



SOUTHWESTERN

AN OREGON COMMUNITY COLLEGE

FALL TERM
STARTS SEPT. 11, 2023

COLLEGE NEWS AND COMMUNITY CLASSES



Agroecology

It's science.
It's agriculture.
It's ecology.

**NEW
PROGRAM
STARTS
FALL
TERM**



What is Agroecology?

It's science. It's agriculture. It's ecology, sustainability, economics and sociology.

In short, Agroecology is an interdisciplinary study of the ecology of the entire food system, encompassing ecological, economic, and social dimensions. It's a comprehensive approach to agriculture that considers not only crop production and yield, but the sustainability of the ecosystem and community.

And it's coming to Southwestern!

Beginning fall term students can start on a path towards an Associate of Applied Science degree in Agroecology. Classes are designed for those who want to enter the workforce, as well as the region's farmers and land managers. There will also be classes for community members. This is an exciting opportunity to delve into a holistic view of agriculture, ecosystems, and community.

All courses emphasize self-sufficiency and promote access to healthy food. Students will use the campus Instructional Garden, visit local farms, gardens, and nurseries for a hands-on, field-based experience. They'll also have opportunities to connect with local farmers and ranchers, watershed councils, landscapers, and turf managers.

There are no prerequisites required to enter the program. No previous gardening or farming experience needed. The only thing students need to excel is a willingness to learn and a desire to work outdoors.

"This is an exciting opportunity for students looking to get a two-year degree, and for community members just looking to learn about self-sufficiency and how to successfully grow vegetables," said Maria Farinacci, Assistant Professor who is developing the program.

"Food security and natural resource management are overlapping and important issues for people on the south coast. The local agricultural industry needs a well-trained workforce, as well as more investment, collaboration, and research to support our local growers," Farinacci said.



"The SWOCC Agroecology program is a necessary component to enhancing our local food systems, food accessibility, ecologically informed food production, and ultimately, connecting with our south coast community."

—Micha Silvius
Myrtle Glen Farm





You'll find Maria Farinacci in the garden. That's normal. But this summer her gardening has taken on a greater purpose. She's working hard preparing Southwestern's Instructional Garden for the arrival of students in the fall. Farinacci, Assistant Professor, Forestry/Natural Resources/Sustainable Agriculture, will be teaching the new courses for our Agroecology degree pathway.

Maria is a graduate of Ohio University with a Bachelor's of Science in Plant Biology, with a focus on soil science and a minor in Anthropology. Since graduating college, Maria has been working in various fields related to natural resources, working on farms and ranches, teaching community mycology and mushroom cultivation courses, and more recently working for Coos Watershed Association as their Fisheries Research Assistant.

Maria has been living in Coos Bay since 2016 – up the Coos River with her husband, two dogs, and one cat. She enjoys surfing, learning about wild flora and fauna, and (of course) gardening. She is very excited for the start of the new Agroecology program, connecting with local growers, and sharing the joys of ecology and growing food with others.

"The new Agroecology degree program at Southwestern is a remarkable new asset to our community. There are very few degree programs like it in the country. We're thrilled the college has made this a priority and are excited about the positive impact it's going to have on local agriculture and food systems."

–Zoë Bradbury DeSurra
Valley Flora Farm



REGISTER FOR THESE FALL TERM CLASSES



Agroecology I (AG 101 – 5 credits)

This first course in our degree pathway is for students looking to enter the field of agriculture, work towards becoming a farm or nursery manager or owner, become an agronomist for golf courses, or operate a landscaping business. Financial aid is available for these degree seeking students.



Fungal Ecology (NR 211 – 2 credits)

Explore the fascinating world of mushrooms!

See page 7 for the non-credit community education class BOT 0221 Fungal Ecology. Credit and non-credit class meets at the same time and place.



Gardening the South Coast (AG 120 – 1 credit)

A great class for people looking to improve the success of their home garden.

See page 7 for the non-credit community education class FN 0502 Gardening the South Coast. Credit and non-credit class meets at the same time and place.

Agroecology program
overview and
list of classes:



FOR MORE INFORMATION:

Call or Text 541-240-8227
SWOCCbound@socc.edu

Contact the instructor at maria.farinacci@socc.edu

Workforce & Job Trainings

COOS CAMPUS • IN-PERSON

To register: Call 541-888-7352 • Email firststop@socc.edu • Visit our office in Stensland Hall

Need help with tuition costs? Scholarships available thanks to a state grant. Call 541-888-7153 for info.

EMT 0511 01 ADVANCED CARDIAC LIFE SUPPORT (ACLS) CERTIFICATION

ACLS is an advanced, instructor-led classroom course that highlights the importance of team dynamics and communication, systems of care and immediate post-cardiac-arrest care. Students must provide proof the required precourse was done before entering the class, completed at:

elearning.heart.org/course/423.

Instructor: Anthony Gantenbein

Location: B2

Cost: \$249

Days: Sat, Sun 9/9-10

Time: 9:00am-5:00pm

EMT 9411 01 PEDIATRIC ADVANCED LIFE SUPPORT (PALS) CERTIFICATION

This classroom, video-based, instructor-led course uses a series of simulated pediatric emergencies to reinforce the important concepts of a systematic approach to pediatric assessment, basic life support, PALS treatment algorithms, effective resuscitation and team dynamics. Students must provide proof the required precourse was done before entering the class, completed at elearning.heart.org/course/427.

