



SOUTHWESTERN

AN OREGON COMMUNITY COLLEGE

SPRING TERM
STARTS APRIL 1, 2024

COLLEGE NEWS AND COMMUNITY CLASSES

SWOCC culinary students excel on USA Olympic team



OCCI students experience life-changing international culinary competition

From Coos Bay USA to Stuttgart Germany, eight student chefs and Executive Chef Randy Torres brought the award-winning spirit of Southwestern's Oregon Coast Culinary Institute to the IKA/Culinary Olympics in February.

OCCI students joined other aspiring chefs from across the country on the USA Junior National Team. The excitement was intense with this being the first major competition for most students. "This event is amazing! It connects young chefs with people who can help further their careers for the rest of their lives," OCCI student chef Brooklyn Hansen said.

The 26th international culinary sport competition featured teams from 55 nations and more than 1,200 participants. It's the oldest, largest, and most international culinary competition in the industry.

The USA National Team, comprising professional chefs from across the nation and coached by OCCI Executive Chef Randy Torres, brought home an overall Silver Medal.

The USA Junior Team, all 25 or younger, participated in two competitions. They earned a Bronze Medal in the "Restaurant of Nations," a three-course menu for 110 people, and brought home Silver in the "Junior Chef's Table," a five-course menu for ten people.

OCCI hosted both teams' practice sessions as they prepared for Stuttgart. It was extremely valuable training for our students to work alongside and learn from the finest professional chefs from around the country.

Congratulations Chef Torres and OCCI students!



"It's wonderful being involved in the camaraderie that IKA fosters. This competition is a unique adventure for students and SWOCC is proud to be a part of it. It's a pivotal experience that changed the direction of my life when I participated on a team in 2008."

– Chef Torres

Pictured on cover, front row: Elena Smith, Liam T. O' Brien, Jesone Khantikone, Brooklyn Hansen, Oliver Cowan, Chef Randy Torres; back row: Maxwell R. Smith, Maddison Valdez, Paige Hoene

Student Ice Carving team competes at the World Ice Art Championships



Skyeler Martius puts the finishing touches on her icy creation.

As this publication goes to print the student ice carving team from Southwestern's Oregon Coast Culinary Institute will be in the midst of creating frozen masterpieces for the World Ice Art Championship in Fairbanks, Alaska.

The team of talented and passionate students have been diligently honing their skills

meticulously refined their designs, ensuring that they're able to execute each detail on a frosty canvas.

The journey from Oregon to Alaska is transformative for these students. Part of the experience will be watching and learning from professional carvers who will compete in six different categories.

Want more ice? Visit opb.org to enjoy a recent episode of Oregon Field Guide featuring our own world-class carver, OCCI Instructor Chef Chris Foltz at last year's Ice Alaska.

To find out how the team and Chef Foltz (who is competing in the Multi Block category) did check our social media:



@culinaryarts



@occiculinaryarts

Ready to train for a career in Dental Assisting?

Complete training in 9 months



Good News: Southwestern's Dental Assisting program is accepting students for Fall 2024.

Many people dream of pursuing careers where they can have a positive impact on people's health, self-esteem and lives. Dental Assistants can do that.

At Southwestern, Dental Assist students will graduate into a high-demand field with competitive wages locally and statewide.

Students will gain hands-on learning in a spacious, newly-constructed lab designed with four operatories and curriculum based on general dentistry. They will learn use of dental instruments and terminology, infection control and radiographic skills. Students also will work with general dentists during all phases of examination and treatment, and learn laboratory and administrative processes of dentistry.

Upon completing the nine-month program, students can sit for the entry-level national dental assisting exams.

Dental Assistant Statistics

\$49,689

Average annual southern Oregon coast wage

\$54,344

Average annual statewide wage

30

Annual southwestern Oregon job openings

888

Annual statewide job openings

Source: Oregon Employment Department

No Special Application Required
JUST APPLY & ENROL!

Are you or someone you know interested in helping others feel confident showing a beautiful smile, and learning habits to maintain healthy teeth?

To connect with an advisor:
Text or Call 541-240-8227
SWOCCbound@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.

