



Calendar

- **Dec. 15 — Winter Retirement & Employee Recognition Event**
Student Center Lounge, 11:30 a.m.
- **Dec. 16 & 17 — Christmas Melodrama & Ice Cream Social**
Drama Lab Theatre, 7 p.m.
- **Dec. 17 & 18 — Christmas Melodrama & Ice Cream Social**
Drama Lab Theatre, 2:30 p.m.
- **Dec. 19-21 — Coast Christmas Classic Basketball Tournament**
Peterson Gymnasium, 7 p.m.



Theatre Dept.'s Holiday Melodrama Is Fun For the Whole Family

The College's Repertory Theatre Company will stage its final showings of "Christmas at the Longhorn Sage Saloon," a Christmas Melodrama and Ice Cream Social on Dec. 16-18 in the Drama Lab Theatre.

Adults and children alike are invited to boo the villain, cheer the hero, sing holiday songs and enjoy a free ice cream treat at performances at 7 p.m. on Friday and Saturday, and 2:30 p.m. matinees on Saturday and Sunday.

Advance tickets are available for \$7 for adults and \$5 for children and seniors at www.occtickets.com or at the OCC Bursars Office at (714) 432-5880. Tickets will also be available at the door for \$9 for adults and \$7 for children and seniors.

WOW Fitness Program Makes a Big Difference in Employees' Lives

Employees who participated in the College's recently re-introduced Working on Wellness (WOW) fitness program have seen significant results.

"This program made a huge difference in my life," says Director of Financial Aid Tanisha Bradfield. "With the WOW program, it wasn't just the exercise, it's your lifestyle. I

incorporated a very healthy and delicious meal plan, and it's definitely paid off. Within the first 2-3 weeks of the program, I lost an inch all the way around."

Workouts for the program took place at the OCC Fitness Complex at various times during the week and were open to all employees on campus. Each workout was up to one hour in length, and focused on different exercises, such as circuit training, cardio, or strength training. Personal assessments by instructor Courtney Nix also were offered to help employees reach their fitness goals.

For employees who struggle with exercise due to setbacks like injuries, a tailored program was just the ticket.

"My knees and shoulders have suffered with a few surgeries for injuries I had earlier in my life," says Foundation Development Specialist Liz Parker. "With Courtney's knowledge and guidance, I gained strength and range of motion in ways I could have never achieved otherwise. As I age, I know these accomplishments will have a huge impact



on my quality of life.”

Working out with colleagues also was a great way to stay accountable, and find encouragement.

“The other people who worked out with me and ‘suffered’ alongside me – they encouraged me to try, and pointed out when I was able to do more exercises than I could do even the week before,” says Parker.

Student Wins Video Contest Highlighting Water Conservation

Coast student Caitlin Nojiri was awarded the top prize for the Mesa Water District’s #MesaWaterMatters video contest for high school and college students.

Nojiri won a \$500 cash prize for a 60-second video she created that highlights the importance of water in daily life. Mesa Water Board President Shawn Dewane said in a press release: “As we enter a sixth year of California’s drought, we’re impressed with the understanding and participation of local students, their level of water awareness and creativity, and the quality of the videos that share important, local water messaging with the Mesa Water community.”



OCC Wins 2nd Place at Fall Championship Tournament

Last weekend, the College’s Speech, Debate, and Theater team hosted 40 highly competitive two- and four-year colleges at the PSCFA Fall Championship Tournament. Schools in attendance included University of California Los Angeles, Arizona State University and Moorpark College, filling out 285 debate and 715 individual event slots.

OCC placed 2nd overall, earning 108 points and ranking just behind Mt. San Antonio College with 127 points.

“This time last year we were 3rd, so placing 2nd showcases our drive to remain a powerful force in collegiate forensics;

we compete to win,” said Director of Individual Events Shaw Davari.

Individual Events Coach Jimmy Gomez said, “I’m incredibly proud of the team. Not only were they exceptional competitors, but they were also brilliant ambassadors for OCC, assisting over 1,000 students, coaches, and visitors on our campus.”

The Speech, Debate, and Theater team’s next tournament is Close to the Coast at OCC mid-January.

Multicultural Center Introduced to Campus at Open House

On Nov. 15 Coast employees were invited to an open house for the College’s Multicultural Center, which is part of the recently renamed Global Engagement Center on campus (formerly the International Center). The event introduced OCC’s campus community to the Multicultural Center and solicited ideas about what the center could be.

“The idea was to have people check out the facility, ask questions and contribute their ideas for the Multicultural Center,” says Global Engagement Director Nathan Jensen.

The center opened earlier this semester and has already hosted speakers such as Victor Villaseñor, a Pulitzer nominated author who challenged students to recognize their own genius, and Beverly Tate who used the works of Malcolm Gladwell and others to help students access the “GRIT” to succeed.

