

PRINCE WILLIAM SOUND TIDINGS

May 3, 2019

Calendar

May 8
Commencement

May 9
Grades available on
UAOnline

May 13
First cruise ship of the
season arriving in port

May 20
Summer classes begin

May 24
Maxine & Jesse Whitney
Museum opens for the
season

May 27
Memorial Day
No classes
PWSC closed for
business (except H&FC
and Museum)

June 27
Second session summer
classes begin

PWSC Open House & Scholarship Fundraiser

Saturday, May 4, 11 a.m.-2 p.m.

PWSC Atrium & Parking Lot

Lunch cost: \$20/ \$10 for 12 and under



- Lunch
- Outdoor games
- Sneak peek at two mobile structures we'll be auctioning off at a later date

Proceeds benefit student scholarships!

Bring the whole family!

Come see what we're working on for our community!

Learn about the Construction Academy!

Dual Credit Stories Wanted

Did your son or daughter benefit from dual credit classes or receive assistance from PWSC that helped them move further along their higher education journey? We'd love to hear parents' stories of their children's successes that we helped contribute to. If you are willing to share, please contact us at pwsc.student.services@alaska.edu or 834-1600.

Valdez Storytellers

Wednesday, May 15, 7 p.m.

Valdez Civic Center

\$10

All funds go to support the PWSC Student Scholarship Fund.
Refreshments after the show catered by the Serendipity Supper Club.

Appropriate for all ages.

Hear stories about Alaska told by Alaskans, including:

Bill Copeland, Matt Kress, Sharry Miller, Dawson Moore, Stanley C Porritt, Faith Revell, and Mayor Jeremy O'Neil

PWSC

PRINCE WILLIAM SOUND COLLEGE
UNIVERSITY of ALASKA ANCHORAGE

907-834-1614

JOIN US AS A SUMMER CAMP MENTOR!

The "Alaska Tech Camp" for High School Students is hiring for Summer Camp Mentor positions. Must be 21 and over.

Apply ONLINE now at

<http://careers.alaska.edu>

(Valdez-Summer Camp Mentor!)

Oversee, direct and lead student activities, extracurricular activities, and residence life experience of the Alaska Tech Learners Program:

"Alaska Tech Camp: Build the Web"

email aktechlearners@alaska.edu for more information!



UA is an AAEO employer and educational institution and prohibits illegal discrimination against any individual. www.alaska.edu/italix/compliance/nondiscrimination

WE'RE HIRING

WE ARE LOOKING FOR SPRING AND SUMMER STAFF

- Able to work 20+ hours a week.
- Willing to work some weekends.
- Job Responsibilities:
 - Greet guests promptly, enthusiastically and with a smile to create a friendly positive atmosphere.
 - Accurately follows the daily cleaning checklist (pre/during/post) shift activities.
 - Maintains an organized gym floor, clean lobby/front desk area.
 - Responsible for maintaining customer service by answering phone calls, signing customers up for fitness programs and classes & renting out equipment.
 - Works closely with gym coordinator/manager to ensure that processes are fulfilled.
- Job Qualifications/ Requirements-
 - Customer service skills.
 - Willingness to learn.
 - Ability to multi-task is a benefit to successfully perform duties.

To apply, visit-

<http://careers.alaska.edu/health-fitness-center-front-attendant>

or email [Kayla Echols-kaechols@alaska.edu](mailto:Kayla.Echols-kaechols@alaska.edu)



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BICYCLE SAFETY Rodeo

June 1, 2019 12:00-2:00 PM @ the Kelsey Dock

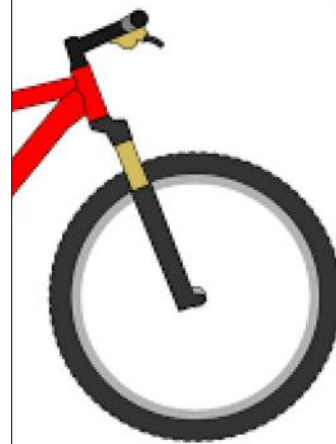
All minors must have a signed permission slip in order to participate in this event!



For more information contact Rhonda Wegner @ 831-0003

Stop by to get geared up for a safe and healthy summer of biking.

