

# PRINCE WILLIAM SOUND TIDINGS

December 7, 2018

## Calendar

December 10-15  
Final Exams

December 16  
Commencement for  
summer and fall 2018  
graduates

December 20  
Grades available on  
UAOnline

December 24–January 1  
No class days, Winter  
Break, PWSC closed

January 14  
Instruction begins, add/  
drop period begins,  
credit to audit period  
begins, registration  
begins for those using  
senior citizen tuition  
waiver

January 21  
No class day, Alaska  
Civil Rights Day and  
Martin Luther King, Jr.  
Day, PWSC Closed

March 11-15  
No class days, Spring  
Break

## Emergency Trauma Technician Cohort

As of today, December 7, we have four new certified Emergency Trauma Technicians in town. They are: Craig Donaldson, Johnathan Millican, Ian Cabitac, and Savannah Byerly.

Emergency Trauma Technicians are certified by the Southeast Region Emergency Medical Services Council, and are recorded by the state of Alaska as First Responders.

The program teaches students how to stabilize their patient, get a history, and then get

them to the hospital. Students can utilize all the equipment in an ambulance. ETTs take vital signs, such as blood pressure, pulse, respiration baseline (so responders can monitor patient stability), splinting using the Sam splint, vacuum splints, and other resources available wherever the patient is located, as required. ETTs can find out the core issue the patient has and stabilize them. The students are also taught the American Heart Association's CPR for professionals.

Instructor George Keeney reports, "If I were to collapse and they were around, I would be in good hands. The students will use their training throughout their careers."



**We at Prince William Sound College would like to wish all our students, colleagues, and fellow community members a very happy and healthy holiday season.**





# Fall 2018

## Programs and Group Fitness

<b>MONDAY</b>	11/5-11/29	6:00am-6:45am	Morning Kickstart w/ Sarah JO	I\$
5:00 a.m.—8:45 p.m.	9/24-11/28	8:00-9:00am	Beginning Yoga w/Leigh	\$C
	NEW CLASS	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	I\$
	Begins 11/26	12:15-12:45pm	Kettle Bell Power Circuit w/Amber	I
	11/5-12/19	5:30-6:45pm	Intermediate Yoga w/Leigh	\$C
<b>TUESDAY</b>		6:00-7:00am	Full Throttle Circuit Training w/Ryan	I
5:00 a.m.—8:45 p.m.		8:30-9:25pm	Bosu /Cardio/Sculpt w/ Amber	I
	NEW TIME	5:30-6:15pm	Spin w/ Sarah JO &Chloe	I
		6:30-7:45pm	Yin Yang Yoga w/Mel	I
<b>WEDNESDAY</b>	11/5-11/29	6:00-6:45am	Morning Kickstart w/Sarah JO	I\$
5:00 a.m.—8:45 p.m.	9/24-11/28	8:00-9:00am	Beginning Yoga w/Leigh	\$C
	NEW CLASS	9:30-10:25am	Strength in Motion w/ Judy	I
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	Begins 11/26	12:15-12:45pm	Kettle Bell Power Circuit w/Amber	I
	11/5-12/19	5:30-6:45pm	Intermediate Yoga w/Leigh	\$C
<b>THURSDAY</b>	11/5-11/29	6:00-6:45am	Morning Kickstart w/Sarah JO	I\$
5:00 a.m.—8:45 p.m.		6:00-7:00am	Full Throttle Circuit Training w/Ryan	I
		8:30-9:25am	Bosu/Cardio/Sculpt w/Amber	I
	10/1-11/22	12:15-12:45pm	Lunch Power Hour w/Sarah JO	I\$
	Begins 11/26	12:15-12:45pm	Kettle Bell Power Circuit w/Amber	I
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<b>FRIDAY</b>	NEW CLASS	9:30-10:25am	Strength in Motion w/ Judy	I
5:00 a.m.—8:45 p.m.	9/10-12/21	10:30-11:20am	Fit for Life/Judy	F
<b>SATURDAY</b>	11/17-12/22	11:00-12:00pm	Saturday Piyo Series w/ Sarah JO	I\$
9:00 a.m.—8:45 p.m.				
<b>SUNDAY</b>				I
9:00 a.m.—8:45 p.m.				