“The Multicultural Center offers a safe place for events and activities that reflect OCC’s diverse campus community, and promote inclusion and diversity,” says Jensen. “I have personally witnessed the tremendous impact these events can have on participants as they learn practical skills, experience diverse cultures, and engage with others in the OCC community.”

Winter Retirement & Employee Recognition Event Set for Dec. 15

The OCC Foundation and Professional Development Advisory Committee invite you to celebrate Coast employees who are retiring this semester on Thursday, Dec. 15 at 11:30 a.m. in the Student Center Lounge.

The event will include a recognition ceremony led by Foundation Director Doug Bennett, followed by a dessert reception.

For more information about this event please contact Claudia Montoya-Andrews in the Office of Professional Development at (714) 432-5920 or at candrews@occ.cccd.edu



Strong Rower Alert!

Congratulations to Senior Admissions, Record and Enrollment tech Patti McDonald on receiving OCC's annual "Strong Rower Award." The peer-to-peer traveling award is an acknowledgement of staff members who go above and beyond in their service to students and staff members.

Patti has worked at OCC for 29 years, and is well known for her upbeat attitude and her dedication to helping students succeed. In addition to being an active volunteer on many campus committees, Patti also helps out with

events like Senior Day, Commencement and Honor's Night.

She also is a fixture at OCC events and supports Pirate athletic teams and student clubs.

Patti's colleagues describe her as the consummate "team player" who is always willing to go the extra mile for students.



Fall Choral Showcase Raises Funds for Trip to Carnegie Hall

The OCC Chamber Singers and Chorale presented a Fall Choral-Vocal Showcase, featuring the choirs and soloists of the College's top-notch music department on Nov. 19 in the Robert B. Moore Theatre.

Music department faculty members Eliza Rubenstein and Ricardo Soto directed the showcase, which included Gregorian chant, madrigals, folk songs, and music by Brahms, Bernstein, and Copland.

OCC's Chamber Singers will perform under Rubenstein's direction at Carnegie Hall in June 2017, and hosted a silent auction at the event to raise funds for the trip.

The Coast Report Wins Big at Regional Conference

Student-run newspaper The Coast Report received several journalism awards at the annual Journalism Association of Community College's Southern California conference in late October.

The paper won the prestigious General Excellence awards for both its print and online editions, and several student reporters and editors won individual awards.

To read the full story, visit www.coastreportonline.com



This will be the last OCC Update until February 2017. Happy Holidays!



The Pirates led 42-28 at the half before blowing away CSM in the second half, outscoring the Bulldogs, 58-17.

Coast was on fire from 3-point land, draining 21-of-44 from beyond the arc. Sydney Driggs led the way with five 3-pointers and a game-high 16 points. Danielle Obong went 4-for-4 from downtown en route to 14 points, while Bela Raimondi added 12 points and three steals.

With the win, the Pirates earned a trip to the tourney title game and there, Coast pulled out a hard-fought, 69-65 win over host Sequoias.

Undeclared heading into Sunday's matchup with Coast, the Giants (8-1) carried a 42-38 lead into the second half, but Coast responded with a 19-12 third quarter to grab a 57-54 advantage.

Pirates Capture Sequoias Tournament!

It was a worthwhile trip for the Orange Coast College women's basketball team as the Pirates swept their three games to win the Central Valley Conference Tournament.

In the opener on Friday, Coast (5-1) picked up a 72-61 win over Merced College. Trailing, 49-41, the Pirates rolled past MC in the fourth quarter, 26-12, to pick up the win. Chyann Pendergrass led the way with 19 points and 11 assists, while Michelle Wu added 11 points and five rebounds and Elizabeth Sakamoto tossed in 10 points.

In the championship semifinals, Coast's offense came to life in a BIG way, as the Pirates cruised to a 100-45 win over the College of San Mateo. It was the first time that OCC hit the 100-point mark in a game since Jan. 26, 2007, when the Pirates demolished Golden West, 102-33.

The Giants led 49-47 with 4:30 left in the third on a 3-pointer by Isabella Jimenez, but from there, Coast went on a 15-5 run to take the lead for good. A pair of 3-pointers by Obong and a trey from Jenna Miramontez helped spark the run that put the Pirates up for good.

COS would get to within a point a 64-63 with 2:46 left in the game, but Coast's defense clamped down and held the Giants to just one made layup the rest of the way.

Pendergrass, the tournament's Most Valuable Player, had 13 points, six rebounds and six assists, while Obong added 12 points.

Wu (21 points, eight rebounds, four assists) and Megan McCullough (22 points, 10 rebounds, six assists) also earned All-Tournament honors for the Pirates, who won their fifth straight game.