Bicycle Safety Event Includes: Obstacle Course, Free Helmet, Helmet Fitting and Hand Signal Clinic



VALDEZ BIKE TO WORK OR SCHOOL WEEK

MAY 13-18





SEEBALD & ASSOCIATES INTERNATIONAL
The World's Preeminent Maritime Security Consulting Firm

**Seebald & Associates International
U.S. Coast Guard Approved
Facility Security Officer Course (FSO)**

Register for the U.S. Coast Guard Approved FSO Course or
PSD Course at <https://seebald.com/fso-training/register>

**Sponsored by:
Prince William Sound College
303 Lowe St.
Valdez, AK 99686**

FSO Course— May 6-8, 2019

PSD Course— May 9, 2019

This three day course fulfills all 33 CFR 105 requirements for Facility Security Officer training. PLUS, additional training modules on: Up-to-date regulatory changes, Security Threat Updates, Cyber security for maritime facilities, Transportation Worker Identification Credential (TWIC) Final Rule, HOMEPORT, using NVIC 03-03 Change 2, preparing for your Coast Guard Compliance Inspection, proper SSI handling, conducting a proper Facility Assessment & Risk-Based Analysis, proper screening techniques, how to conduct Drills & Exercises, and more!

The one day PSD course fulfills all 33 CFR 105 requirements for Personnel with Security Duties training. PLUS, additional training modules on: Up-to-date regulatory changes, Security Threat Updates, Cyber security for maritime facilities, Transportation Worker Identification Credential (TWIC) Final Rule, proper SSI handling, proper screening techniques, and how to conduct Drills.

Seebald and Associates International
716-481-0195
<https://www.seebald.com>



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Learn to Bake Macarons

Saturday, June 22

10 a.m.-2 p.m.

\$40

Have you ever wanted to learn to bake the perfect French macaron? These fluffy, sweet meringue-based confections are light and fancy, with many flavor options. Shannon Stites, local self-taught baker, shares the knowledge she has gained through many batches, so you can make your own at home. Learn to impress your guests at the next party, or your coworkers at the next cookie exchange.

13+ (or 7+ with a parent/ guardian)



Register by June 14 at

<https://pwsc.asapconnected.com>

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Far North Follies

by Dawson Moore

Opening on May 12, *Far North Follies* takes a humorous look at the history of Valdez. Maggie Nylund is producing the play, which is a vaudeville-style comedy with cancan dancer interludes. It is intended to provide an entertainment option for the multiple cruise ships docking in Valdez this year, as well as other tourists. Locals will enjoy the local satire... well, hopefully! It performs at the old home of the Prospector through mid-June, when it will move to an outdoor tent, location to be announced.

The college has people involved on multiple levels. The script was co-written by Student Advisor Heidi Franke and English Professor Dennis Humphrey. Heidi is also in the cast, as are Instruction Department Assistant Jay Stevens, Theatre Programs Coordinator Dawson Moore, and Health & Fitness Center teacher Sarah Jorgenson-Owen. The rest of the cast includes former students James Dishaw, Hannah Wassel, and Reggie Radotich. Past college employee Gianna Giusti-McCune is the final member of the cast.

The show will feature Cancan dancers as well. They will be choreographed by Gaea Baird, and include Amber and McKinzie Burton. Holding to true Vaudeville form, they are looking for local talent to fill a slot in between acts throughout the summer. If you are a local musicians, dancers, contortionists, and any sort of performer, they would love to give you the opportunity to do a two minute or less performance.

Tickets are \$25, but there will be discounts for locals. For more information on any aspect of the show, call 831-1097 or e-mail valdezfarforthollies@gmail.com.

The event is on Instagram, @farnorthfollies, and Facebook, ValdezFarNorthFollies



FREE Evening Performances at the 27th Annual Valdez Last Frontier Theatre Conference

Saturday, June 8, 8:00 PM

When I Was A Boy is an honest, moving and even humorous look at a powerful coming of age story. Cooper Bates shares his recollection of the extraordinary inner life of his younger self, Frankie Bates, who grew up as the only Black child in a small Caucasian community in Kansas (population 1,500). He never saw himself as Black, until he was cast as Nigger Jim in the school production of Huckleberry Finn in 6th grade. This show is **suggested for audiences 15 and up.**