Instructor: Anthony Gantenbein

Location: B2

Days: Sat, Sun 9/16-17

Cost: \$249

Time: 9:00am-5:00pm

EMT 0501 ADVANCED CARDIAC LIFE SUPPORT (ACLS) REFRESHER

ACLS is an advanced, instructor-led classroom course that highlights the importance of team dynamics and communication, systems of care and immediate post-cardiac-arrest care. Students must provide proof the required precourse was done before entering the class, completed at elearning.heart.org/course/423.

Location: B2

Time: 9:00am-5:00pm

EMT 0501 01 Day: Sat, 8/26

EMT 0501 02 Day: Sat, 9/23

EMT 0501 03 Day: Sat, 10/28

EMT 0501 04 Day: Sat, 11/18

Cost: \$149

EMT 9401 PEDIATRIC ADVANCED LIFE SUPPORT (PALS) REFRESHER

This classroom, video-based, instructor-led course uses a series of simulated pediatric emergencies to reinforce the important concepts of a systematic approach to pediatric assessment, basic life support, PALS treatment algorithms, effective resuscitation and team dynamics. Students must provide proof the required precourse was done before entering the class, completed at elearning.heart.org/course/427.

Location: B2

Cost: \$149

Time: 9:00am-5:00pm

EMT 9401 01 Day: Sun, 8/27

EMT 9401 02 Day: Sun, 9/24

EMT 9401 03 Day: Sun, 10/29

EMT 9401 04 Day: Sun, 11/19

EMT 0151 01 EMERGENCY MEDICAL TECHNICIAN - PART 1

Provides instruction at the level of Emergency Medical Technician. Includes all cognitive (knowledge) and psychomotor (practical) skills necessary to develop the recognition of signs and symptoms of illness and injury and proper emergency care procedures as outlined by the scope of practice established by the Oregon Medical Board. This course builds personal skills in hands-on capabilities, and a positive attitude towards the patients they may care for. This is the first of a two-part course as set forth by the National EMS Education Standards.

Location: Umpqua 130, 139, 184

Cost: \$250

Day: Mon, Wed, Fri: 9/11-10/15

Time: 5:00pm-8:50pm

*Sat 9/30

EMT 0152 01 EMERGENCY MEDICAL TECHNICIAN - PART 2

Provides instruction at the level of Emergency Medical Technician. Includes all knowledge and practical skills necessary to develop recognition of signs and symptoms of illness and injury and proper emergency care procedures as outlined by the scope of practice established by the Oregon Medical Board. This course builds skills in hands-on capabilities and a positive attitude towards the patients they care for. Students will be exposed to patient care in a real world setting through clinical hours in the Emergency Department and ALS ambulance.

Location: Umpqua 130, 139, 184

Cost: \$250

Day: Mon, Wed, Fri: 10/16-11/22

Time: 5:00pm-8:50pm

*Sat: 10/21 & 11/11



HE 0533 AHA BLS HEALTHCARE PROVIDER

This American Heart Association basic life support course teaches healthcare professionals how to perform CPR on victims of all ages, as well as other lifesaving skills, in a wide variety of in-hospital and out-of-hospital settings.

Instructor: Terry Green

Location: Umpqua 130

Cost: \$105

HE 0533 01 Day: Fri 8/25 Time: 8:30am-12:30pm

HE 0533 02 Day: Fri 9/29 Time: 8:30am-12:30pm

HE 0533 03 Day: Fri 10/27 Time: 8:30am-12:30pm

HE 0533 03 Day: Fri 11/17 Time: 8:30am-12:30pm

IND 4100 TRAFFIC CONTROL FLAGGER CERTIFICATION

This training is an ODOT approved, safety training course covering the requirements for flaggers and approved techniques for moving traffic cautiously and consistently through work zones. For ages over 18. Class book is included. Receive necessary credentials for employment upon successful completion.

Instructor: Michelle Holifield

Location: Newmark 201

Cost: \$139

IND 4100 01 Day: Tue 9/19 Time: 8:30am-1:00pm

IND 4100 02 Day: Tue 10/17 Time: 8:30am-1:00pm

IND 4100 03 Day: Tue 11/14 Time: 8:30am-1:00pm

RE 0100 01 REAL ESTATE BROKER LICENSE COURSE

This accelerated course prepares you to qualify for the Oregon Real Estate Broker's License Exam in just 10 weeks. It is a hybrid course, combining live lecture with the 150-hour on-line home study to meet the Oregon Real Estate Agency (OREA). The course and instructor are certified by the OREA. For more information phone Stacey Harrison at 503-551-4467 or stacey@sts.careers.

Location: Newmark 201

Cost: \$695

Day: Tue 9/26-11/28 Time: 6:00pm-9:00pm

Study session held Sat 12/2, 9:00am-5:00pm, Newmark 201.

Can't afford the training you want?

TUITION AND TRAINING ASSISTANCE AVAILABLE UP TO \$5,000

Scholarships available for Coos, Curry and Douglas county residents in various approved trainings who plan to go directly to work in their field upon program completion.

The Workforce Innovation and Opportunity Act (WIOA) is designed to help job seekers succeed in the labor market.

CONTACT US NOW: 800-822-3525



South Coast Business/SOWIB is an equal opportunity program/employer. Language assistance is available to individuals with limited English proficiency free of cost. Auxiliary aids are available upon request to individuals with disabilities. Oregon Relay 1-800-735-2900. Funded in whole or in part by US DOLETA.