Maritime Training

For a complete list of maritime trainings offered by



Columbia Pacific Maritime

Visit: <https://colpacmaritime.com/>

All classes take place at 2140 Newmark Ave, Coos Bay

MARI 0340 OPERATOR OF UNINSPECTED PASSENGER VESSEL (OUPV)

This eight-day class will satisfy the Coast Guard exam requirements for the OUPV or 6-pack captain license. This license is popular with fishing guides and tour boat operators carrying six or fewer passengers. Subjects include seamanship, navigation, Rules of the Road, and the federal regulations for small uninspected passenger vessels.

\$1,100 / 8-days
April 1-8, 2024
April 15-22, 2024
May 6-13, 2024
June 3-10, 2024



MARI 0281 MASTER 100-TON

This ten-day class will satisfy the Coast Guard exam requirements for a Master license. The Master is required to operate charter boats and other vessels carrying more than six passengers. Subjects include seamanship, navigation, Rules of the Road, and the federal regulations for both inspected and uninspected passenger vessels.

\$1,300 / 10-days
April 1-10, 2024
April 15-24, 2024
May 6-15, 2024
June 3-12, 2024

MARI 0399 RADAR OBSERVER UNLIMITED

The scope of this course is to provide instruction and assessment in the theory, operation, and application of radar for navigation and collision avoidance as required by federal regulations for Radar Observer Unlimited endorsement; and to meet the STCW Radar TASK assessments established in NAVIC 12-14 for OICNW Operation and Management level on seagoing vessels of 500 GT (200 GRT) and greater, including:

- a. 1.4.A Position fix by two ranges.
- b. 1.4.B Position fix by two tangents to identified objects.
- c. 3.1 Radar Fundamentals.
- d. 3.2.A Setup and maintain radar display.
- e. 3.2.B Switch display modes.
- f. 3.3.A Identify false echoes, sea return, radar, and SART.
- g. 3.4 Interpreting information from a radar.

This course is open to all mariners, however, it is strongly recommended that the mariner hold an MMC National Officer endorsement, or have good plotting and navigation skills.

\$700 / 4-days
April 8-11, 2024
April 29-May 2, 2024
May 27-30, 2024

Emergency Medicine

EMT 0501 65 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.

Instructor: Tasha Renard
Location: B2
Day (s): Tue 4/13/24

Cost: \$249
Time: 9:00am-5:00pm

EMT 9401 65 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.

Instructor: Alan Howard

Location: B2

Cost: \$249

Day(s): Sat 6/8/24

Time: 9:00am-5:00pm

HE 0509 STANDARD FIRST AID & CPR/AED

This American Heart Association 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.

Location: B2

Cost: \$79

HE 0509 68

Instructor: Alan Howard

Day(s): Sat 4/20/24

Time: 8:30am-12:30pm

HE 0509 69

Instructor: Tasha Renard

Day(s): Sat 5/18/24

Time: 8:30am-12:30pm

HE 0533 AHA BLS HEALTHCARE PROVIDER

This basic life support course teaches healthcare professionals how to perform CPR to 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 the course.

Instructor: Terry Greene

Location: B2

Cost: \$105

HE 0533 65 Fri 4/26/24

Time: 8:30am-12:30pm

HE 0533 66 Fri 5/31/24

Time: 8:30am-12:30pm

HE 0533 67 Fri 6/7/24

Time: 8:30am-12:30pm

Job Training

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: Lakeview E

Cost: \$139

IND 4100 65 Tue 4/9/24

Time: 8:30am-12:30pm

IND 4100 66 Tue 5/14/24

Time: 8:30am-12:30pm

IND 4100 67 Tue 6/11/24

Time: 8:30am-12:30pm

RE 0100 65 REAL ESTATE BROKER LICENSE COURSE

This accelerated course prepares you to qualify for the Oregon Real Estate Broker's License Exam in just ten weeks. It is a hybrid course, combining live lecture with the 150-hour online home study to meet the Oregon Real Estate Agency (OREA) requirements. The course and instructor are certified by the OREA. For more information contact Janda Fleming at 541-388-1021 or janda@a1schools.com.

