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A PCC partnership gives displaced workers access to new careers
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Individuality
We’re all about that.

PCC has been an amazing school. When I came here two years ago, I received a ton of support for my unique goals. I didn’t expect it.

Rosalee
Sociology Major
Future UCLA Grad in Dance & Culture

Portland Community College
We’re all about your future.

www.pcc.edu
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Welcome to the summer issue of PCC Communities magazine and the Community Education schedule.

You hold in your hands one of the most comprehensive non-credit schedules in the nation. Portland Community College offers thousands of classes – far more than community colleges in many of the nation’s largest cities. We offer everything from arts and computers to languages and physical fitness.

This issue’s articles also are a diverse lot, ranging from PCC Foundation scholars, to a faculty member with a Grammy nomination, to a program that helps workers who are dislocated by the ever-changing economy to get retraining and new jobs.

There is also a story on the PCC bond measure. The Board of Directors voted unanimously on March 20 to place a bond measure on the November ballot. Demand for career training programs exceeds PCC’s current capacity. Equipment and technology in many areas are not up to industry standards. Enrollment at PCC has increased 18 percent over the last nine years, and the population of the Portland metro area is expected to continue to increase rapidly over the next decade.

The bond measure would enable PCC to address workforce shortages and waiting lists for classes, expand career training programs, modernize technology, and serve more students on every campus.

The PCC district is large – covering all or parts of five counties and 13 K-12 school districts. The maximum this bond would cost property owners is estimated at 35.5 cents per $1,000 on the assessed value of their property. For the average homeowner in the PCC district, that’s about $8 per month or $100 per year. The total cost of the bond is $374 million.

If anyone has questions on the bond, they can be sent via email to future@pcc.edu.

Sincerely yours,

Preston Pulliams
District President
PCC Alumnus Mark Granlund

Mark Granlund’s livelihood as a historian came in a roundabout way. After graduating high school in Klamath Falls, Granlund headed north, pursued a career in banking and took a job with First National Bank of Oregon. When he decided to advance his career, he turned to PCC and, by 1981, he earned a degree in banking and finance. As the banking crisis loomed, Granlund – a history buff – switched gears and worked in fundraising before landing the job that he says fits him perfectly: executive director of the Washington County Historical Society.

Q: When you were at PCC did you think you would someday oversee a historical society?
A: At that time I was working hard for a career in banking. But the 1980s were tough for the banking industry and I eventually left the bank. One thing is for sure, my years of banking experience and the banking degree at PCC have served me very well in all of my positions, including the one I’m in right now.

Q: You’re back at PCC because the historical society is located on the Rock Creek Campus. How do PCC and the society work together?
A: The first thing I have to mention is, the museum is open to all PCC students and faculty free of charge. We currently have two exhibits on display in the Collins Foundation Gallery, one on the history of the logging and timber industry in Washington County, and one on the history of law enforcement. Both exhibits feature the Old Washington County Log Jail built in 1853.

PCC recently leased over an acre of additional property to the historical society, which provides the land needed to expand and remodel the museum. The plan is to more than double the museum’s size, completely remodel it inside and out, double collection storage space, triple exhibit gallery space, and provide for a new research library, pioneer classroom, museum store, and new parking and landscaped grounds. When the expansion is complete, the door will be wide open to new ways for cross-programming and partnership.

Q: How has the population boom in Washington County affected the historical society?
A: Actually, it’s created a greater challenge for the society. Fourth- and fifth-generation Washington County families tend to have a greater interest in preserving our local history, because their families experienced that history, than people who are new arrivals to the county. The challenge is to inspire and help newcomers appreciate the uniqueness of Washington County and its history. We need to help everyone here – regardless of how long they have lived in Washington County – appreciate the importance of history in their lives and to society.

Q: What role do you think PCC plays in developing and strengthening the local economy?
A: Just as PCC helped me to forward my education and career, so I believe PCC continues to empower anyone who is willing to advance himself or herself. The building blocks of good business are a talented, skilled, educated work force. I know that the great things we are accomplishing at the museum are all about the people who work here.