# GROUP FITNESS CLASS DESCRIPTIONS

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## 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."

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## 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!

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## 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!

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## 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.

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## Morning Kickstart 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 first thing in the morning!

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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](http://www.uaonline.com). For non-credit register at: <https://pwsc.asapconnected.com>

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## 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](http://www.uaonline.com). For non-credit register at: <https://pwsc.asapconnected.com>

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## 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.

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## Saturday Piyo Series w/ Sarah JO

"Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYo...PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined."

# 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 take advantage of the H&FC Ski for Free program to rent ski 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.

Photo by Andrew Metzinger on Unsplash

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



UA is an AA/EEO employer and educational institution and prohibits illegal discrimination against any individual. [www.alaska.edu/titleIX/compliance/nondiscrimination](http://www.alaska.edu/titleIX/compliance/nondiscrimination)

# 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:

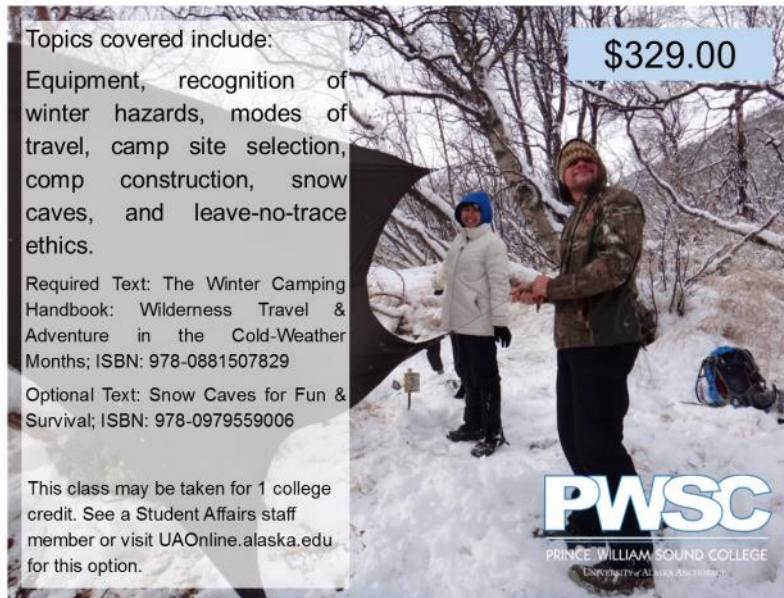
Equipment, recognition of winter hazards, modes of travel, camp site selection, comp construction, snow caves, and leave-no-trace ethics.

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](http://UAOnline.alaska.edu) for this option.

\$329.00



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Prince William Sound College  
Copper Basin Extension Center

## WRITING MEMOIR

Using the Windshield and the Mirrors

with  
Mary Odden

Nothing stops or even slows down; even our remembered stories change to fit all the new reasons we need to tell them. Some personal or family stories are so important that they come to mind again and again. Join us for a short-series class on how to explore, write and share a compelling memoir story.

Register by February 5th at: [pwsc.asapconnected.com](http://pwsc.asapconnected.com)

Virtual conferencing for this course available

Call us for more information at 822-3673

Enrollment fee for this workshop is:	dates
\$100	February 12
	February 19
	February 26
	6 - 9 p.m.



# Writing Horror

Wednesdays 11:30 a.m.– 12:45 p.m.

January 14-May 4

Instructor: Dennis Humphrey

Edgar Allan Poe claimed the secret to his success was that he focused his writing on an effect he intended to create in the reader. Writing for emotional effect is all about getting inside the readers' heads. In horror writing, the desired effect is fear, in its many creeping, lurking, stalking, leaping, and slashing forms. Fear is one of our most primal emotions—perhaps even the most primal if we are honest about it. In this class, once per week for 15 weeks, we will examine techniques used by masters of the genre, and we will practice them in our own writing.