Instructor: Debra Roth

Location: Stensland 203

Cost: \$695

Day: Tue 4/2/24-6/4/24

Time: 6:00pm-9:00pm

Study session held Saturday 6/8/24 9:00am-5:00pm



ONLINE JOB TRAINING

RE 0177 65 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. For information call 541-388-1021 or janda@a1schools.com.

Instructor: David Stribling

Location: Zoom

Cost: \$629

Day: Tue, 4/9/24-5/21/24

Time: 6:00pm-8:00pm

IND 4100 68 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: Online (4/1-6/13)

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

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. Spring term classes are eleven weeks long from April 1, 2024 to June 13, 2024 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

ART 0257 65 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 65 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: Aimee Bennett

Location: Eden 5

Cost: \$209

Day: Mon, Wed

Time: 12:30pm-3:20pm

MUP 0105 65 COMMUNITY CHOIR

The SWOCC Community Choir provides an opportunity for singers of all levels to participate in a musically rich, and socially engaging choral ensemble. The Community Choir will focus on providing a safe and stimulating environment for people of all backgrounds to learn, practice, and perform quality choral literature in a large group setting. Focus will be placed on healthy vocal production, musically inspiring performance, strong social connections, and effectively working with others. A wide variety of musical styles will be explored, and participants will present a concert performance at the end of each term. This is a non-auditioned ensemble, but the ability to match pitch is requested.

Instructor: Ken Graber

Location: Sunset 2

Day: Mon

Cost: \$30

Time: 6:00pm-8:00pm

Special Interest

G 025CA 65 REGIONAL GEOLOGY – CAPE ARAGO FIELD TRIP

This fun day features a lecture in the field to highlight the significant geologic features along the Oregon Coast with stops focused along Cape Arago and around Bandon. Some of the highlights include stops at: Fossil Point, Sunset Bay, Shore Acres, Bullard's Beach, Bandon Marsh, Bandon South Jetty, Face Rock and more.

The course consists of a field trip designed to illustrate the geologic setting, stratigraphy and structure, topography, age and origin, significant event through geologic time, and special features unique to the region. Find out more about the rocks, fossils and landscapes found in our neighborhood.

Instructor: Ron Metzger

Day: Saturday, April 27, 2024

Location: Itinerary in Canvas & sent via email

Cost: \$60 (includes transportation, participants bring lunch)

Time: 7:45am-5:00pm



WR 0100 65 WRITING YOUR AUTOBIOGRAPHY

Who better to tell your story than YOU? Come and learn how to put together all of your stories into a book. Your autobiography is sure to be something cherished. This course will introduce you to the techniques of writing an autobiography.

Instructor: Sally Harrold

Location: Sitkum 11

Day: Thu

Cost: \$105

Time: 12:30pm-2:50pm

WR 0100 66 Online Zoom Version

Location: Zoom at 11:30am-1:50pm

Day: Tue

Cost: \$105

Time: 1:30pm-4:00pm

Community Classes

COOS CAMPUS • IN-PERSON

CIS 0165 65 ARTIFICIAL INTELLIGENCE (AI): EMBRACING THE FUTURE TODAY! NEW

This course unlocks the world of tomorrow which is being reshaped by artificial intelligence (AI). Starting with a quick look at the captivating history of AI, you will then learn to harness its power for creative pursuits – from writing, art and music, to transforming your home into a tech utopia, revolutionizing travel, and discover the impact AI is having on health and longevity. If you're eyeing the future job market, we've got you covered with AI-driven opportunities. This course offers a blend of foundational knowledge, practical applications, and hands-on experiences. At the conclusion, you'll be equipped to harness the power of AI in various aspects of life and work. Sign up and start shaping your future today!