Sunday, June 9, 8:00 PM

The Playwrights Evening features the playwrights from our artistic staff reading from their work. This annual event is a chance to journey into the heart of artists, experiencing the work of the leaders of this year's Conference. **Suggested for audiences 16 and up.**

Monday, June 10, 8:00 PM

Cyrano's Theatre Company presents Lucas Hnath's *A Doll's House, Part 2*, a sequel to Ibsen's masterpiece. Nora returns to the family she left behind, to ask for help in order to face one of the consequences of her actions. But, can she truly anticipate the repercussions? What will happen when the door she slammed 15 years earlier reopens? **Suggested for audiences 13 and up (language).**

Tuesday, June 11, 8:00 PM

Spelman and Morehouse Colleges presents *Hands Up* by various artists, directed by Keith Arthur Bolden. In light of the police shootings of Mike Brown in Ferguson, Missouri, and John Crawford III in Beavercreek, Ohio, among others, the New Black Fest commissioned seven emerging black playwrights to write 10-15 minute monologues that explore their feelings about the well-being of black in a culture of institutional profiling. **Suggested for audiences 13 and up (language).**

Wednesday, June 12, 8:00 PM

Welcome to *Popcorn Falls*, a small American town whose only claim to fame – their namesake waterfall – has dried up. Now bankrupt, their last chance is a large grant that can only be used if the town produces a play in a week. One big problem: no playhouse. Another problem: no play. Led by the Mayor and the local handyman, the enterprising townsfolk try to rise to the challenge and prove that art can save the world! *Greater Tuna* meets *Waiting for Guffman*, *Popcorn Falls* was chosen 'Top Twenty Theatrical Moments of 2018!' **It is suitable for audiences of all ages.**

Thursday, June 13, 8:00 PM

TBA Theatre presents P. Shane Mitchell's *The Death of Edgar Allen Poe*, directed by Erin Dagon Mitchell. In the moments before his death, America's most celebrated author of the macabre reveals how his sins and the tragedies of his life lead to his descent into madness and alcoholism, inspiring his dark and thrilling works. Thirteen of his most gripping tales including *The Telltale Heart*, *The Cask of Amontillado*, and *The Raven* come to life as he reflects on his failed attempts at love and human connection. **Suggested for audience 12 and up.**

Call 834-1614 for more info, or 835-2469 during the Conference.

PROGRAMS AND GROUP FITNESS CLASSES

MONDAY	Begins 4/1	12:15-12:45 PM	Kettlebells with Amber Mehlberg :)
5:00 a.m.—8:45 p.m.	3/20-5/8	5:30PM-6:45PM	Beginning Yoga with Leigh Lubin \$
	Begins 3/20	7:00 PM-8:00 PM	Hatha Yoga with Kamila Xavier :)
TUESDAY		10:00AM-10:55AM	Bosu/Cardio/Sculpt with Amber Mehlberg :)
5:00 a.m.—8:45 p.m.		5:30PM-6:25PM	Spin with Sarah Jorgenson & Chloe Whallon :)
		6:30PM-7:25PM	Yin Yang Yoga with Mel Koontz :)
WEDNESDAY	Begins 4/1	12:15-12:45 PM	Kettlebells with Amber Mehlberg :)
5:00 a.m.—8:45 p.m.	3/20-5/8	5:30PM-6:45PM	Beginning Yoga with Leigh Lubin \$
	Begins 3/20	7:00PM-8:00 PM	Hatha Yoga with Kamila Xavier :)
THURSDAY		10:00AM-10:55AM	Bosu/Cardio/Sculpt with Amber Mehlberg :)
5:00 a.m.—8:45 p.m.	Begins 4/1	12:15-12:45 PM	Kettlebells with Amber Mehlberg :)
		5:30PM-6:25PM	Spin with Sarah Jorgenson & Chloe Whallon :)
		6:30PM-7:25PM	Yin Yang Yoga with Mel Koontz :)
FRIDAY			
5:00 a.m.—8:45 p.m.			
SATURDAY			
9:00 a.m.—8:45 p.m.			
SUNDAY			
9:00 a.m.—8:45 p.m.			