Q: What role does PCC play in preserving historical information?
A: PCC offers general and some local history courses. Recently I was talking with Rock Creek President Katherine Persson about our museum expansion and how this could open the door to possible courses or programs in museum or archive library science. We’ll have a perfect facility for students to get some great experience in artifact and archive conservation, history interpretation and education and general public history. Even now, we have internship opportunities for PCC students.

Q: Any advice for today’s college students?
A: If a certain career path or employment opportunity is right for you then try working as a volunteer or intern. Just being in a place, even if you are answering phones, allows you to pick up on the culture, variety of jobs and the nature of the work there. Don’t be shy, show a lot of enthusiasm and initiative and let them know you’re interested and available.

This column ran in the spring issue of PCC Communities with the wrong photo. It is being rerun in its entirety with the correct photo.
Portland Community College has more students applying for programs than it can fit into current facilities. Students are turned away each term in programs such as nursing and other health-care training, as well as welding, computer education and more, due to lack of space.

The College has high demand for even more vocational training programs than PCC can offer without additional space.

In order to address these major challenges, the PCC Board of Directors decided to refer a ballot measure to voters in November that would enable PCC to expand workforce training programs and serve more students at all three primary campuses and the college’s Southeast Center on 82nd Avenue and Division Street. Plans also call for expanding into Yamhill County and a new site on the Max transit line in Washington County.

Many of the new and expanded programs would address current workforce shortages as well as those anticipated in the metro area over the coming decades.

The process to craft the bond measure began in 2005, including research into what programs students were seeking and ways to address workforce shortages between then and the year 2020. Studies also discovered that much of the technology used by PCC for workforce training is not up to industry standards.

In preparation for a potential bond measure, PCC District President Preston Pulliams and PCC leadership took part in an estimated 30 events for students, staff, faculty and community leaders, to gauge their needs and concerns, and to get their feedback on the proposed bond measure.

“Every week, we heard from business and industry, asking PCC to address workforce shortages,” said Jim Harper, chairman of the PCC Board of Directors. “This bond is part of a long-term master plan to serve the metro area.”

PCC serves 86,000 students, making its student body larger than the seven Oregon University System schools combined. A 2007 survey showed that two-thirds of households in the metro area have had, or currently have, at least one PCC student.

Enrollment at PCC has increased 18 percent over the last nine years and has risen every term this school year. The population of the Portland metro area is expected to grow by several hundred thousand by 2020.

The cost of the bond would be $374 million. This is estimated at a maximum of 35.5 cents per $1,000 assessed value for property owners within the district. For the average house in the PCC district, that comes to an estimated $8 per month or $100 per year.

The bonds would expire in 20 years. The college would conduct annual audits – available to the public – to ensure that bond funds are used as the voters intended.

For questions about the bond measure, email future@pcc.edu.

The bond measure would:

› Increase the number of classrooms at every campus, plus increase laboratory space and improve technology for classrooms and distance learning.

› Renovate and update existing buildings, including heating, rooftop and plumbing improvements.

› Replace out-of-date technology and equipment used for workforce training.

› Construct new buildings with environmentally efficient design, upgrade existing buildings to be “greener” and introduce more environmentally oriented curriculum for students.

› Expand students’ child-care facilities.

› Provide space to expand professional programs, such as nursing, as well as technical-training programs, such as welding.

› Expand offerings into Newberg and Sherwood, and construct the Willow Creek facility on the Max transit line in Washington County. This would be a partnership between PCC, Tri-Met and the Oregon Department of Employment for a one-stop-shopping center for unemployed and underemployed workers.

› Make health and safety upgrade to facilities and increase security of personal data on computers, and students and staff on PCC campuses.

For questions about the bond measure, email future@pcc.edu.
For more information about health programs, visit www.pcc.edu/admissions/health.