Instructor: Dr. Alla Sergueeva

Location: Stensland 201

Day: Thu

Cost: \$50

Time: 6:00pm-7:30pm

DRIV 0622 65 BASIC RIDER TRAINING

Basic Rider Training is a 15-hour (three-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

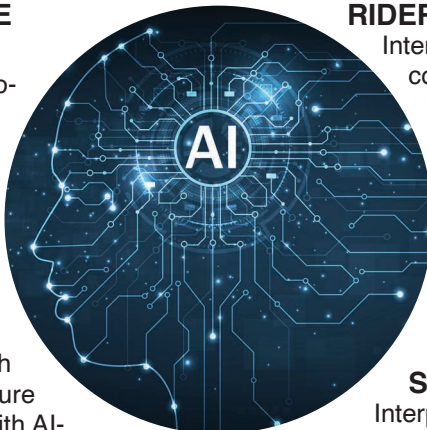
Cost: \$229

Days: Sat 7am-4:30pm
3/30/24

Sun 12pm-4:30pm 3/31/24

Sat 7am-4:30pm 6/29/24

Sun 12pm-4:30pm 6/30/24



DRIV 0623 65 INTERMEDIATE MOTORCYCLE RIDER TRAINING

Intermediate Rider Training is an eight-hour (one day) course for riders who already know how to get under-way, turn, shift and stop a motorcycle or scooter while strengthening fundamental street-riding skills. Training motorcycles and helmets are provided. Registration must take place prior to the date of the class at <http://team-oregon.org/>.

Instructor: Michael Heinen

Location: Newmark 201

Cost: \$199

Day: Sat 3/30 & Sat 6/29

Time: 7:00am-4:30pm

HD 0964 65 INTERPERSONAL PROBLEM SOLVING

Interpersonal Problem Solving is for both men and women (separate sessions). The length of the program is 36 weeks (Oregon State Law) and the intake/assessment fee is \$150.00. Each session attended is \$35.00. Alternatives to Violence offers these classes in cooperation with The SAFE Project. Appointments are scheduled with Chuck Stepping at 541-808-7436 or 541-888-1048 Ext 102.

IND 0905 65 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: 3/23, 4/20, 5/18

Time: 8:00am-5:00pm

Cooking

CRT 0103 65 SOFT GERMAN PRETZEL MAKING

Come learn how to make soft German pretzels! Mixing, ingredient selection, forming and shaping, poaching for flavor and texture, baking and finishing techniques will all be explored. We'll also enjoy a beer-cheese sauce demonstration and sampling.

Instructor: Chef Chris Foltz

Location: OCCI Hollandaise Kitchen,
room 121

Cost: \$89

Day: Sat 4/6/24

Time: 9:00am-12:00pm

Please Note:

As a safety precaution students attending cooking classes must wear pants and closed-toe shoes. Menu items are subject to change up to the day of the class based on availability, costs, and shipping times.



Community Classes

COOS CAMPUS • IN-PERSON

Fitness & Recreation

PE 0507 65 YOGA FOR HEALTH – BEGINNER

Therapeutic, restorative yoga. Easy, safe, comfortable practice for healing, stress and tension release. Ease into movement for improved mobility and balance. Hatha yoga with a bit of flow for better health. Yoga mats, yoga blocks, yoga straps, and foam rollers are not provided. Patrons may bring their own for use.

Instructor: Linda Laverty
Location: Rec Center 121
Day: Mon

Cost: \$75
Time: 1:00pm-2:15pm

PE 0506 65 YOGA FOR HEALTH – INTERMEDIATE

A more challenging yoga practice with restorative and therapeutic benefits. Hatha yoga with a bit *more* flow for better health. Yoga mats, yoga blocks, yoga straps, and foam rollers are not provided. Patrons may bring their own for use.

Instructor: Linda Laverty
Location: Rec Center 121
Day: Wed

Cost: \$75
Time: 1:00pm-2:15pm

PE 0503 65 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 Loudenbeck
Location: Rec Center 121

Cost: \$105

Days: Tue, Thur Time: 12:00pm-12:50pm

PE 0505 65 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 Loudenbeck
Location: Rec Center 121
Days: Mon, Wed

Cost: \$105
Time: 5:30pm-6:20pm

PE 0201 65 BELLY DANCE BEGINNING

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. Some use of finger cymbals or veil may be covered as the course progresses.