Red=credit classes that require pre-registration and are not included with the Fitness Program. \$

Blue=FREE classes that do not require Fitness Program enrollment. F

Green=drop-in style classes that are included with Fitness Program enrollment. :)

Purple=included with Fitness Program Enrollment. A fee will be added for those not enrolled. *

SPRING 2019



PRINCE WILLIAM SOUND COLLEGE
UNIVERSITY of ALASKA ANCHORAGE



INCLUDED CLASSES

CREDIT CLASSES

<p>HATHA YOGA 55 min Kamila Xavier</p> <p>Hatha Yoga is a system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.</p>	<p>BOSU/CARDIO SCULPT 55 min Amber Mehlerberg</p> <p>Cardio emphasizes movement and control, BOSU Sculpt focuses on strength and toning, and BOSU Core Cardio hones in on the abdominals and back.</p>	<p>EVENING BEGINNING YOGA 1 hour 15 min Leigh Lubin</p> <p>March 20th-May 8th</p> <p>An introduction to yoga physical exercise, breathing, relaxation and concentration techniques as an approach to wellness. Register for credit at: www.uaonline.com. For non-credit register at: http://pwsc.asapconnected.com</p>
<p>YIN YANG YOGA 55 min Mel Koontz</p> <p>Focus is on the opening of connective tissue of the eight key joints, thus rejuvenating and distributing Chi (energy) throughout the body.</p>	<p>SPIN 55 min Sarah Jorgenson & Chloe Whallon</p> <p>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!</p>	
<p>KETTLEBELLS 35 min Amber Mehlerberg</p> <p>A short but intense strength training circuit that will get your heart rate up and your metabolism working! All fitness levels welcome!</p>		<p>Classes are not just for PWSC Students. Community members are welcome..</p> <p>To register for credit visit UAOnline. To register for non-credit visit www.PWSC.ASAPConnected.com.</p>
		<p>Red=credit classes that require pre-registration and are not included with Fitness Programs</p> <p>Blue=FREE classes that do not require Fitness Program enrollment.</p> <p>Green=drop-in style classes that are included with Fitness Program enrollment.</p> <p>Purple=included with Fitness Program Enrollment. A fee will be added for those not enrolled.</p> <p>UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/titallXcompliance/nondiscrimination.</p>

Student Spotlight

By Vicki Heisser (shared on PWSC social media April 29, 2019 for the ongoing #meetthestudentsmonday campaign)

PWSC: Hi, Shahmeer. I know you are relatively new to Alaska. Where were you born and raised?

Shahmeer: I was born in Karachi, Pakistan. It is a city of 20 million people on the coast, and when I was younger, my family moved to New York, so I have always been a big city kid. I moved to Alaska in 2015 and have lived in Wrangell and Homer before Valdez.

PWSC: You seem to be an adventurous person. Where does your love of adventure come from?

Shahmeer: That's a big question. I started with bicycle touring, riding from Seattle down to the Panama Canal when I was 19. Over the course of nine months, I rode over 9,000 miles and that trip got me hooked on being outside. I spent every night in my tent, studying Spanish from a little dictionary that I had. I felt wildly independent on that trip, like my world was absolutely in my control. That's a feeling that's hard to let go of.

PWSC: What brought you to Alaska?

Shahmeer: I moved to Wrangell after getting a job as an wilderness therapy guide for an agency called Alaska Crossings. It's work I still do in the summer. I lead at-risk youth from around the state on 62-day backcountry expeditions. I came to Valdez in the summer of 2017 as a potential home to pursue a nursing degree. I loved how accessible recreation was by bicycle and how much Valdez has to offer. I also loved PWSC's nursing program.

PWSC: What inspired you to get into nursing?

Shahmeer: In 2014, when I was 22, I volunteered in the emergency department at the primary hospital in my home city of 20 million people in Pakistan. That experience was really eye-opening for me in providing care with limited resources. For example, we only had these big floppy gloves, like the ones restaurants use to make sandwiches. We had to stop bullet wounds from bleeding and place IVs, things like that, with those slippery gloves on. From that experience, I learned a lot, and I wanted more of the experience in the ER in a place that had higher medical standards; where I felt a little safer and more comfortable. My mom convinced me to enter nursing school afterward, and I appreciate her so much for doing that.

PWSC: How has your experience as a student been so far here at PWSC?

Shahmeer: I love being a student here. Everyone is tremendously supportive of the nursing students and of the students in general. There are so many facilities available for us to practice a variety of different procedures. I feel a lot of support. I cannot think of another place in the world where you can get an education like this, in a place like this. Valdez has such incredible access and resources and the support of the college is unparalleled. I would definitely recommend getting an education at PWSC.