**Rock Creek Campus**
17705 NW Springville Rd.

- Add space to offer nursing and allied health care programs
- Increase classroom space
- Renovate welding, auto collision and repair, diesel repair and building construction technology facilities
- Expand child-care facility for students
- Modernize arts facilities
- Increase capacity of student services

**Cascade Campus**
705 N. Killingsworth St.

- Add a simulation lab for emergency medical technician and nursing students
- Add and expand instruction for careers in pre-kindergarten through high school education
- Add classrooms
- Add a child-care facility for students
- Increase parking

**Willow Creek Center**
185th & Baseline Rd.

- Located on the Max transit line in Washington County, this is the new location for the Washington County Workforce Training Center
- Provide job search and assistance services for the unemployed
- Include space to offer allied health and first responder training
- Open a GED testing facility

**Sylvania Campus**
12000 SW 49th Ave.

- Expand dental programs
- Upgrade space to add renewable energy technician training
- Increase classroom space
- Increase capacity of student services space
- Expand child-care facility for students
- Upgrade automotive, machine manufacturing and photography facilities

**Southeast Center**
2305 SE 82nd Ave.

- Add science labs
- Add career training facilities for welding, construction and automotive technology programs
- Add library and tutoring services space
- Add classrooms
- Open a child-care facility for students

**Sherwood**

- Expand career training opportunities

**Newberg**

- Construct an academic building and expand career training opportunities
The two were tapped as student speakers for the PCC Foundation Annual Scholarship Reception. The annual event on May 1 honors students who’ve received scholarships during the academic year and the donors who make those scholarships possible. This year the PCC Foundation handed out nearly $400,000 to about 350 students.

Joaquin Forrest Arriaga is the winner of the John and Dorothy Persen Diesel Mechanics Scholarship, the John Connor Memorial Book Award and the Fred DeWitt Memorial Scholarship. He soon will receive a diesel mechanic certificate and associate of science degree, a dream fulfilled after years of stops and starts in other jobs. He enrolled at PCC because of his love for all things mechanical and his desire to keep the environment green.

As he started researching the diesel industry, he learned that many employers look to PCC to find their best employees.

Born in Wilsonville and raised on a dairy farm, Arriaga – whose parents both went to PCC – was surrounded by mechanical equipment for the better part of his life. Once he graduates from PCC in 2009, he could find work as a diesel technician working on trucks, trains, ships, pleasure cruisers, commercial transport or farm equipment.

“A lot of people don’t understand diesel because they think it’s noisy and stinky but that’s changing with new technology and improved emission controls,” said Arriaga, 28.

“What I’m most thankful to PCC for is helping me get through school and finding a career I can enjoy for the rest of my life,” he added.

Erica Bailey, the recipient of the CarolAnn Curthoys Scholarship, is a single mother to a 3-year-old who lived in California and Hawaii before ultimately realizing that Portland was the best place to raise her child and finish school.

An industrious worker who is quick to try new things, Bailey held jobs as a waitress, administrative assistant and a dive master. But when her daughter was born in 2004 in her home, she got serious about a career as a midwife.

“Without a degree I had to take whatever jobs I could get but I didn’t want to take that gamble as a mom,” said Bailey, 38, who lives in Portland with her daughter, Dylan Mackenzie.

So she moved to Portland where some of her family lived and, by April 2006, she was taking PCC classes.

After graduating in June with an associate of science degree she plans to enroll at Linfield College or OHSU. She sees a future either in nursing or midwifery.

“It’s amazing to think I’m halfway done toward getting a bachelor’s degree. My whole sense of self has been renewed through this process,” she added.

Bailey has been active in a PCC program called ROOTS (dedicated to helping low-income, first-generation college students and students with disabilities achieve their educational goals) and the Multicultural Center where she helped plan campus blood drives. Last fall she also volunteered in an AIDS residential treatment facility in Portland.
Behind the Scenes

By Abe Proctor

We’ve all been there. The doctor suspects you have strep throat, and she has just finished jabbing a swab down your throat.

“We’ll know as soon as we get that back from the lab,” she says.

But what is the lab, exactly? And who is it that determines whether your throat culture is, in fact, positive? The medical laboratory is the place – usually located on the grounds of a medical clinic or hospital – where a whole range of tests and analyses take place which enable your doctor to make an accurate diagnosis and determine a course of treatment. And the person conducting those tests, the link between physician and treatment, is called a medical laboratory technician.

“A lot of people don’t know we exist,” said Mark Zimmerdahl, head of Portland Community College’s Medical Laboratory Technology (MLT) program, based at the Cascade Campus in North Portland.