Instructor: Mezdulene Reed
Location: Rec Center 131
Days: Fri

Cost: \$85
Time: 10:15am-11:15am

PE 0201 66 BELLY DANCE INTERMEDIATE

This class will expand on the foundations of Belly Dance that was gained in the beginning sessions. Focus of this course will be on gaining familiarity with moves, technique, posturing, language, and choreography. Use of props in dances will be more regularly used as the course progresses.

Instructor: Mezdulene Reed
Location: Rec Center 131
Days: Mon

Cost: \$85
Time: 6:15pm-7:15pm

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: Mon, Wed

Cost: \$95
Time 5:15pm-6:05pm



A Compassionate Journey

Human Services degrees lead to rewarding career options

In a world marked by diverse challenges, the need for empathetic and dedicated people to make a positive impact on the lives of others has never been greater. Choosing a career in the field of Human Services can be a profoundly rewarding and fulfilling decision.

Making a Real Difference

Whether working with individuals facing mental health challenges, addiction, families in crisis, or marginalized communities, social workers and counselors play a crucial role in supporting and empowering people to overcome obstacles and build better futures. These professions provide an opportunity to make a tangible difference in the lives of individuals, families, and communities.

Diverse Career Opportunities

Human Services encompass a broad spectrum of specialties and settings. Whether you are interested in school counseling, clinical mental health, sub-

& Addictions Board of Oregon for a Certified Alcohol & Drug Counselor (CADC). These courses prepare you for the National Certification Exam qualifying you to become a CADC, and able to obtain a job at a recovery agency or center. You'll get real-world

Student Voices

"While obtaining my Human Services degree at Southwestern I'm working for a nonprofit as a state certified Peer Support Specialist. My goal is to become a mental health counselor and provide recovery services in Curry County." –Laura Kukuricsas

experience while completing the eighteen clinical hours required for your degree. This also affords you opportunities to connect with local employers.

Personal Growth

Working in the field of Human Services requires a commitment to ongoing learning and personal growth. The dynamic nature of the profession means that individuals are continually exposed to new challenges, perspectives, and therapeutic approaches. This commitment to professional development enhances one's skills and contributes to a sense of fulfillment derived from continual improvement.

If you are drawn to the idea of being a source of hope, healing, and positive change, a career in Human Services may be your path, supporting others in their journey toward well-being.

FOR MORE INFORMATION:
Text or Call 541-240-8227
SWOCCbound@socc.edu



Jenn Lewis, PhD, Assistant Professor of Psychology and Human Services

Southwestern is pleased to welcome Dr. Jenn Lewis as our Assistant Professor in Psychology and Human Services.

Jenn grew up splitting her time between California and the UK where she's from originally. She attended the University of Alaska to obtain her master's in clinical psychology, and stayed on to work as a therapist and teacher. After obtaining her PhD through Northcentral University she landed in Georgia for an adjunct faculty position in psychology.

Jenn is happy to be back on the West Coast and teaching Human Services courses at Southwestern since fall of 2023. Jenn says, "For me it has been figuring out how to put my desire to help people to work, and where I can do the most good. Connecting and helping has been the theme of my life's work."

Are you considering a career in human services and have questions? Contact Jenn at 541-888-7249 or by email at jennifer.lewis@socc.edu.

Student Voices

"I appreciate Dr. Lewis! She is open, honest, encouraging, and very engaging. She responds quickly, is patient, and clearly explains complex topics and nuances." –Anna Carder

stance abuse treatment, or working with the elderly, there is a wide array of career paths to choose from. This diversity allows individuals to tailor their careers to match their passions.

With an Associate of Applied Science degree in Human Services from Southwestern you will meet the course requirements of the Mental Health

SOUTHWESTERN OREGON COMMUNITY COLLEGE

TRIO

STUDENT SUPPORT SERVICES

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

- Tutoring
- Advising
- Transfer Planning
- Career Counseling
- Private Study Area
- 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.

