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PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Community Education and Noncredit Classes at College of the Siskiyous – Summer 2019

Weed / COS – College of the Siskiyous offers a number of community education and continuing education classes for personal enrichment and skill development. Classes offered are in areas of public interest and are open to the entire community.

Community Education classes offers the student countless ways to benefit from the experience and expertise of our instructors and industry specialists who teach our classes. Classes in community education are offered throughout the year and are also scheduled based on availability of instructors and interest.

Noncredit education is designed to supplement your continued growth and to enhance your employment opportunities through classes ranging from basic skills, health care, health & wellness, to short-term vocational, workforce prep training and job retraining, those looking to obtain a high school diploma or equivalency, and individuals with disabilities through specifically targeted classes. Enrollment in noncredit is **FREE** and continues throughout the year. All noncredit classes are subject to budget and attendance. Noncredit is “open access” and does not require official letter grades. Noncredit classes are repeatable and are open to all individuals from diverse backgrounds and those seeking ways to improve their earning power and access to higher education.

Below is a list of classes to be offered during the summer session. This class list is subject to change based on availability of instructors and number of registered students. Check the website (www.siskiyous.edu/continuinged/) often for updates or call (530) 841-5834 with questions.

Community Education Classes (fee-based)

Clothing Construction - Pattern Drafting 101 (XAC 0321): Learn to draft and design a custom skirt pattern that fits your measurements! This class will teach the fundamentals of pattern drafting for skirts, and will give you the base skills to design your own unique garments. Students will draft a pattern based on their measurements, construct a fitting garment to test and proof the pattern, and to finalize the base pattern form which other garments can be designed. This class is a pre-requisite for all other pattern classes. Students should have basic sewing skills (how to operate a sewing machine). Materials required: Fairgate metal Vary-Form Ruler (24”curve), Westcott plastic 18” 8ths beveled ruler. Both available on Amazon or can be purchased from the Instructor for \$25.00. All Clothing Construction classes will be held off campus. Maximum in class (8).

- Day(s): Wednesday
- Dates: June 5 and June 12, 2019

- Time: 6 to 9 pm
- Location: Sew & Knit Studio, 111 South Oregon Street, Suite A, Yreka
- Cost to Participate: \$25.00
- Instructor: Janyce Hill

Clothing Construction - Introduction to Sewing (XAC 0321): This class is for students who have never sewn before, or who need a refresher class in the fundamentals of sewing. The class covers the basics of operating a sewing machine, sewing seams, pressing and constructing a series of projects that will expand the student's skill set. (drawstring bag, pillow case, and a zipper pouch). Upon completion of the class, the student will have the skills needed to sew simple garments. Bring sewing machine, manual and any accessories for your machine to class. If you do not have a sewing machine, the studio has machines for use. Maximum in class (8).

- Day(s): Wednesday
- Date(s): June 26, July 1, and July 23 (no class July 17), 2019
- Time: 6 to 9 pm
- Location: Sew & Knit Studio, 111 South Oregon Street, Suite A, Yreka
- Cost to Participate: \$25.00
- Instructor: Janyce Hill

Clothing Construction - Lounge/ Pajama Pants (XAC 0321): Materials: three yards of flannel, cotton, or fleece-washed and dried before class. Two spools of matching thread. This class is designed for students with beginning sewing skills, or those that want a refresher class in basic garment construction. Students will make a pair of lounge or pajama pants with pockets, with the option of either draw-string or elastic waist. Bring sewing machine, manual and any accessories for your machine to class. If you do not have a sewing machine, the studio has machines for use. Pre-requisite: Introduction to Sewing or previous sewing experience. Maximum in class (8).