- Plots that coax readers down dark paths and chase them toward terrifying climaxes
- Characters we care enough about to fear what will happen to them—or what they might do
- Monsters readers can really believe are hiding in their closets, in their attics, in their heads
- Dark tones and atmospheres that make readers check behind them after every page
- Eerie settings and nightmare imagery that loom ominously in readers' minds
- Themes that creep along readers' thoughts like an inexorable dread
- Uncanny incongruities that make the normal weird—and the weird, normal

Register for this 1-credit class at [uaonline.alaska.edu](http://uaonline.alaska.edu)  
Call 834-1600 for more information and to ask about how you may qualify for a Senior Citizens' Tuition Waiver.



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Photo by Pogam Kapriety on Unsplash

Prince William Sound College  
Copper Basin Extension Center

invites you to

# OPEN HOUSE COMMUNITY DINNER

Friday, January 11, 2019

3 p.m. - 5 p.m.

CRSD district

office building

Glennallen

meet the musher

Nicolas Petit

4 p.m.



Prince William Sound College: Copper Basin Extension Center

# 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

**Enrollment Fee: \$100**

Register by January 4, 2019

online at:

[pwsc.asapconnected.com](http://pwsc.asapconnected.com)

or call:

**907-822-3673**

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



for more information call 822-3673 or visit our social media



PrinceWilliamSoundCollegeCopperBasin



pwsc\_copperbasin

Copper Basin 300



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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!



PRINCE WILLIAM SOUND COLLEGE  
UNIVERSITY of ALASKA ANCHORAGE



Photo by Elijah M. Henderson on Unsplash

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

# Mexican Cooking

Tuesday, December 18

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

December 18 Menu:

- Yucatan tamales– filled with cochinita (shredded pork made with Achiote paste), with masa made from fresh corn and spinach
- Strawberry tamales
- Atole (traditional spiced warm corn drink) and Mexican hot chocolate

Instructor: Jamie Arciniega

Limited space. Appropriate for 13+

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

907-834-1600



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## Kids Can Cook! Holiday decor & cookies

Saturday, December 8, 10 a.m.-noon

\$35, ages 7-11

This is the 4th 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.

12/8- graham cracker houses and holiday cookies

Instructor: Pamela Verfallie

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



## 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.

Instructor: Amber Mehlberg



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Register by January 7

<https://pwsc.asapconnected.com>

907-834-1600



## Storytellers!

**Meeting to discuss starting a storytelling group in Valdez**

**Monday, December 17, 6:30 p.m.**

**Sugarloaf Learning Hall, PWSC, Valdez**

**For more information call 834-1614 or email**

**[dimoore@alaska.edu](mailto:dimoore@alaska.edu)**



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## Jack Hebert, CEO & Founder Cold Climate Housing Research Center

will be in Valdez for a public presentation on current projects and ways to incorporate cold climate technology into home construction in Valdez.

**Thursday, December 13  
 1:30-3:30 p.m.**

**Prince William Sound College- Sugarloaf Hall**

The Cold Climate Housing Research Center (CCHRC) is an industry-based, nonprofit corporation created to facilitate the development, use, and testing of energy-efficient, durable, healthy, and cost-effective building technologies for people living in circumpolar regions around the globe.

PWSC has invited Mr. Hebert with the goal of introducing cold climate research to students and our community as we look for ways to create affordable housing options.

<http://www.cchrc.org/>  
 Call PWSC at 834-1600 with questions



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# Program Planning

Begins January 14

Mondays and Wednesdays 5:30-6:45 p.m.

Instructor: Nick Farline

Examines the fundamental, conceptual, and operational aspects of recreational program planning, delivery, and evaluation. Examines techniques and applications for a variety of leisure and recreational programming experiences to individuals or groups. Community service and/or professional development required. 3 credits.



Register at [UAOnline.Alaska.edu](http://UAOnline.Alaska.edu).  
 Call 834-1600 for more information.

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SELF-CARE SUNDAYS WITH MERRELEY DONOHUE, LICENSED MASSAGE THERAPIST & CERTIFIED ROLF®

## Myofascial Self-Care

**December 16th  
 @ 3:00-4:30 PM**

Shoulders, wrists and hands, addressing issues with shoulder dysfunction, carpal tunnel prevention and repetitive use of hands.

Cost: \$20  
 Register at

[www.pwsc.asapconnected.com](http://www.pwsc.asapconnected.com)  
 or the H&FC front desk.