Or scan here:



Job Training

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, skill, and techniques necessary to recognize and provide care in first aid, respiratory, and cardiac emergencies using the latest CPR and emergency cardiac care guidelines. Students learn how to perform rescue breathing; CPR; how to use personal protective equipment; how to use an Epinephrine Auto-Injector; and how to operate an Automated External Defibrillator (AED). CPR/AED and First Aid certification is given upon completion of course requirements. Certification can be from one of the following ILCOR agencies: American Heart Association; American Red Cross, EMS Safety; or any other provider following ILCOR standards. This is a stand-alone training that will help you gain employment or maintain employment in fields where safety of others is paramount such as early childhood educators, exercise instructors, mariners, public safety/security, or other positions where the employer requires this training. Instruction is provided on infant, child, and adult persons in this course.

Instructor: Amber Espinoza

Location: Curry Campus 137A/B

Day: Wed 3/20/24

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 to 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 the course.

Instructor: Amber Espinoza

Location: Curry Campus 137A/B

Day: Wed 4/17/24

Cost: \$105

Time: 9:00am-1:00pm

IND 4100 68 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: Zoom/Canvas

Days: Scheduled online

Cost: \$145

Art

ART 0147 99 COLOR DRAWING

This course is designed to teach the fundamentals of color theory applied to colored pencil and marker drawings. Using elements of design, students will learn to combine different color combinations of the color wheel to produce works that enhance drawing mark-making techniques.

Instructor: Gary Christensen

Location: Curry Campus 138A/B

Cost: \$90 Fee: \$20

Day: Mon, Wed

Time: 1:00pm-3:20pm



Fitness

PE 0506 99 YOGA FOR HEALTH

An introduction to the Hatha physical yoga. Includes the background, safety precautions, and value of yoga. Stretching postures, proper breathing techniques, and stress reduction will be emphasized. This course will focus on the health and wellness aspects that are gained in making yoga an integral part of everyday life.

Instructor: Leslie Caswell

Location: Curry Campus 138A/B

Cost: \$88

Days: Mon, Wed

Time: 8:30am-9:50am

PE 0506 98 YOGA FOR HEALTH

Location: Curry Campus 138A/B

Cost: \$68

Days: Wed

Time: 5:30pm-6:50pm

PE 0504 99 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

Day: Tue

Time: 10:00am-11:20am

PE 0504 98 TAI CHI

Location: Curry Campus 137A/B

Cost: \$63

Day: Tue

Time: 5:30pm-6:50pm

PE 0570 99 LOW-IMPACT AEROBICS

This low-impact Aerobics 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, and boosting your overall fitness level. This is a great class for active seniors no matter your level of fitness. You are encouraged to work at your own fitness level and to modify moves based on your fitness needs. Mats are not supplied and needed for floor exercises.

Instructor: Mary Whitaker

Location: Curry Campus 138A/B

Cost: \$63

Days: Tue, Thur 4/9/24-6/13/24

Time: 8:30am-9:50am

PE 0502 99 BETTER BONES AND BALANCE®

Better Bones and Balance® is an exercise program designed to reduce the risk of osteoporosis and falling. Based on research of the Bone Research Laboratory at Oregon State University, this exercise program utilizes a simple weighted-vest exercise program to protect bone by halting bone loss and reduce fall risk by improving balance, muscle strength and power.

Instructor: Lisa Reed

Location: Langlois Lions Club

Cost: \$89

Day: Mon, Fri

Time: 9:00am-10:20am

Special Interest

TA 0103 99 CLASSIC MOVIE MATINEE FILM APPRECIATION

NEW



Are you a classic movie fan, or maybe just enjoy watching films with your friends?

Join SWOCC for a ten-week classic movie matinee film appreciation class. In this class we will view and discuss classic movies from Hollywood's Golden Age - movies from the 1930s to the 1960s.

Film is more than entertainment; it's a reflection of our history, culture, and psyche. Understand why film matters and the personal significance and joy it brings people. In partnership with the Wild Rivers Film Festival,

students enrolled in this class are eligible for a "Buy One, Get One Free" offer for their choice of film festival passes for the August festival, a \$20-\$150 savings. Please see page 12 for more details. Students must have a receipt from SWOCC for this class in order to claim the discount.