ONLINE JOB TRAINING**RE 0177 01 PROPERTY MANAGEMENT**

Get prepared to take the State of Oregon Property Manager License Exam. This course is the fastest way to qualify to take the exam which covers the role of property managers, tenant relations, fair housing, lease agreements and more. You must attend all evening class sessions via Zoom, and have online capacity to complete the self-study portion of this course. Taught by an experienced Property Manager. For information call (503) 551-4467 or email stacey@sts.careers. All materials provided.

Instructor: Julia Jaure

Location: Zoom

Cost: \$629

Day: Tue, 10/3-11/14

Time: 6:00pm-8:00pm

IND 4100 04 TRAFFIC CONTROL FLAGGER CERTIFICATION

Motivated participants can complete this course in a day! This is an ODOT-approved, safety training course covering the requirements for flaggers and approved techniques for moving traffic cautiously and consistently through work zones. For ages over 18. Book included in cost; this book is needed to complete the training and is mailed to you. You will receive an industry-recognized credential upon successful completion.

Instructor: Michelle Holifield

Location: Scheduled Online

Cost: \$145

CHILD CARE PROVIDER TRAININGS

Offered through Southwestern's

CARE Connections Child Care Resource & Referral

For information and to register call 541-888-7957

Classes are now being offered at no cost online:

- Department of Human Services Child Care Provider Orientation
- Family Child Care Provider Overview
- Recognizing & Reporting Child Abuse & Neglect
- Introduction to Child Care Health and Safety

Don't see what you're looking for?

We have more Online Job Training options here:

<https://www.socc.edu/programs-classes/workforce-training/online-job-training>



Community Classes

Southwestern's Community Education offers life-long learning and personal enrichment opportunities to the community. Non-credit classes are provided by qualified instructors from our community. Course and section numbers are located before course title. Fall term classes are 11 weeks long from September 11 to November 23 unless otherwise indicated by a date(s).

COOS CAMPUS • IN-PERSON

To register: Call 541-888-7352 • Email firststop@socc.edu • Visit our office in Stensland Hall

The Arts



TA 0104 01 SAYING YES! INTRO TO THEATRE IMPROV

Saying Yes has never been easier! Join us in this fun, adventurous, and inspiring class where we create a safe space to explore the fundamentals of improvisational drama. No prior experience necessary! Improv is not only fun but can pave the way for limitless possibilities while providing expanded avenues for more courageous, spontaneous and creative moments in your life, along with more opportunities to listen, give, compromise and collaborate. All that, and guaranteed belly laughs? How amazing is that!? So, bring your curiosity and excitement, that spark of discomfort, and a willingness to embrace the unexpected and join in the fun! With improv there is no right or wrong, and no need to be anyone other than yourself. So say YES, and.... join us!

Instructor: Kellie Cronin

Location: Umpqua 184

Day: Mon, Wed

Cost: \$89

Time: 5:00pm-7:50pm

ART 0257 01 CERAMICS BASICS

Explore in a studio setting the art of working in clay. In this course, students are guided to develop skills with hand-building and wheel-throwing techniques. Perfect for beginning and intermediate potters.

Instructor: Annie Pollard

Location: Eden 5

Day: Tue

Cost: \$129

Time: 6:00pm-9:00pm

ART 0259 01 ADVANCED CERAMICS

Create works of art through supervised mentoring of advanced techniques for advanced level potters. Course cost does not include clay. Clay is purchased as needed in class through the ceramics department.

Instructor: Sue Scott

Location: Eden 5

Day: Mon, Wed

Cost: \$209

Time: 12:30pm-3:30pm

ART 0620 01 KNITTING FOR BEGINNERS

Make simple knitting projects with yarn and needles while learning the basics. Students will be taught stitches like knit and purl, stockinette, garter and ribbing; how to read patterns, correct simple mistakes and perform finishing work.

Instructor: Oksana Holt

Location: Newmark 201

Day: Tue

Cost: \$69

Time: 2:00pm-3:20pm

Special Interest

G 025DB 01 REGIONAL GEOLOGY – DEPOE BAY FIELD TRIP

A lecture in the field to highlight the significant geologic features along the Oregon Coast with stops focused between Florence and Depoe Bay. Some of the highlights are stops at: Devil's Churn, mollusk fossils at Beverly Beach, Cape Foulweather, Devil's Punchbowl, Pillow Basalts at Depoe Bay and more. The course consists of a field trip arranged to illustrate the geologic setting, stratigraphy and structure, topography, age and origin, significant events through geologic time, and special features unique to the region. Also offered as G145DB for credit.

Instructor: Ron Metzger

Location: Itinerary and details sent via email and in Canvas

Cost: \$60 (includes transportation; please bring a lunch)

Date: Sat 9/30

Time: 7:30am-5:30pm

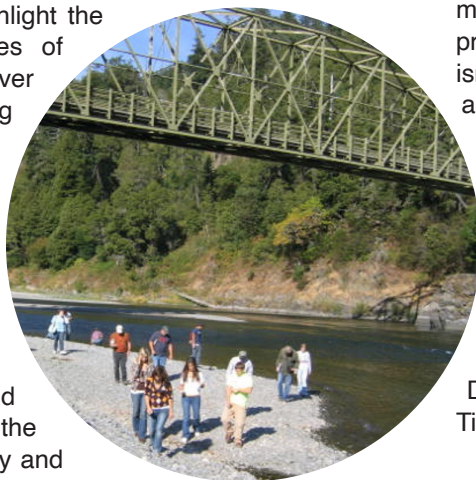


Community Classes

COOS CAMPUS • IN-PERSON

G 025AG 01 REGIONAL GEOLOGY – AGNESS DIVIDE FIELD TRIP

A lecture in the field to highlight the significant geologic features of the coast range up and over the Agness Divide and along the Rogue River. Some stop highlights include pillow basalts near Bridge, several stops along the Powers Highway, Daphne Grove Campground, gravel bar on the Rogue River at Lobster Creek and more. The course consists of a field trip arranged to illustrate the geologic setting, stratigraphy and structure, topography, age and origin, significant events through geologic time, and special features unique to the region. Also offered as G145AG for credit.