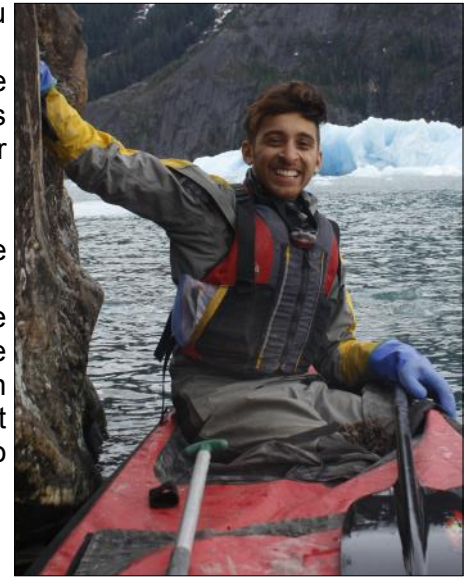
PWSC: Whenever I see you all in the lab, there seems to be a lot of hands-on experience.

Shahmeer: Absolutely. The hands-on component of our experiences here in Valdez is top notch. Kelly Mitchell [the nursing instructor] really makes sure that we have a full understanding of the procedures that we are going to be performing. When we go to work at the hospital with patients, he makes sure that we perform the procedure at the highest standards. The nursing lab here at PWSC is outstanding. The mannequins are life-like. They can exhibit symptoms of their own and can really provide us a realistic scenario for taking care of patients who are in emergencies. There is recording equipment so we can analyze our own performances afterward. The college really makes sure that the education we get is of the highest quality.

PWSC: So you mentioned earlier that you worked in Wrangell at Alaska Crossings. Would you tell me more about your position and what motivates you to want to work with at-risk youth?

Shahmeer: I started working with Alaska crossings in 2015. I had just come from climbing and living in the deserts of Utah. I was transplanted to the rain forest of Southeast Alaska where I had no experience at all, and then I started a guiding job; it was a real challenge for me. Now four years into it, my role as a guide for Alaska Crossings is to teach at-risk Alaskan youth outdoor skills to help them succeed in an outdoor environment, but it's also to teach them life skills. Things like how to communicate in healthy ways with others, and how to manage their emotions. And those two responsibilities were what really attracted me to the job. I love working with youth and I love being outside.

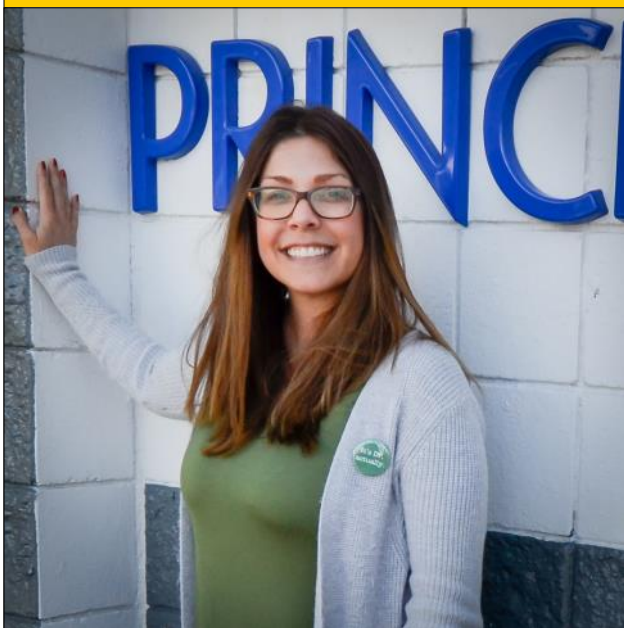
... Continues



PWSC: This might be a lofty question, but how would you sum up your philosophy on life?