Instructor: Stacy Bergstedt
Location: Curry Campus 137 A/B
Day: Thur 4/11/24 – 6/13/24

Cost: \$75

Time: 2:00-4:00pm

ASL 0501 99 AMERICAN SIGN LANGUAGE

Introduces the natural, signed language of American deaf people. Includes instruction in proper sign formation, American Sign Language (ASL) grammar and vocabulary, expressive and receptive skills. Emphasis on history of ASL, the deaf community in North America, and deaf education.

Instructor: Bj Farris

Location: Curry Campus 206

Days: Tue, Thur

Cost: \$115

Time: 4:00pm-5:20pm

GED 0745 99 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

Days: Mon, Tue, Wed, Thur

Cost: **NO COST**

Time: 12:00pm-1:50pm

ESL 0747 99 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

Days: Mon, Wed

Days: Tue

Cost: **NO COST**

Time: 5:00pm-7:50pm

Time: 5:00pm-6:50pm

Friends of Curry Campus Speaker Series

Noon to 1 pm in the Community Room on the Curry Campus. Bring a friend and a brown bag lunch.



Thursday, APRIL 11

The Odd Creatures in Our Tide Pools

Bill Gorham

Thursday, MAY 9

Inspiring Travel and Strengthening a Sustainable Coastal Economy

Stacey Reynolds, Oregon Coast Visitors Association
Miranda Plagge, Economic Development Administrator,
Curry County & Travel Curry Coast



Thursday, JUNE 13

Second Annual Wild Rivers Film Festival in Brookings

Sue Wright



Talks are free and sponsored by the Friends of Curry Campus. Check our website for upcoming talks in the series. For more information contact the Curry Campus at 541-813-1667.

Wild Rivers Film Festival

The second annual Wild Rivers Film Festival will take place August 15-18, 2024, in Brookings. And since hardly anyone goes to see a movie alone, Wild Rivers Film Festival is offering students enrolled in the **Classic Movie Matinee Film Appreciation** class (see page 11) a “Buy One, Get One Free” offer for their choice of festival passes (must show receipt from SWOCC class).

Students can save from \$20-\$150, depending on which festival pass they purchase. Day passes are \$20, Festival passes are \$50, VIP passes are \$150.

More info at www.wilddriversfilmfestival.com.



Southwestern's Small Business Development Center



Small Business Management (SBM) Series

Starting October 2023, the Small Business Management Series began with fifteen businesses enrolled, and has been progressively working through essential business topics each month. So far, the topics have included marketing strategies, branding, social media and taxes. Topics coming up will cover financials, risk management, access to capital, and more.

The structure includes in-classroom expert presenters, as well as one-on-one sessions where participants

meet with SBDC Business Advisors and get personal attention that brings the knowledge to life.

"What's great about this program is that it brings business owners together, not only to gain valuable information, but to build a network of business owners who share their experiences with each other. It has become a cohesive and motivated group. As a result, the program has built momentum of its own," said Curry Campus Business Advisor, Gayle Goldstone.

The next SBM Series kicks off in October 2024. If you are interested in participating in the program, and want to receive updates, please contact us:

CURRY CAMPUS

Gayle Goldstone
gayle.goldstone@socc.edu

COOS CAMPUS

Derek Tonn
derek.tonn@socc.edu

Here's what participants have to say about the program



"I have really been enjoying the SBM workshops. Although my business has been running for 11 years now, we are at a point where we are considering expansion and are at a crossroads. I'm so glad I signed up for the classes and even though some of the content was familiar, I still found it valuable. It's a great group of people. Everyone is very supportive, helpful, and kind. The best part about it is the monthly one-on-one advising sessions where you get customized advice. I can't recommend it enough!"

—Kristen (& James) Smith, Owners, Arch Rock Brewing Company



"I'm currently attending the SBM program at the Curry Campus. It's truly special as it brings people from the Curry and Coos campuses together via technology so we are one big class miles apart. I'm so thankful for the class. I'm increasing my knowledge of how to run a small business, and I've already seen improvements! In addition to the class, each business owner attends sessions with their business advisor. Since starting my work with Gayle, I've increased my awareness of how to run my business more efficiently and highlighted areas that need improvement. This feedback has resulted in me developing a time-saving business strategy that has already affected my company's growth."