Instructor: Win McLaughlin

Location: Itinerary and details sent via email and in Canvas

Cost: \$60 (includes transportation; please bring a lunch)

Date: Sat 10/7

Time: 7:30am-6:30pm

DRIV 0620 01 AARP SMART DRIVER COURSE

This course offers you an important opportunity to learn how to drive more efficiently and safely. The course contains up-to-date information about changes over time in ourselves, our vehicles, and our roads. For more information and to pre-register call 541-305-6454.

Cost: AARP members \$20, non-members \$25, check or cash is payable to AARP at the class.

Location: Newmark 207

Day: Wed 10/25

Time: 9:00am-4:00pm

TEAM OREGON: MOTORCYCLE RIDER TRAININGS

DRIV 0622 01 BASIC RIDER TRAINING

Basic Rider Training is a 15-hour (3-day) course for novice riders to build fundamental street-riding skills and strategies. Training motorcycles and helmets are provided. For individuals with no riding experience, this is the recommended course. Registration must take place prior to the date of the class at <http://team-oregon.org/>.

Instructor: Michael Heinen

Location: Newmark 201

Cost: \$229

Days: Fri, Sat, Sun 9/15-17

Times: Fri 5:00pm-8:30pm, Sat 7:00am-4:30pm,

Sun 12:00pm-4:30pm

DRIV 0623 01 INTERMEDIATE RIDER TRAINING

Location: Newmark 201

Cost: 199

Day: Sat 9/16

Time: 8:00am-5:00pm

BOT 0221 01 FUNGAL ECOLOGY

From the forest to the classroom, you will learn to identify common mushrooms in Western Oregon. The main objective is to provide you with a broad overview of this kingdom of organisms. You will be part of robust classroom discussions to learn about fungal diversity, the role of fungi in decomposition, and other roles in the forest and across bioregions. Participate in field trips to learn to identify, harvest, and prepare wild mushrooms, followed with lab identification techniques and an opportunity to taste the culinary value of our region's wild mushrooms. Instructor: Micha Silvius

Location: Sitkum Hall 12

Cost: \$219

Day: Lecture (5) every other Wednesday 9/20-11/15

Time: 5:30pm-7:20pm

Day: Field Trip (4) every other Friday 10/6-11/17

Time: 10:30am-4:00pm

AG 0502 01 GARDENING THE SOUTH COAST

Join us for a fun course focusing on sustainable vegetable production and organic practices for growing and sharing nutritious food. Students will gain hands on experience. Learn the proper use of tools, harvesting, processing, and preparation of the variety of crops grown on the Southern Oregon Coast. Build healthy soils, season extension techniques, proper pruning and planting times, and selection of seed. Instructor: Maria Farinacci

Location: Sitkum 12

Cost: \$200

Day: Tue

Time: 1:30pm-3:20pm

IND 0905 01 MARINE SAFETY

This is an Oregon State Marine Board approved course that will provide the instruction (with prior study) to pass the Oregon Boater Education Card test. Pre-registration is required and is completed by calling 541-267-6152.

Instructor:

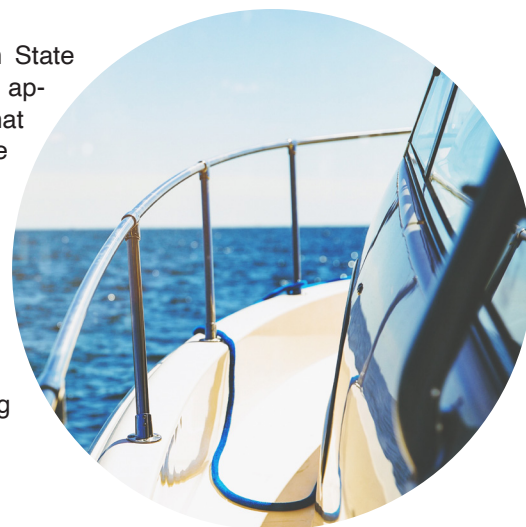
George Tinker

Cost: \$15

Location: Columbia Pacific Maritime, 2140 Newmark Ave

Day: Sat 10/7

Time: 8:00am-5:00pm



Community Classes

COOS CAMPUS • IN-PERSON

Fitness & Recreation

NEW

PE 0521 01 LONGEVITY AND HEALTHY AGING

Get a new perspective on the aging process! Sign up for this new introductory course to help you better understand your body's response to changes over time, and how to prevent them. Learn about your biological clock, and how to measure your actual biological age. We will examine the latest discoveries and methods to slow down the aging process and even reverse it. Learn how to prevent age-related diseases like heart attacks, stroke, dementia, glaucoma, arthritis, and more. Extend your longevity and keep good health for years to come. It's never too late to start taking care of yourself.