- Day(s): Wednesday
- Date(s): July 31, August 7, and August 14, 2019
- Time: 6 to 9 pm
- Location: Sew & Knit Studio, 111 South Oregon Street, Suite A, Yreka
- Cost to Participate: \$25.00
- Instructor: Janyce Hill

Noncredit Classes (tuition-free)

Conflict & Anger Management (ADS 502 / CRN 5054): This course is designed to prepare students to effectively handle conflict and anger within personal and profession relationships, as well as inside and outside the workplace. The course will focus of anger management, communication skills, consensus building.

- Day(s): Wednesday
- Date(s): June 5 – August 7, 2019
- Time: 3 to 6:15 pm
- Location: Room 4, Yreka Campus
- Instructor: Fernando Fernandez

Life Story Writing (ENG 0599 / CRN 5056): This class is designed to help older adults find, capture, and write the stories of their lives. Class will include activities to help writers get started, activate vivid memories, and engage cognitive processes to sharpen writing skills helping to maintain mental health and reduce cognitive decline. Steps in rewriting, and ways to get manuscripts into print will be included. (NDA)

- Day(s): Tuesday
- Date(s): June 4 – August 6, 2019

- Time: 10 am to 1:20 pm
- Location: Room 4, Yreka Campus
- Instructor: Jackie McNamara-Janke

Mind-Body Health (OLAD 0502 / CRN 5059): This class is designed for the older adult. Through lecture, discussion, practice, techniques and physical activity, adults will learn about the mind body connection. Through the active pursuit of physical and psychological health practices, activities and exercises, the student will learn key aging and stress reduction concepts through learning the techniques of Yoga.

- Day(s): Tuesday and Thursday
- Date(s): June 4 – August 8, 2019
- Time: 12 to 1:30 pm
- Location: Weed Community Center, Weed
- Instructor: Sarah Kirby

Mind-Body Health (OLAD 0502 / CRN 5107): This class is designed for the older adult. Through lecture, discussion, practice, techniques and physical activity, adults will learn about the mind body connection. Through the active pursuit of physical and psychological health practices, activities and exercises, the student will learn key aging and stress reduction concepts through learning the techniques of Yoga.

- Day(s): Tuesday and Thursday
- Date(s): June 4 – August 8, 2019
- Time: 1:40 pm to 3:10 pm
- Location: Room 7, Yreka Campus
- Instructor: Sarah Kirby

Mind-Body Health (OLAD 0502 / CRN 5108): This class is designed for the older adult. Through lecture, discussion, practice, techniques and physical activity, adults will learn about the mind body connection. Through the active pursuit of physical and psychological health practices, activities and exercises, the student will learn key aging and stress reduction concepts through learning the techniques of Yoga.

- Day(s): Tuesday and Thursday
- Date(s): June 4 – August 8, 2019
- Time: 3:45 to 5:15 pm
- Location: Room 7, Yreka Campus
- Instructor: Sarah Kirby

Brain Fitness – Horse Interaction (OLAD 0503 / CRN 5060): This class is for the older adult to assist them to learn, discover and practice memory and mental fitness techniques. The older adult will learn how memory works and what factors affect how well our brain functions. The older adult student will devise strategies to maintain or improve brain health and the ability to retain and retrieve.

- Day(s): Tuesday and Thursday
- Date(s): June 4 – July 9, 2019
- Time: 10 am to 11:20 pm
- Location: Ananda Ranch, Grenada
- Instructor: Tricia Weldon

Principles of Balance (OLAD 0504 / CRN 5066): The risk of injury and death due to fall increases as one ages. In this beginning class students will learn ways to improve balance and reduce risk of falling as they age, through lecture, discussion, demonstration, and practice based on principles such as yoga, Tai Chi, and strength and core conditioning.

- Day(s): Tuesday and Thursday
- Date(s): June 4 – August 6, 2019
- Time: 11:20 am -1 pm
- Location: Room 7, Yreka Campus
- Instructor: Tammy Stoltenburg

Principles of Balance (OLAD 0504 / CRN 5105): The risk of injury and death due to fall increases as one ages. In this beginning class students will learn ways to improve balance and reduce risk of falling as they age, through lecture, discussion, demonstration, and practice based on principles such as yoga, Tai Chi, and strength and core conditioning.