—Alisa Green, Owner, The Green Team! LLC

Want to start a business? Need help creating a business plan? Contact us 541-888-7182.



Did you know you can take an undergraduate course at Southwestern Oregon Community College and not be seeking a degree or certificate?

We welcome our community to take a class for:

- Personal enrichment
- Improve job skills
- Make yourself more marketable on your resume with a business class
- Fine-tune your writing or computer skills
- Learn about agroecology, forestry, welding, human services, and much more.

Prior to registering for a class, non-degree seeking students need to complete the Community Education and Personal Enrichment Application.

Some courses may have prerequisites that can only be waived with instructor consent.

[Go to: <https://mylakerlink.socc.edu/ICS/Admissions>]

APPLICATION



Auditing Courses:

- Students who are interested in taking a class, but do not need the credit, may choose to audit credit classes and pay only 50% of the regular tuition. Students auditing classes participate fully in the class, but are not required to take tests and do not receive grades. To qualify for the audit discount, registration is required by the second Wednesday of the term.
- Seniors 65 years of age or older receive FREE tuition (ORS 341.518). Tuition will be waived for any approved credit course, audited by an Oregon resident 65 years of age or older. Payment for all fees and supplies are the responsibility of the student.

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:

- ➡ FREE textbooks!
- ➡ Additional mentorship and advising
- ➡ Workplace internships
- ➡ Community-based learning opportunities

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

FREE!

SWOCC WORKS

Construction & Heavy Equipment Operator Pre-Apprenticeship Program



- Entry-Level Construction Skills
 - OSHA Safety Training
- Prepare for a Job in the Trades

EARN A BOLI APPROVED CERTIFICATE IN TWO TERMS
SPRING TERM CLASS STARTS APRIL 2, 2024
TUESDAY & THURSDAY EVENINGS
COOS & CURRY CAMPUSES

No experience necessary. Must be 16 years old to apply.

GET STARTED: Email swocccworks@socc.edu

SOUTHWESTERN
Oregon Community College
1988 Newmark Ave.
Coos Bay, OR 97420

ECRWSS

PERIODICALS
POSTAGE
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RESIDENTIAL POSTAL CUSTOMER

SCIENCE Lecture Series

SAVE THE DATES:

FREE

CHEMISTRY – MARCH 15

**Cancer Immunotherapy –
Does the Science Match the Hype?**

Dr. Cory L. Brooks, California State University

PHYSICS & ASTRONOMY – APRIL 25
Meteorites!

Dr. Alexander Ruzicka, Portland State University

GEOLOGY – MAY 21

Ice Age Horses of Oregon

Eric Scott, Principal Paleontologist at Cogstone

Coos Campus: 1988 Newmark Ave., Coos Bay
Curry Campus: Watch Party in the Community Room

Watch a live stream of lectures at

www.youtube.com/@SouthwesternOR/streams

For more information contact Krystal Hopper Meyers
541-888-7416 | krystal.hopper@socc.edu



2024
*Winemakers
Dinner*

Saturday, May 4, 2024 | 6:00-9:00pm
Oregon Coast Culinary Institute at Southwestern

Join us for this exclusive, intimate event! Dinner features premium wines from award-winning Willamette Valley Vineyards paired with the exquisite cuisine of Executive Chef Randy Torres and OCCI's culinary competition team. 100% of funds raised are used for culinary and baking program equipment.

Reservation Information: foundation@socc.edu, 541-888-7209

**Study for your
GED® for FREE
at Southwestern**

*GED® orientation takes place for
new students by appointment.*

**We also offer: ADULT BASIC SKILLS and
ENGLISH AS A SECOND LANGUAGE**

**Call 541-888-1593 or
email apce@socc.edu**

 **Help a local student achieve their goals! www.socc.edu/give**

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.

Name _____

Date _____ Phone _____

Email Address _____

Address _____

City/State/Zip _____

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