Instructor: Alla Sergueeva

Cost: \$65

Time: 3:00pm-4:20pm

Location: Stensland 201

Day: Tue

PE 0201 01 BELLY DANCE WITH MEZDULENE

Belly Dance has long been admired as a form of dance that is sensual, exciting, uplifting, healing, and fun! This class is for anyone looking to incorporate some physical activity while learning traditional dance moves related to the art of Belly Dance.

No dance experience is necessary. This class gives you the understanding of basic belly dance technique, posturing, language, move execution, and it helps you to build necessary strength.

Instructor:

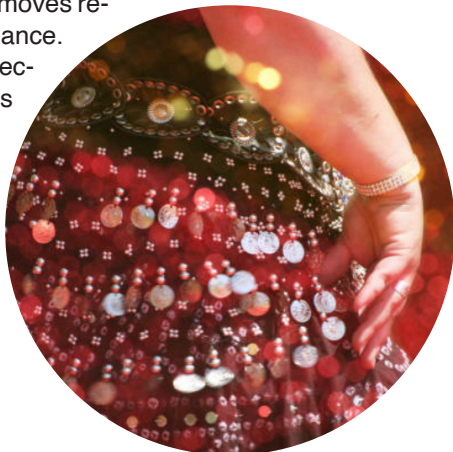
Mezduleene Reed

Location: Rec Center 131

Cost: \$85

Day: Mon

Time: 6:15pm-7:15pm



PE 0201 02 BELLY DANCE FOR SENIORS

Belly Dance has long been admired as a form of dance that is sensual, exciting, uplifting, healing, and fun at any age! This class is for active seniors looking to incorporate some physical activity while learning traditional dance moves related to the art of Belly Dance. No dance experience is necessary. This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary strength.

Instructor: Mezduleene Reed

Cost: \$85

Location: Rec Center 131

Day: Fri

Time: 10:15am-11:00am

PE 0234 01 INTERNATIONAL FOLK DANCE (BEGINNING)

Tour the world one dance step at a time in this beginner-level class for people 12 years of age and older. Dancers will learn dances from Eastern Europe, Israel, Turkey, Portugal, and various other countries. The suggested dress is cool, comfortable clothing.

Instructor: Stacy Rose

Location: Rec Center 121

Cost: \$69

Day: Wed

Time: 6:30pm-8:30pm



PE 0232 01 THE NEXT STEP (FOLK DANCE INTERMEDIATE)

This class involves a group of happy people learning traditional ethnic dances in a circle, line, couple, trio, longways sets or individual formation. The suggested dress is cool, comfortable clothing. This is an intermediate level class for people who have completed PE*0234 Beginning International Folk Dancing.

Instructor: Stacy Rose

Location: Rec Center 121

Day: Thur

Cost: \$69

Time: 5:30pm-7:00pm

PE 0507 01 YOGA FOR HEALTH – BEGINNER

Restorative, therapeutic yoga practice safe and comfortable. Improve posture, balance, strength, flexibility and stress reduction while calming and quieting the mind. Yoga mats, yoga blocks, yoga straps, and foam rollers will not be provided. Patrons may bring their own for use.

Instructor: Linda Laverty

Location: Rec Center Room 121

Day: Mon

Cost: \$75

Time: 1:00pm-2:30pm

Community Classes

COOS CAMPUS • IN-PERSON



PE 0506 01 YOGA FOR HEALTH – INTERMEDIATE

A more challenging Yoga practice with restorative and therapeutic benefits. Yoga mats, yoga blocks, yoga straps, and foam rollers will not be provided. Patrons may bring their own for use.

Instructor: Linda Laverty

Location: Rec Center 121

Cost: \$75

Time: 1:00pm-2:30pm

Day: Wed

PE 0503 01 PILATES® EXERCISE

Pilates® is a body-conditioning routine that helps build flexibility and muscle strength. It puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core, as well as improving coordination and balance.

Instructor: Melissa Loudenberg

Location: Rec Ctr 121

Days: Tue, Thur

Cost: \$105

Time: 12:00pm-12:50pm

PE 0509 01 ZUMBA®

Zumba® Fitness is a global brand that fuses fitness, entertainment and culture into an addictive dance-fitness class. Zumba® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning.

Instructor:

Tina Woodworth

Location: Rec Center 131

Days: Wed, Thur

Cost: \$95

Time: 5:15pm-6:05pm



PE 0505 01 TURBO KICK

Turbo Kick is a combination of intense kickboxing moves, as well as a unique blend of intense interval strength and endurance training all perfectly choreographed to high-energy and motivating music. Turbo Kick requires no previous kickboxing experience or equipment.

Instructor: Melissa Loudenberg

Location: Rec Ctr 121

Days: Mon, Wed

Cost: \$105

Time: 5:30pm-6:20pm

PE 0522 01 FITNESS FOR RECOVERY

Fitness for Recovery provides a sober active community to individuals who have suffered from a substance use disorder and to those who choose a sober life. This is about rising up together to meet the challenges of recovery and living life to its full potential. Using a peer support model, members heal and rebuild their lives. For more information, please contact Jennifer Stephens at 541-404-6438.

ANTHROPOLOGY & SOCIOLOGY LECTURE SERIES

OCTOBER 2, 2023 – 5:00 PM

COOS CAMPUS – EDEN HALL

TEMPLE GRANDIN

AUTISM AWARENESS IN SOCIETY

Temple Grandin will be joining us via Zoom for an intimate discussion about her life's work.

