



SOUTHWESTERN

AN OREGON COMMUNITY COLLEGE

COLLEGE NEWS AND COMMUNITY CLASSES

SUMMER TERM
STARTS JUNE 22, 2026

Oregon Coast FOOD & WINE CELEBRATION

Saturday – July 18

*Bringing together Oregon's
best food, wine, and
community to support
culinary students.*



Community Classes

COOS
CAMPUS
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CURRY
CAMPUS
PAGE 12

Join us for the Oregon Coast Food & Wine Celebration!

The Oregon Coast Culinary Institute (OCCI) at Southwestern is launching a new tradition this summer with the inaugural Oregon Coast Food & Wine Celebration, a community gathering designed to showcase the region's rich culinary culture. The event will bring together Oregon wineries, artisan vendors, and food enthusiasts for an afternoon of tasting, conversation, and coastal hospitality.

Beyond its festive atmosphere, the celebration carries a deeper purpose. This year the event honors the legacy of Chef Instructor Laura Williams, a beloved member of the OCCI community whose passion for cooking, wine, and teaching left a lasting impression on her students and colleagues. Proceeds from the event will fund the Laura Williams Memorial Scholarship, created to support future culinary students.

Guests can expect a lively, immersive experience, with tasting tokens granting access to a curated selection of food and wine, along with live music, artisan goods, and opportunities to purchase bottles directly from participating wineries. A silent auction featuring local experiences and coastal specialties adds another layer to the event. Together, the celebration blends community, cuisine, and purpose into a single summer afternoon on the coast.

Questions? Contact us: 541-888-7309
or email lena.chester@socc.edu
www.socc.edu/occi



EVENT DETAILS

Saturday, July 18, 2026

11:00 am to 4:00 pm

Coos Campus
1988 Newmark Ave., Coos Bay
Umpqua Hall

Tickets: \$35 in advance
\$40 at the door
21 and older only
Service Animals only

PARTICIPATING WINERIES

Abacela Winery
Eola Hills Wine Cellars
J. Scott Cellars
King Estate Winery
Melrose Vineyards
Richwine Vineyards
White Tail Ridge Vineyard
And more joining

Plus

LIVE MUSIC
ARTISAN VENDORS
SILENT AUCTION

Chef Laura William's Memorial Scholarship Endowment



Chef Laura Williams discovered her love of cooking at a young age, creating dishes for her mother. She later pursued that passion at OCCI, graduating with honors. While working at Bandon Dunes Golf Resort, she joined the USA Culinary Youth Team and competed in the World Culinary Olympics in Germany, earning gold and silver medals.

She went on to work at The Houston Country Club before returning to Oregon as Executive Chef at Awbrey Glen Golf Club in Bend. Her passion for teaching brought her back to Southwestern as an instructor.

Laura hoped "to inspire my students to strive to be the best they can be and never stop learning," a goal reflected in her students' success. Laura passed away last year and is deeply missed by all who knew her.

Please consider supporting Laura's hope for students by donating to the Laura Williams Memorial Scholarship Endowment.

Visit: socc.edu/give or scan the code.



STEAM ACADEMY



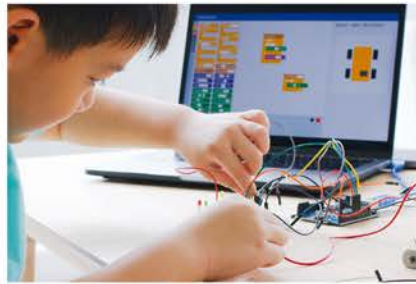
Explore. Build. Create.



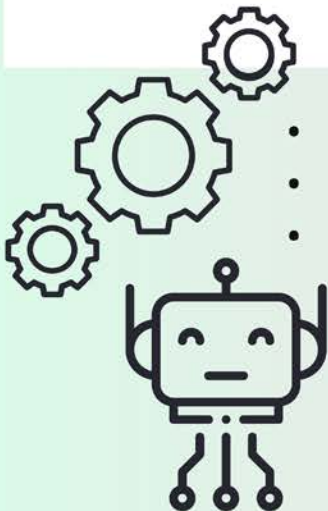
For students
in grades
6-12



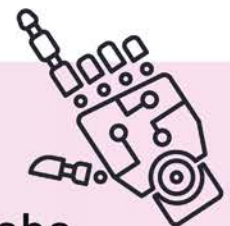
Mon-Thurs
August 10-13
9am to 4pm



Lunch &
Snacks
Provided



- Hike at South Slough Reserve
- Experience a Planetarium Show
- Design & Build in our Science Labs



SWOCC Coos Campus - 1988 Newmark Ave.
\$50/student - Ask about scholarships!
To register call 541-888-7416 or
email: cassie.coyner@socc.edu



9 Months to a rewarding career as a Dental Assistant

- ☒ **Practical** – Numerous job openings
- ☒ **Hands-on** – Learn the skills that you'll use everyday
- ☒ **Comprehensive** – We cover everything you need to know