- Days): Monday, Wednesday, and Friday
- Date(s): June 3 – July 1, 2019
- Time: M 10:30 am to 1 pm; W 4 to 5:30 pm; F 10:30 am to 1 pm
- Location: Room 7, Yreka Campus (Friday class held at Karuk Wellness Center, Yreka)
- Instructor: Jan Ward

Art for Older Adults (OLAD 0508 / CRN 5062): This class is designed to introduce the older adult to art. Students will learn to use a variety of materials, work within principles and elements of art, and complete a project. Through the use of acrylic, oil, watercolor, and graphite, beginning and advanced students will study and develop art techniques through drawing and painting exercises. Individual and group instruction includes composition, color mixing, and the proper use of brushes and mediums such as paper, and canvas. Students supply their own materials. (NDA)

- Day(s): Wednesday
- Date(s): June 5 – August 7, 2019
- Time: 1 to 4:15 pm
- Location: Siskiyou County Jail, Yreka
- Instructor: Mark Oliver

Art for Older Adults (OLAD 0508 / CRN 5063): This class is designed to introduce the older adult to art. Students will learn to use a variety of materials, work within principles and elements of art, and complete a project. Through the use of acrylic, oil, watercolor, and graphite, beginning and advanced students will study and develop art techniques through drawing and painting exercises. Individual and group instruction includes composition, color mixing, and the proper use of brushes and mediums such as paper, and canvas. Students supply their own materials. (NDA)

- Day(s): Thursday
- Date(s): June 6 – August 8, 2019
- Time: 1 pm - 4:20 pm
- Location: McCloud Hall 4-114, Weed Campus
- Instructor: Mark Oliver

Art for Older Adults (OLAD 0508 / CRN 5064): This class is designed to introduce older adult to art. Students will learn to use a variety of materials, work within principles and elements of art, and complete a project. Through the use of acrylic, oil, watercolor, and graphite, beginning and advanced students will study and develop art techniques through drawing and painting exercises. Individual and group instruction includes composition, color mixing, and the proper use of brushes and mediums such as paper, and canvas. Students supply their own materials. (NDA)

- Day(s): Wednesday
- Date(s): June 5 – August 7, 2019

- Time: 9 to 12:15 pm
- Location: Room 3, Yreka Campus
- Instructor: Mark Oliver

Small Business, Marketing, Sales, & Graphic Design (WORK 0512 / CRN 5016): This class is designed for anyone with an interest in Marketing, Graphic Design, and Makerspaces. Makerspaces are a community/college operated co-creating workspaces where people with common interests can meet, make, socialize and collaborate. Class will include marketing design, design strategies, printmaking and creating a final product with the use of the maker equipment (i.e., laser, printmaking, t-shirts, decals, banners, 3D printers).

- Day(s): Monday
- Date(s): June 3 – August 5, 2019
- Time: 3 pm to 6:15 pm
- Location: Room 1 and TC 1, Yreka Campus
- Instructor: Jerry Whealen

Workforce Readiness & Basic Job Skills: Hands-on Construction (BA 0503/CRN 5126, 5127, 5128, 5129): This class is designed to assist students in developing career/construction job hands-on readiness skills. These may include preparing for one's career, workplace skills, and career/job readiness skills, and personal skills including workplace communication, workplace effectiveness, and teamwork. This class will be taught concurrently in the classroom and at the job site. This class will involve hands-on experience, and building a house.

- Day(s): Monday, Tuesday, Wednesday, and Thursday
- Date(s): June 17 – August 8, 2019
- Time: M, W - 9 to 11 am and 3 to 5 pm; T, Th - 11 am to 1:05 pm and 1 to 3:05 pm
- Location: TBA, Weed
- Instructor: Steve Drager