Shahmeer: Oh, my philosophy on life. I don't know that I have a really clean quote on my philosophy about life, but I just really like being outside. Most of what I do is motivated by being outside. I want to be a nurse so that one day I can work as a travel nurse and spend six months of the year working, then spend three months guiding for Alaska Crossings and have three months of playtime every year just to be outdoors and enjoy myself. I've learned so many valuable lessons from spending time outside, especially in the realms of independence, motivation, and a better understanding of the world around me. All of that time that I spend outside alone has given me so much appreciation for the people around me and things that I can do to make the world a better place. I've definitely hit rock bottom before. I've tossed my bike in a ditch before. I've given up on different rock climbs and winter time paddling expeditions. I think when I was younger that stuff really got to me, that shame after giving up and quitting. But as I've gotten older, I have started to see more value in just trying things. If I fail, that's fine. It's all a learning experience for me.

Celebrating Faculty Member, Teresa Barton



In April, Teresa Barton completed her Ph.D. at Loyola University Chicago in Cultural and Educational Policy Studies. Her dissertation examined the motivational attributes of adult English language learners enrolled in an English as a second language program. Teresa is currently the Regional Director of Adult Education and teaches English as a second language (ESL), General Education Development (GED), and Civics and Citizenship courses at Prince William Sound College. Teresa has worked at PWSC for the past 2 years and has already helped many students obtain their GED and/or American citizenship. Before working at the college, she was an ESL teacher at a community-based organization in Chicago. From 2010 to 2012, she was a faculty member in the English Department at Dong-Eui University in South Korea. In her free time, Teresa enjoys spending time with her 9-month-old daughter, Althea, and her husband, Tony. Like many Valdez residents, she enjoys spending time outdoors and is looking forward to Alaskan adventures this summer in her family's camper.

Kids Don't Float

by Erin Cutts, Outdoor Leadership Instructor

As part of their coursework, students in the outdoor leadership (OL) program at PWSC recently had the opportunity to learn and then teach about water safety and cold water survival, utilizing the Kids Don't Float program.

After learning the material, OL students presented to Valdez High School (VHS) Aquatics Class. Students from both groups collaborated to put together a presentation for Herman Hutchins Elementary School 4th graders. The focus was to teach students how to keep themselves safer when in and around Alaska waters.

Some basic topics covered included the stages of cold water immersion, survival techniques for each stage of cold water immersion, Alaska state boating life jacket laws, and how to choose an appropriate life jacket to wear.

The fourth graders were an excellent and attentive audience and their enthusiasm put the presenters at ease. It was a great experience and opportunity for all involved.

Kudos for the collaborative effort put forth between Herman Hutchins Elementary, Valdez High School, and Prince William Sound College to provide relevant information and experiences to all our students!

A special thank you to Melissa Reese (HHES Principal), Carl Young (VHS Aquatic teacher), and Annie Grenier (as well as others from the Office of Boating Safety) for all their work behind the scenes!





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

907-834-1600

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You are cordially invited to attend the
Prince William Sound College
Commencement 2019
Wednesday, May 8th
7 o'clock in the evening
Prince William Sound College Atrium
Refreshments immediately following in the
PWSC Student Commons

Shining a New Light on the Whitney Museum

When you visit the Maxine & Jesse Whitney Museum this summer season, you may notice something different, but it's very subtle. When the museum opened in its current location in 2008, the lighting was carefully designed to give a warm, intimate feeling as if you are visiting a relative, albeit a relative with a lot of items in their house. The halogen bulbs were also shielded by UV-blocking disks so as to shed as little direct ultraviolet light onto the artifacts as necessary.

Since 2008, Museum Manager, Wendy Goldstein, has been paying attention to the technology of LED lighting, hoping to someday change the bulbs to a more energy efficient option. The existing LED bulb options were cold and clinical-looking and incompatible with the lighting system installed in the museum. However, LED has come a long way, and this past winter PWSC's maintenance crew was able to change all

100 bulbs to warm white LEDs. Not only will the new bulbs be more energy efficient, but they also give off no UV light.

The Maxine & Jesse Whitney Museum opens for the 2019 summer season on Friday, May 24. Seasonal hours are 9 a.m.-7 p.m. daily. Additionally, the museum will be open abbreviated hours on May 13 and 20 to accommodate cruise ship passengers. Catch us on May 13 from 1-7 p.m. and on May 20 from 9 a.m.-3 p.m.. Admission is free but donations are much appreciated.



“At your birth a seed is planted. That seed is your uniqueness. It wants to grow, transform itself, and flower to its full potential. It has a natural, assertive energy to it. Your life's task is to bring that seed to flower, to express your uniqueness through your work.” -Robert Greene