gear at the Rec Center (414 W. Hanagita), before 5pm on Thursday, November 15.

SELL: Reserve a sellers' table by calling the Rec Center at 835-6698. Table registration ends at 5pm on Thursday, Nov 8. Space is limited - First-come, first served. *No commercial or private business sales permitted.

FREE GEAR: Donated items will be "free" during the event. Those who are able to make a monetary donation can do so during the event! All proceeds will go to the Valdez Veterinary Services' Honey Bear Fund, to help support ill & injured pets in need.

SWAP: Show up with a swappable item during the event. Swap for a donated item or try to barter with a seller/swapper.

FREE Admission. All ages are welcome.
Children must be accompanied by parent/guardian.

Valdez Parks & Recreation
P.O. Box 10071
Valdez, AK 99686-0071
www.ci.valdez.ak.us/Parks

19th Annual

Valdez Consortium Library

Book Basket Auction

Saturday, November 3, 2018

Valdez Civic Center

Doors open at 6:00pm

Live Auction at 7:00pm

Live Music! Cash Bar! Appetizers! Silent Auction!

Must be 21+ and show a valid ID to attend.

No charge for admission



Support our local library! Pick a theme and design a basket to be auctioned off at this fun event.

Include at least one new book and other items related to your theme.

All funds raised will be used to purchase new materials for the library!

Baskets are due by 8:00pm on Thursday, Nov. 1. For more information call the library at 835-4632.

WWW.CI.VALDEZ.AK.US/LIBRARY

FACEBOOK.COM/VALDEZALASKAFUN

Valdez Arts Council Presents

B O D Y V O X



PERFECTLY HUMAN DANCE

MON • NOV 5 TH
7PM • CIVIC CENTER

Advanced Tickets available at A Regens Garden and night of performance at the door

Archery Club News



Archery Club Election Results:
President - Lexie Henderson (student)
Vice President - Jason Shiell (community)
Treasurer - Sierra Davis (student)
Secretary - Amber Henderson (community)

Open Shoots have resumed at the HHES Gym on Monday and Wednesday evenings - 7:30 - 9:00 p.m. Open to anyone age 7 and up, and all levels of experience welcome. We have 10 -20 participants each evening - please join us or just come check it out.

A Zombie Fun Shoot was held on October 29. Those that participated shot realistic zombie targets like their life depended on it - and as always, there were no casualties!

Club Membership applications are available at the PWSC Help Desk. Membership is free to all students (6+ credits), faculty, and staff.

8th Annual Turkey Shoot will be held Wednesday, November, 14, 7:30 - 9:30 p.m. HHES Gym. Win festive meal prizes and cans of spam! This is a family event where ANYONE can win!

9th Annual Vegas in Valdez Archery Tournament (ViVA) is scheduled for March 21 -24, 2019. Four full days of archery.

Lexie Henderson, Sierra Davis, and Amber Henderson traveled to Anchorage on Saturday, October, 20 to represent PWSC and the Archery Club at the Annual Alaska State Archery Association meeting. The Valdez group was recognized for our outstanding ViVA tournament, and our shoot was approved again as an ASAA-sanctioned event. ASAA also requested that a club member join a committee to review and update the ASAA Constitution and By-Laws. The ASAA Executive Board have also requested a meeting with the PWSC Archery Club officers for input into rural tournament management. The PWSC Archery Club is turning heads at the state and national levels with our work here! One of the goals for the archery club is to provide leadership opportunities for students - This meeting provided such an opportunity. One of the students expressed, "Now I know and appreciate better what my Mom put up with when she served on the PTA!"

Look for a schedule of upcoming events coming out soon! We are planning several workshops and fun shoots such as an indoor 3D Animal Shoot and a Ladies Only Night. Contact Steve Shiell at 834-1622 with questions.

PWSC Archery Club Presents
The 8th Annual Valdez

Turkey Shoot

November 14, 7:30-9:30 p.m.

Family-friendly!
ANYONE can win!

Wouldn't you rather have SPAM?



Hermon Hutchens Elementary School Gym

All levels of experience & proficiency welcome.

\$20 entry fee or Free for club members.