Watch from home at www.socc.edu via *Livestream*.
For more information contact Dr. Dana Pertermann
541-888-7129 | dana.pertermann@socc.edu

SOUTHWESTERN OREGON COMMUNITY COLLEGE

TRIO

STUDENT SUPPORT SERVICES

TRIO Student Support Services provides **FREE** services including:

- Tutoring
- Transfer Planning
- Private Study Area
- Advising
- Career Counseling
- Financial Aid/Scholarship Assistance

For more information
or to see if you qualify
call us at 541-888-7419

The Student Support Services (SSS) program is one of the TRIO projects funded by the U.S. Department of Education, Division of Special Services for the Disadvantaged, Title IV, Higher Education Act of 1965. 100-percent of annual program costs (\$360,708) are provided through a grant by the U.S. Department of Education.

Curry Campus

COMMUNITY CLASSES & JOB TRAINING

To register: Call 541-813-1667 • Email curryfirststop@socc.edu • Visit us on the Curry Campus

For a complete list of degrees available at the Curry Campus go to www.socc.edu/curry and click on Degrees & Certificates.

Need help with tuition costs? Scholarships available thanks to a state grant. Call 541-888-7153 for info.

Or scan here:



Job Training

MARI 0031 99 MARITIME INDUSTRY: A POTENTIAL CAREER PATH

A survey of career opportunities in the commercial maritime industry, both shipboard and shoreside. Includes a discussion of training-school options and human factors relating to career suitability. Discussion of national defense, economic, and cultural factors, all of which suggest a long-term resurgence of the US Flag merchant fleet.

Instructor: Bob Yerkes

Location: Curry Campus 118

Days: Tue, Thur 9/12-10/12

Cost: \$50

Time: 6:00pm-7:00pm

HE 0509 99 STANDARD FIRST AID & CPR/AED

This course follows the International Liaison Committee on Resuscitation (ILCOR) standards and OSHA requirements to prepare the student with knowledge, skills, and techniques necessary to recognize and provide care in first aid, respiratory and cardiac emergencies. American Heart Association cards will be issued upon successful completion of the course.

Instructor: Amber Espinoza

Location: Curry Campus 137A/B

Day: Thur 9/14

Cost: \$79

Time: 9:00am-1:00pm

HE 0533 99 AHA BLS HEALTHCARE PROVIDER

This basic life support course teaches healthcare professionals how to perform CPR on victims of all ages, as well as other life-saving skills, in a wide variety of in-hospital and out-of-hospital settings. American Heart Association cards will be issued upon successful completion of course.

Instructor: Amber Espinoza

Location: Curry Campus 137A/B

Day: Thur 10/12

Cost: \$105

Time: 9:00am-1:00pm

IND 4100 04 TRAFFIC CONTROL FLAGGER CERTIFICATION

Motivated participants can complete this course in a day! This training is an ODOT-approved, safety training course covering the requirements for flaggers and approved techniques for moving traffic cautiously and consistently through work zones. For ages over 18. The class book is included in the cost; this book is needed to complete the training and is mailed to you. You will receive necessary credentials for employment upon successful completion. Course ends in an industry-recognized credential.

Instructor: Michelle Holifield

Location: Scheduled Online

Cost: \$145

Fitness

PE 0575 99 TAEKWONDO

Taught by Sahyun (Master) Gary Christensen, this ten-week course includes developing and practicing TaeKwonDo skills in self-defense. The practice includes warm-ups, stretching, kicking, blocking, punching, and Poomsae.

Instructor: Gary Christensen

Location: Curry Campus 138A/B

Days: Tue, Thur

Cost: \$105

Time: 4:00pm-5:30pm

PE 0506 99 YOGA FOR HEALTH

Yoga practice with benefits of restorative and therapeutic results for improved posture, balance, strength, flexibility and stress reduction, while calming and quieting the mind. Yoga mats, yoga blocks, yoga straps, and foam rollers will not be provided. Please bring your own.

Instructor: Leslie Caswell

Location: Curry Campus 138A/B

Days: Mon, Wed

Cost: \$63

Time: 8:30am-9:50am

PE 0504 TAI CHI

This course in Tai Chi is a gentle, relaxed, non-sweat, personal exercise (translated as the “Grand Ultimate”) for any age. The ‘Yang Form’ will be taught along with ‘Chi Gwa’ (circulating breath) and ‘Silk Cocoon Chen’ (fine intertwining energy). This course is noncompetitive and will start with the basics, and then individuals will progress at their own rate.

Instructor: Deane McConnell

Location: Curry Campus 137A/B

Cost: \$63

PE 0504 99 Day: Tue

Time: 10:00am-11:30am

PE 0504 98 Day: Thur

Time: 5:30pm-7:00pm

PE 0570 99 LOW-IMPACT AEROBICS

This class uses easy-to-follow dance steps and rhythmic movements that are choreographed to upbeat music. This is a fun way to get you moving while improving your cardiovascular system, muscle strength, flexibility, and balance, while boosting your overall fitness level. This is a great class for active seniors no matter your level of fitness. Bring a mat for the floor exercises.

Instructor: Mary Whitaker

Location: Curry Campus 138A/B

Cost: \$63

Days: Tue, Thur

Time: 8:30am-9:45am

PE 0502 99 BETTER BONES AND BALANCE®

Better Bones and Balance® is an exercise program that was developed and tested by researchers at Oregon State University. This program targets strength and balance through key exercises shown to reduce the risk for falls and fractures, and is suitable for ambulatory individuals who are at beginner and intermediate exercise levels.