“Everyone knows what a radiation tech does, what a nurse does. But what we do goes on behind the scenes.”

That behind-the-scenes action includes everything from screening for infectious diseases – like strep throat – to analyzing blood to indentifying microbes and testing their susceptibility to antibiotics. All of these things contribute to helping a physician to choose a course of therapy, Zimmerdahl said, and constitute a crucial step in the continuum of care.

The two-year MLT program provides students with the well-rounded set of laboratory skills necessary to step right into an established lab operation, often at a step or two above an entry-level position.

A graduate with an MLT associate degree – and the national certification it carries – can start work right away as a full-fledged medical laboratory technologist. By contrast, entry-level positions in a lab (such as phlebotomist or lab assistant) require only a professional certificate.

The program gives students the skills needed to step into a lab, often at a step above entry-level.

But the medical lab career ladder doesn’t stop there, Zimmerdahl said. Students who go on to earn a bachelor’s degree earn the title of medical technologist, along with a corresponding bump in pay and the potential to lead a laboratory. PCC students can transfer to the School of Medical Technology at Oregon Health Sciences University, a joint program run by OHSU and the Oregon Institute of Technology. About 20 percent of PCC MLT graduates elect to take this course, Zimmerdahl said.

And when they do, they’re ready. A recent graduate received the highest score on the national certification examination – something that isn’t an anomaly.

“In the 15 years that I’ve been a full-time instructor for this program,” he said, “this is the eighth time that a PCC student has received the highest [exam] score in the country.”

In addition to providing its students with a high level of instruction, PCC has stepped up in recent years to help address the growing statewide shortage of certified medical lab technologists. Through a series of agreements with Rogue and Lane community colleges, as well as with private laboratories like Oregon Medical Labs in Eugene, and hospitals and clinics in Ashland, Roseburg, Prineville, Medford and elsewhere, the MLT program has developed a distance learning component that reaches from one end of the state to the other.

Thanks to PCC, there has been and will be a measurable improvement in the quality and speed of care available to Oregonians outside the Portland area. The program graduated its first class of distance learners last September, and further agreements are pending with Central Oregon and Chemeketa community colleges.
Dreamgirl gives Inspiration

Pictured from left are Lava Alapai, Julianne Johnson-Weiss and Joann Coleman in a recent performance of “Dreamgirls” for Stumptown Stages.
Julianne Johnson-Weiss, a second-year music instructor at Portland Community College’s Sylvania Campus, is accomplished at everything, it seems. Most recently, she won the lead in “Dreamgirls” at the Interstate Firehouse Community Center. Based on the Tony-winning play that was adapted into an Academy Award-winning film, “Dreamgirls” shows a time in American musical history when rhythm and blues blended with other styles of popular music to create a new American sound. She plays one of the main characters, Effie White.

Her most high-profile work involves playing the hardware store clerk who was a bit taken aback by one of the character’s haul of burglary tools in the 1989 motion picture “Breaking In.” It starred Burt Reynolds with Casey Siemaszko and was written by the legendary John Sayles ("Wild Things" and "Eight Men Out"). Johnson-Weiss said that hanging out with Reynolds, star of “Mean Machine” and “Smokey and the Bandit,” for two weeks was pretty cool.

Johnson-Weiss’ impressive list of accomplishments would be great for 10 people let alone one. Besides appearing in “Breaking In,” she has starred in scores of independent films in the 1990s including “No Alibi,” where she played a mom who changes the course of a court trial, and portrayed a nurse in the 1996 Fox sitcom “Medicine Ball.” In addition, she has done voice-over singing work on commercials for Fred Meyer and Tuality Medical Center, has spent 14 years as the headline act for riverboat cruises in Louisiana, currently performs once a year on a jazz-themed Mediterranean cruise, worked on the Broadway production of “Ain’t Misbehavin’,” is a minister in training and is a 2008 Grammy nominee.

Now, take a deep breath because that isn’t even close to the end.

But that’s Julianne for you. She’s a whirlwind of action, creativeness and frenetic energy. You can’t pin her down, nor does she want to be pinned down. She’s too busy helping students find their hidden talents, guiding youth choirs and encouraging inner-city youths to take a chance on their education.