Win festive meal prizes and cans of SPAM!

Call 834-1622 for more info.

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Upcycling Furniture

Friday, January 25, 6-9 p.m.,
Saturday, January 26, 2-5 p.m., &
Sunday, January 27, 2-5 p.m.

\$115

Students will bring a small real wood furniture piece, such as a small dresser, nightstand, chair, or end table, and will learn through hands-on techniques to upcycle or "flip" the piece through finishing with chalk paint and stain wax.

All supplies (except your furniture piece) are provided.



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Register by January 7
<https://pwsc.asapconnected.com>
907-834-1600

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Suzuki Violin

\$130 per month includes weekly individual classes and group classes.

Start as early as age 4. . . All ages welcome!

Contact the instructor, Isaac Workman, directly with class questions at 907-831-0158.

Register by the first of each month at
<https://pwsc.asapconnected.com>

907-834-1600

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Photo by [Clem Onojeghuo](#) on [Unsplash](#)

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With So Many Musical Instruments To Choose From, Why Violin?

4 Reasons the Violin is an Awesome Instrument Choice

By Isaac Workman, PWSC Non-credit Instructor

Take a moment to learn why the VIOLIN is an AWESOME instrument for young children and adults alike!

- 1. Increased Brain Activity:** Because of the mathematical, artistic, and physical aspects of playing the violin, the whole brain is engaged, both left and right hemispheres simultaneously (rarely possible except with playing music). This is more so for the violin both because of how much arm and body movement are needed for playing, and the attention to detail necessary to play the violin well. This attention to detail makes the VIOLIN interesting and rewarding!
- 2. Auditory training:** Learning to play a bowed instrument like the violin promotes better auditory training than most other instruments. For example, to play the piano, you merely press the keys, where a violinist must carefully listen for the pitch and make adjustments while playing. This gives the violin student continual auditory training. It's satisfying to be in complete control of the sounds your instrument makes; the possibilities for style and fun affects are endless.
- 3. The violin is a group instrument:** The Violin provides many opportunities to play with other musicians, such as orchestra or chamber groups, so violinists develop ensemble skills early. And of course it's fun to play music with other students. An active, vibrant Suzuki violin studio (like the violin school at PWSC) holds many events at which children can play together and for others.
- 4. The Violin is portable:** The VIOLIN can go pretty much wherever you do! They fit easily in the car and are no problem in any house or apartment, compared to other instruments like piano, harp, or bass for instance. This makes it possible to keep up a consistent practice schedule, even when traveling. Because its always fun to make music in new places, with the beautiful violin!

INDEED violin lessons are a lot of fun with many benefits! To learn more about how you or your family members can take Suzuki Violin lessons at Prince William Sound College, contact Isaac Workman at 831-0158 or call PWSC at 834-1600.



PRINCE WILLIAM SOUND COLLEGE

UNIVERSITY of ALASKA ANCHORAGE.

Located at:
303 Lowe Street, Valdez, Alaska 99686
1976 Aurora Drive, Glennallen 99588
705 2nd Street, Cordova 99574
and online

www.pwsc.alaska.edu
907-834-1600

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Interested in learning more about the Bureau of Land Management and what they do?

Have you ever thought of a career in natural resource management?



Join us in conversation with Robben Taylor, Partnership and Outreach Coordinator from the Bureau of Land Management (BLM) Glennallen Field Office

November 13, 11:30 a.m.-12:30 p.m.

Prince William Sound College, Room 156

Everyone Welcome!



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Tip from the PWSC IT Committee

Passwords are the keys to your electronic accounts. Criminals attempt to get your password in a number of ways. One way is through a brute force attack. This is when criminals feed thousands of possible password variations to a server in the hopes that one matches your password. You can protect yourself by making your password longer than 8 characters, and include upper and lower case letters, numbers, and special characters. Such passwords have over 3 quadrillion variations and are likely to foil such attempts.



Thank you to all who visited our Sci-Fi Fantasy Halloween Extravaganza this year! We thoroughly enjoyed seeing all the little trick-or-treaters come through. Hope you all had a great Halloween!

“Motivation comes from working on things we care about.”
-Sheryl Sandberg