Location: Langlois Lions Club

Day: Mon, Fri

Instructor: Lisa Reed

Cost: \$89

Time: 9:00am-10:20am

Special Interest

WR 0115 99 INTRODUCTION TO GRANT WRITING

This Introduction to Grant Writing course provides a basic understanding of grant writing and the foundations of project development. We will cover how to prepare your organization to apply for grants and identify local sponsors and small grants to consider. The course is open to all but geared toward smaller non-profits.

Instructor: Alisa Green

Location: Curry Campus 137A/B

Cost: \$75

Days: Sat 9/16 & 10/21

Time: 10:00am-12:30pm

CRT 0127 99 CULINARY BASICS

This ten-week course, taught by a Le Cordon Bleu chef, will teach the basics of cooking. He will start with food history and incorporate knife skills, sanitation, food rotation and of course food tasting.

Instructor: Matthew White

Location: Curry Campus 137A/B

Day: Sat

Cost: \$105 + Fee \$20

Time: 10:30am-12:00pm

HE 0521 99 HIMALAYAN HARMONIOUS HEALING

A magical relaxing experience to help you relax and rejuvenate. Students are asked to bring a yoga mat or blanket to sit or lie on.

Instructor: Julie Garcia

Location: Curry Campus 138A/B

Cost: \$30

Days: Alternating Wed & Fri (9/13, 9/22, 9/27, 10/6, 10/11, 10/20, 10/25, 11/3, 11/8, 11/17, 11/22)

Time: 6:00pm-7:00pm

ENG 0150 99 WHAT MAKES A GOOD STORY

Whether seasoned, aspiring, or a novice writer you will learn basic writing techniques and untangle the mysteries that make a story come alive! You will be bringing home a first chapter that will have you hungry to write the next chapter and the next, and the next! Most importantly, you will walk away with a confidence that your fears and doubts have vanished. In their place, you will have gained a priceless gift of courage to write your story and maybe even change the world!

Instructor: Judy Howard

Location: Curry Campus 206

Cost: \$99

Day: Tue

Time: 2:00pm-4:00pm

BOT 0224 MUSHROOM IDENTIFICATION

This course instructs students in the identification of local wild mushrooms; their basic characteristics; positive identification of edible and non-edible species; preparation for food; and methods of preserving will be stressed.

Instructor: Bob Burch

Cost: \$55

BOT 0224 99 Brookings

Location: Curry Campus 137A/B

Day: Lecture Fri 11/10

Time: 6:00pm-9:00pm

Day: Field Trip Sat 11/11

Time: 9:00am-1:50pm

BOT 0224 98 Port Orford

Location: Port Orford City Hall, Council Chambers

Day: Lecture Sat 11/11

Time: 6:00pm-9:00pm

Day: Field Trip Sun 11/12

Time: 9:00am-1:50pm

GED 0745 98 GED

The GED program prepares adults age 16 or older for passing the GED exam, entry to postsecondary degree or certificate programs, training, and/or success in the workforce. Classes are offered in Reasoning through Language Arts, Mathematics, Social Studies, and Science. GED classes adhere to Oregon Adult College and Career Readiness Standards.

Instructor: Claudia Moser

Location: Curry Campus 234

Cost: **NO COST**

Days: Mon, Tue, Wed, Thur

Time: 12:00pm-2:00pm

ESL 0747 66 ENGLISH AS A SECOND LANGUAGE

The English as a Second Language program offers classes in reading, listening, speaking, and writing English. ESL classes are offered according to Oregon Adult Learning Standards guidelines. Class is a live Zoom session with instructor.

Instructor: Karen Taylor

Location: Curry Campus 234

Cost: **NO COST**

Days: Mon, Wed

Time: 5:00pm-7:50pm

Days: Tue

Time: 5:00pm-6:50pm

NEW Community Education Instructors at the Curry Campus



Judy Howard 'What Makes a Good Story' Instructor

Judy Howard, is the author of seven published books. Judy's latest book, due out this year, is "Activate Love Mode." It's the second in a two-book series (the first was titled "Activate Lion Mode")

written from the perspective of a cat. Judy says, "When we write we are not just writing a story. We are sharing ideas, history, and inspiration for future generations that they may enrich not only our lives, but also our community, and sometimes even the world!"

Gary Christensen TaeKwonDo Instructor

Master Gary Christensen holds a 5th Dan Black Belt. He studied under Grandmaster Won Kon Kim for 41 years. Master Christensen is an experienced instructor, competitor, performer, referee, and judge. He has placed 1st, 2nd, and 3rd at multiple TaeKwonDo tournaments hosted at many venues including U.C. Berkeley, Sanford University, and Cañada College. He owned and operated his own TaeKwonDo Academy for several years and has coached numerous students in tournament competition and mentored many in their journey towards Black Belt.



FRIENDS OF CURRY CAMPUS SPEAKER SERIES FALL TERM | NOON TO 1PM | SECOND WEDNESDAY OF THE MONTH CURRY CAMPUS IN BROOKINGS



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Southwestern's Small Business Development Center



Introducing the newest member of the Small Business
Development Center Business Advisor Team:

Gayle Goldstone at the Curry Campus

Gayle Goldstone's mission is "To provide advice and guidance to business owners in a caring, educational, and motivational way."



Gayle spent 30 years running her own company and working one-on-one with business owners. She also taught college courses in the evenings during those years, developing curriculum for entrepreneurs. Delighted to be able to work with business owners in Curry County, Gayle is available to help build action plans to get the job done! She is also working on developing business workshops for our Curry Campus in Brookings, and will play a significant role in our SBDC 2023-24 Small Business Management (SBM) program.