“I’m not a conventional woman,” she said with her trademark smile. “If I was conventional I wouldn’t make it. All the experiences I have had culminate into one major event in my life – PCC – where I can utilize them to create a renaissance student where they are not afraid to follow their passion.”

The passion, channeled into her singing career, resulted in her earning the distinction of being a two-time 2008 Grammy-nominated artist. She was nominated in the category of Best Contemporary Gospel for the CD and its title song “Heavenly Brother: Northwest Gospel Project.” Overall, the CD was nominated for Best Album, Best Song and Best Art Work. She collaborated with a group of artists on the CD, including Michael Allen Harrison.

Julianne has received plenty for her talents over the years. But she has given a lot more back to the community in the form of aiding students, both at PCC and within her community.

She directs a school program called Act Six, which connects kids from the inner city to George Fox University in Newberg. The urban diversity and leadership program, which grants 10 students every year $120,000 each in scholarship aid, allows the students to cultivate leadership skills while earning a good education. In turn, they get to teach their primarily white peers at the college about their own culture by working on multicultural services. Johnson-Weiss said the students return to their neighborhoods when they’re done to mentor the next generation of students.

Johnson-Weiss’ own story began in North Portland where she attended Whitaker Middle School and later John Adams High School, where one of her classmates was Dan Hays, PCC’s theater coordinator. Later, she would earn a bachelor’s degree in fine arts with a double major in music and theater from the University of Portland. She was never allowed to slack, she said. “If you can’t find an acting job, then dance or direct or sing,” she said. “If you don’t adjust you’ll sit around without a job.”

“I’ve had a few students change their major to music,” she said. “They had been told they wouldn’t make it in music. Students should be able to come in and explore. It never hurts to try. That’s what community colleges are all about. Once they get hooked, then I explain it. They find something that connects with their heart and I give them the language.”

By James Hill
It’s Elementary...

Two outstanding PCC programs train classroom aides and pre-K teachers on how to work with young children and let their spirits soar.

By Christina Holmes

They are different programs, with different directors and different student bodies on different campuses.

But it’s what they have in common that makes the Early Childhood Education and Family Studies Program at Sylvania, and the Paraeducator Program at Cascade, stand out.

Graduates of both programs help prepare children to be “ready to learn” in schools and help increase their success in the classroom.

Lisa Karen Donnelly works as a library aide at Fir Grove Elementary School in Beaverton. Donnelly graduated from PCC last year with an associate of general studies degree and a certificate in paraeducation through a partnership between the college and the Beaverton School District.

“When I first started at PCC I took a children’s literature class and a few other basic classes and immediately I could see that these courses were making a difference in who I am and how I act and how I feel as a professional,” Donnelly said.

April Rose Castillo is in the Early Childhood Education program. The education classes she’s taking will help with her three-year-old son as well as her professional development as she earns a degree in early childhood education.

Each year hundreds of students turn to these very different programs at PCC to train for jobs working with youngsters. Participants go on to careers as everything from child-care providers and preschool teachers to classroom aides and elementary school teachers.

Early Childhood Education and Family Studies Program

Many early childhood education students already work in a child-care setting and attend PCC for additional training or better understanding of child development theory.

Federal and state officials are beefing up education requirements for child-care practitioners, pushing for workers to have at least an associate’s degree. That change alone has attracted more students to the program based at the Sylvania Campus.

Of the nearly 200 students, about one-third take classes to earn a 33-credit certificate or 90-credit associate’s degree; one-third take classes with the long-term goal of continuing their education to become a teacher; and one-third get a degree and transfer to Portland State University to study elementary education.

“If you want to be a kindergarten through second grade teacher, our degree is the strongest foundation,” said instructor and program director Christyn Dundorf.

Classes are offered during the day, evenings, on weekends and online. Plans are being discussed to expand the program to Cascade if PCC’s November bond measure passes.

Each term, students work with youngsters in a child-care facility or preschool to gain experience. One site where they can volunteer is the Sylvania Child Development Center, which provides care for children of PCC students six days per week. The center welcomes infants and children up to 8 years old.
“Our students get great experience by working with children in an innovative center as faculty members and master teachers watch over and mentor them,” Dundorf said.