Copyright: J Meyers

# INDOOR ROCK CLIMBING WORKSHOP

with Marcus Garcia

photo credit: Dan Holtz

**WEDNESDAY, FEBRUARY  
 13TH 6:00-8:30PM**

The class will take place at the **GMS Indoor Rockwall**

Professional athlete Marcus Garcia competes in sport, mixed ice climbing, and bouldering competitions; owns a climbing gym in Colorado, and is the head coach for your Team USA Ice Climbing. His favorite thing to do is teach and he is preparing the next generation of Olympic Caliber athletes.

A fun and positive atmosphere for climbers at all ability levels.

**Cost is \$35. Register at [pwsc.asapconnected.com](http://pwsc.asapconnected.com)  
 or at the H&FC**

Harness, ropes, and shoes will be provided by Valdez Parks & Recreation.



# PWSC

PRINCE WILLIAM SOUND COLLEGE

UNIVERSITY of ALASKA ANCHORAGE.

Located at:  
303 Lowe Street, PO Box 97, Valdez, Alaska 99686  
1976 Aurora Drive, PO Box 730, Glennallen 99588  
100 Fishermen Avenue, PO Box 1248, Cordova 99574  
and online

[www.pwsc.alaska.edu](http://www.pwsc.alaska.edu)

907-834-1600

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## Adult Swim Lessons

at the Valdez City Pool (319 Robe River Drive)

**Ages 14+**

\$30

Mondays & Wednesdays  
January 14th - January 30th  
6:30pm - 7:30pm

Pre-registration is required. Register at the Parks & Recreation Office in the Civic Center no later than Thursday, January 10th.



We'll cover water exploration, water safety and stroke development. This class will work towards overcoming any fears or obstacles and help the participant gain a new life skill.

Questions?  
Contact Wendy Clubb at  
835-5429.



Valdez Parks & Recreation  
Park Office: 907-835-5429  
Hotline: 907-835-5400  
[www.ci.valdez.ak.us/Parks](http://www.ci.valdez.ak.us/Parks)  
Facebook: [www.facebook.com/valdezpr](https://www.facebook.com/valdezpr)

## 46<sup>th</sup> Annual Community Christmas Show

Presented by the Valdez Arts Council

Saturday  
December 15<sup>th</sup>  
Civic Center  
4 pm

Local  
Holiday  
Talent

**FREE!**

COME ONE, COME ALL

-Donations for the Valdez Food Bank  
will be Happily Accepted

- Bring your favorite Holiday Cookies  
to Share after the Show

- Visit with Santa!



### Tips for Winter Driving Preparedness

Provided by the PWSC Safety Committee

Beware of carbon monoxide poisoning - vehicle exhaust can be deadly – never idle a vehicle in a building or where the exhaust is not clear...

Wear or pack winter clothes / gear – hat, gloves, boots, winter coat, etc...

Carry the following items in a vehicle winter kit:

Ice Scraper	Snowbrush or broom
Shovel	Water
Snacks	Tool kit
Flashlight	Road flares
Tow strap	Traction sand, cat litter, or tire chains

Have a travel plan – plan for additional travel time - share your plan with someone you trust.

### Arts Council Call for Talent

Calling all performers of all ages for the 46th Annual Community Christmas Show to be held on Saturday, December 15 at 4 p.m.. Registration forms can be picked up and submitted at the Valdez Public Library on Fairbanks Street and are due by 5 p.m., Monday, December 10. For more information contact Valdez Arts Council at 835-2786 or email [vac@cvinternet.net](mailto:vac@cvinternet.net)

### Overnighters #39

Theatre instructor Dawson Moore will be producing the 39<sup>th</sup> installment of the Alaska Overnighters (<http://www.dawsonmoore.com/overnighters.html>) in Anchorage on January 5 & 6. It involves fully creating two evenings of short plays that won't be written until the night before they are performed. The program has been running two to three times a years since 2002 and has produced 267 one-act plays by 67 different authors. Dawson regularly works with TBA Theatre on this in Anchorage, and two months ago he produced it in collaboration with UAF Theatre.

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

-Buddha