The Small Business Management (SBM) program is a series of workshops for business owners who want to learn information on a variety of topics (to help them know "what they don't know"). Between

sessions, participants will have the chance to meet with our business advisors, discuss those topics (and any other topics) targeted to their own business needs. It's one of the most popular programs offered at Small Business Development Centers across the State of Oregon!

Our business advisors provide a focused, tailored approach to your business venture's success. Business ownership is complicated and we're here to help. Join us!

For more information about how to participate in our 2023-24 Small Business Management program, please contact either Gayle Goldstone at gayle.goldstone@socc.edu, 541-813-1674 or Derek Tonn at derek.tonn@socc.edu, 541-888-7182.

**Register for Business Advising by going to:
www.oregonsbdc.org/SWoregon, or click
on one of the codes below.**

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After registering, log into myLakerLink and click on "Canvas" under Quick Links for access to your class.

Online Special Interest Classes



ENG 0115 01 PRIDE AND PREJUDICE /JANE EYRE

Throughout this course you will learn the history of both Jane Austen and Charlotte Bronte. You will explore and examine major themes and genres (such as comedy, romance, tragedy and history) as well as writing techniques

throughout the reading and viewing of *Pride and Prejudice* and *Jane Eyre*.

Through literary analysis, writing exercises and close-reading, you will learn the importance of plot structure, gender roles, characterization, etc. In this course you will take part in discussions to increase your understanding and awareness of the major elements/themes in both *Pride and Prejudice* and *Jane Eyre*.

Instructor: Tyana Brown

Location: Online-On Demand

Cost: \$99

WR 0110 01 SHORT STORY AND POETRY WRITING

Throughout this course you will learn the basics of poetry and short story writing. You will explore and examine major themes and genres (such as comedy, romance, tragedy and history) as well as writing techniques and format. Through discussion posts and writing exercises, you will learn about plot structure as well as character/narrator development. In this course you will take part in discussions to increase your understanding and awareness of the major elements in short story and poetry writing.

Instructor: Tyana Brown

Location: Online-On Demand

Cost: \$99

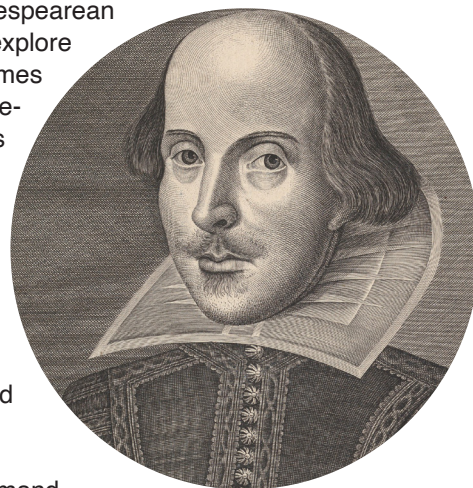
ENG 0105 01 SHAKESPEARE/ PHANTOM OF THE OPERA

Within this course, you will have the opportunity to review and study *The Phantom of the Opera* as well as various Shakespeare plays. You will learn the importance of stage performance techniques and will receive the opportunity to explore genre and gothic themes, the language used within the play/musical and the overall representation. This course will provide you with a deeper understanding and knowledge regarding the significance of *The Phantom of the Opera* in connection with various Shakespearean plays. Students will explore and examine major themes and genres through close-reading exercises. This course is designed to engage students in riveting and educational discussion to increase their understanding and awareness of the major elements present within Shakespeare and Leroux's work.

Instructor: Tyana Brown

Location: Online-On Demand

Cost: \$99



Looking for more online courses?

Spanish

Sign Language

Grant Writing

www.ed2go.com/socc



Decisions



What's next?

Did you know: Graduating with a college degree significantly increases your earning potential. Yet, enrollment for rural male students in Oregon has significantly declined in recent years.

Thanks to grant-funding, SWOCC's "Team REAL" is actively recruiting male students ages 18-24 to participate in a unique opportunity to benefit from extra support in college, including:

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Find out more about Team REAL and if you (or someone you know) qualifies by calling 541-888-1527.

NEW DEGREE PATHWAY: Water Quality Technology

Offered in collaboration with Umpqua Community College

Water Supply is a great career path.

Working in water supply offers lucrative job options as well as the chance to give back to your community by delivering clean water and helping to renew the world's most essential resource.

Water and resource recovery careers pay well at all levels of experience. The median annual salary is \$62,900 in Oregon. Annual openings for technician jobs are projected at about 97 jobs in Oregon and 10,800 jobs nationwide, and many experienced operators are reaching retirement age.

With your degree find employment as

- ◆ Water and Wastewater Treatment Plant and System Operator
- ◆ Natural Science Manager
- ◆ Inspector, Tester, Sorter, Sampler, and Weigher

Employment Information: Oregon Employment Department and US Bureau of Labor Statistics

Water Quality Technology classes are provided online through UCC. Students take the rest of the classes for this degree in person or online through Southwestern. The degree prepares students for a level 1 certification exam which is required to work in water treatment facilities.

For more information call 541-888-7893
or email honora.buell@socc.edu

Get Started Today:
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For more information contact Dr. Aaron Coyner
541-888-7244 | aaron.coyner@socc.edu

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Tax-deductible scholarship donations help make college possible for local students. Give online or clip this form and send a check payable to SWOCC Foundation, 1988 Newmark Ave., Coos Bay, OR 97420.

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Information in this publication was believed to be correct at press time; however, information is subject to change without notice.