The center serves almost 150 youngsters. Grants keep the fees low; however, PCC students face a waiting list to get into the center. The bond measure would create centers at Cascade and the Southeast Center and expand the Sylvania and Rock Creek centers.

Paraeducator Program
During the last five years PCC’s Cascade Campus has been a leader in training instructional aides at five local school districts. With a team of instructors lead by Gabe Hunter-Bernstein and Tanya Mead, the college partnered with Beaverton, Tigard, Forest Grove, Hillsboro and Portland school districts that give aides – also known as paraeducators – additional training. Money to help pay for classes and books came from two U.S. Department of Education grants.

While most paraeducators receive some training from their local school district, PCC brings together nearly 300 aides for weekly in-depth classroom sessions.

The focus on training more paraeducators comes as school districts nationwide are required to meet rigorous standards set by federal educational mandates with the No Child Left Behind act.

“Our program has had a huge impact on school districts and what we’re doing makes a lot of sense,” Mead said. “The schools see PCC as a viable trainer and, during the last five years, we’ve built relationships that weren’t there.”

PCC instructors held the evening and weekend classes at locations in Washington County, closer to the students. Many paraeducators are mothers and grandmothers; raising a family and traveling to North Portland would have been a challenge.

For many of these – who have Russian, Cuban, Latino, Vietnamese, Ethiopian, Laotian, Peruvian and Hmong backgrounds – it’s the first time they’ve been in school in nearly 30 years. Many of the students lacked confidence that they could even finish the program.

“But these students are stimulated in the classroom and they love the chance to be educated,” Mead said.

And some are continuing their studies. About 40 of the students decided to continue their education and will transfer to Portland State University in hopes of earning degrees that allow them to teach.

While the grants with the local school districts have ended, PCC continues to offer its paraeducation program at Cascade.

If the PCC bond measure passes in November, plans call for a new Center for Excellence in Education building at Cascade that would serve as a hub for students who want to pursue careers in education.

Housed in the building would be paraeducator and early childhood education classes and a new child-care center.

The Portland Teachers Program, a collaboration between PCC, PSU, University of Portland, Beaverton School District and Portland Public Schools, also would move to the new facility.

The $374 million bond is estimated to cost property owners a maximum of 35.5 cents per $1000 on assessed property value.

For information about the Early Childhood Education Program visit www.pcc.edu/programs/early-ed or call (503) 977-4217. For information about the Paraeducator Program visit www.pcc.edu/ed or call (503) 978-5191.
Turning Job Losses into New Careers

When Freightliner announced layoffs last year, PCC career specialists were on site ready to help the suddenly out-of-work employees navigate the unemployment process and begin thinking about new jobs. They also were on hand when Countrywide Financial eliminated jobs.

When a company lays off employees, a rapid response team from a Workforce Network is sent to the site, taking a triage-like approach to the situation by immediately telling workers about unemployment benefits and other job placement opportunities. The goal: help dislocated workers regain their footing after sudden job losses.

Since July 2007, Workforce Network has served nearly 3,360 dislocated workers through its centers in North and Northeast Portland and Washington County. Laid off workers meet one-on-one with career specialists, determine workplace skills and check out possible jobs. They also take part in workshops on résumé writing, interviewing and job matching.

“Keener our approach to each individual person,” said Jackie Sandquist, the workforce development director at the Worksource Capital Center in Washington County. “Some people know what they want to do next while others don’t know so we perform a range of assessments and determine their strengths and what they need to become more marketable.”

Workforce Network is funded by Worksystems Inc., a nonprofit organization that funds providers of career placement and training services in Multnomah and Washington counties.

With a faltering economy, Workforce Network is ready for the upcoming challenges. While Oregon tends to trail the rest of the country when it comes to economic downturns, the state also takes longer to recover.

“Ke expect things to pick up in the number of clients we serve,” said Stefanie Siebold, a workforce development manager. “Our goal is to place people into living wage jobs in high demand growth industries.”

Margarita “Greta” Herzberg worked in a manufacturing plant in North Portland where she printed labels for paint and stain cans. She took classes through a Career Pathways program at PCC.

“My experience at PCC was wonderful. When it came time to write my résumé the career specialists helped me. I think I sent out 50 applications and résumés before I got my current job,” said Herzberg, who found work as a medical records assistant. “I wanted more interaction with people and now I’m at a clinic in downtown Portland where I’m helping patients.”

Last year William Lopez took English classes at the North Portland job training center which allowed him to master the language and eventually get a tow truck driver job. While he’s pleased with the work, he hopes to return to PCC and take classes in photography and graphic design, the industry he worked in before leaving Colombia eight years ago.

“I need to work in order to pay rent and pay for my car and the towing company needed drivers so it was a good fit,” said Lopez, who lives in Beaverton. “But my passion is to start working in my profession again.”

For information about a Worksource Center near you:

North/Northeast…..(503) 943-2000
East (Gresham) …..(503) 669-7112
Tualatin ................(503) 612-4200
Hillsboro ..............(503) 681-0219
SE Portland .............(503) 772-2300

By Christina Holmes
Want a medical prescription for delaying the effects of aging and avoiding dementia? Pick up the Community Education schedule.

Seriously. Medical studies have shown that if you keep learning, you are literally exercising your brain: becoming scientifically “smarter” and staving off dementia.

Take the story of Kathleen Kuba. There is a certain ritual she follows each time PCC’s Community Education quarterly schedule arrives in the mail. She thumbs through the pages, stops at classes that pique her interest and then zeroes in on the location and time to make sure it fits into her busy life.

She’s repeated the routine dozens of times during the last decade and found herself in classes that span the spectrum – everything from financial planning to ballroom dancing to singing for the vocally challenged to tai chi (one of her all time favorites).

“This is a niche that PCC has filled in terms of offering good instruction in the community on a number of different topics,” said Kuba, a student employment specialist who moved to Portland from Hawaii. “You just can’t beat the quality of education and the prices.”

And she adds that the non-credit, short term courses are ideal for her. “As I get older I want to make shorter commitments to the classes I take.”

Kuba is among the 33,000 students who search out Community Education classes each year. The college offers an estimated 1,800 classes each term, featuring hundreds of topics – think Bosnian, Croatian or Serbian language classes to money folding origami to computer courses to hardwood floor installation – community education classes have something for just about everyone.

“Community Education is especially for people who want to learn something new and meet new people,” said Nan Poppe, president of PCC’s Extended Learning Campus, which includes the Community Education department. “We’re a vital part of the community and provide thousands and thousands of people the opportunity to further their individual journey of lifelong learning.”

Each term students can choose from non-credit classes that are just for fun or for personal and professional enrichment. No grades or tests – just an opportunity to expand their mind, engage in a unique activity or learn something new. Classes are available during the day and in the evening, weekdays and weekends. Some classes are one-day workshops or several sessions, while others are as long as 10 weeks. Plenty of online classes are also available.

Classes are held at PCC campuses and centers, private businesses, community centers, libraries and other locations in the metropolitan area, and are self-supporting, which means tuition and fees cover the cost of offering classes.

Current classes with a strong following are woodworking, digital photography, language, travel, creative arts and anything related to earth-friendly sustainability. Also expected to be hot trends during the next year are classes attracting the Baby Boomer audience such as retirement planning and finding second or third careers.

Of course, the mainstays that keep students returning are classes on cooking, wine, art, health and fitness, personal development, career exploration, music and computers.

Last year PCC launched a new campaign called Project: You (www.pcc.edu/community/project-you). Students are encouraged to think about something they’ve always wanted to learn but never had a chance to take. For inspiration they look through the class schedule or search online for that perfect class.
Make YOU the project!

If you can dream it, Community Education’s hundreds of classes can help you achieve it. Go online to pcc.edu/communityed and get started on your own Project:YOU this Summer.

My Project:

Name: Martin Monzo

Occupation: Professor, University of Portland

My Project: Becoming a Renaissance man

Classes I Took: Beginning guitar, Tai Chi, and an art class in which my classmates and I painted my friend’s car.

And Now: With bragging rights to the sweetest ride in town, and Spanish classes in my future, I can’t wait to see what happens next!