DENTAL ASSISTANT JOB STATS

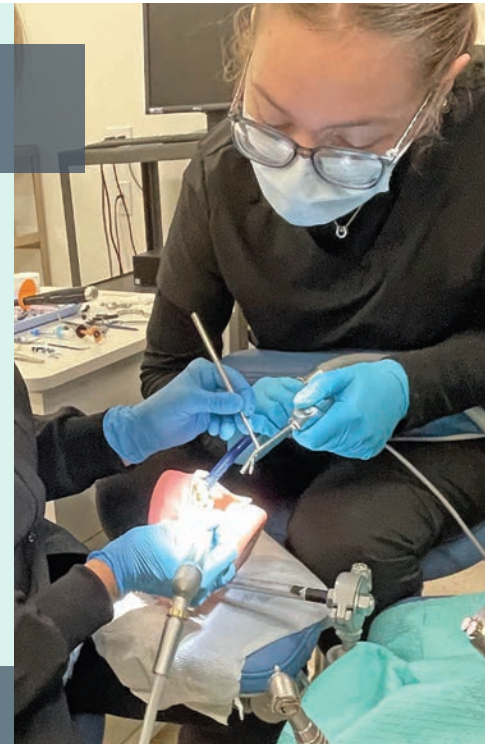
\$54,834 Average annual southern Oregon coast wage

\$59,328 Average annual statewide wage

32 Annual southwestern Oregon job openings

811 Annual statewide job openings

Source: Oregon Employment Department



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

SNAP Recipients

Education and Employment Support

If you are receiving SNAP benefits and are working toward a career goal, Southwestern's **STEP (SNAP Training & Employment Program)** offers support to help you stay on track with your education and employment pathway.

What STEP Provides:

- Academic Support - GED®, college preparation, and one-on-one guidance
- Financial Assistance - Help with tuition, fees, books, supplies, transportation, and more
- School & Work Essentials - Tools, equipment, PPE, and work/interview clothing
- Career Readiness - Job search support, resumes, applications, and interview preparation
- Community Connections - Referrals to local resources and partner agencies.

Learn more: Call us at 541-888-7123 or email step@socc.edu.

Visit our website at: www.socc.edu/resources/snap-step



EARN YOUR GED

It's FREE!



Sign Up NOW

swoccapce.org

Summer Term

Attend In Person

Coos Campus
Tues/Wed/Thur
12-3pm

Curry Campus
Tues/Wed/Thur
12-3pm

Attend By Zoom



For more info call
541-888-1593

Where are we now?

SWOCC alums are making a difference in our community with rewarding jobs that contribute to economic growth and sustainability.

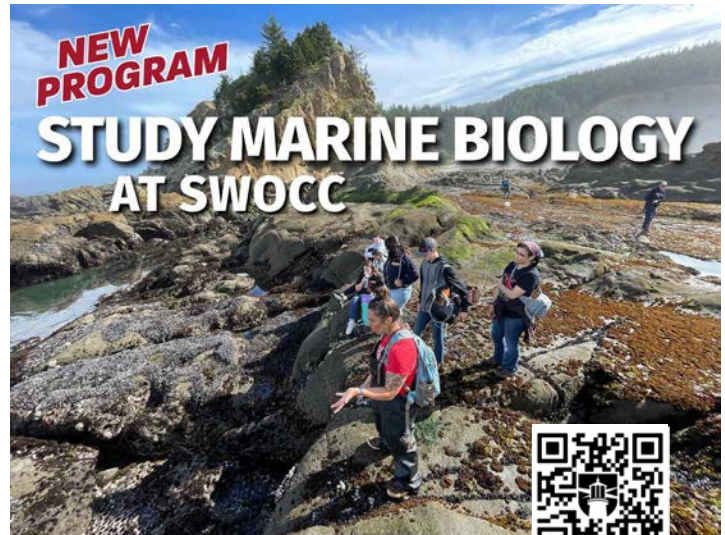


Sam Stevens

Sam Stevens, a Coos County native who grew up in Powers, found more than just an education at Southwestern. After being out of the classroom for almost 30 years, Sam says the welcoming environment, especially from his geology instructor Ron Metzger, made all the difference and helped him learn how to be a student again, build lasting friendships, and gain self-confidence.

After earning his associate's degree from SWOCC and his bachelor's degree from Eastern Oregon University, Sam began teaching at the elementary level in Powers in 2012. Today, he serves as Dean of Students for the Powers School District, a role he's held for the past four years. Even in his leadership position, he still teaches a couple of classes each day and steps in wherever he's needed — keeping a foot in the world of teaching.

Looking ahead, Sam plans to work a few more years before retiring and spending more time with his grandchildren. He's passionate about seeing his family and community thrive and believes that starts in the schools.



Earn your Associate of Science degree in Marine Biology at Southwestern and then transfer to University of Oregon's Oregon Institute of Marine Biology (in Charleston) as a Junior!

LEARN MORE AT: WWW.SOCC.EDU/MARINEBIOLOGY



Thank you industry partners on our advisory committee, donors and grantors, and everyone who's given time to get this program going. Together, we made it happen!



Learn more about the Diesel Mechanic Technician Degree at: www.socc.edu/dieselmechanic

Workforce & Job Trainings

COOS CAMPUS JOB TRAINING • REGISTRATION OPENS JUNE 1

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

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

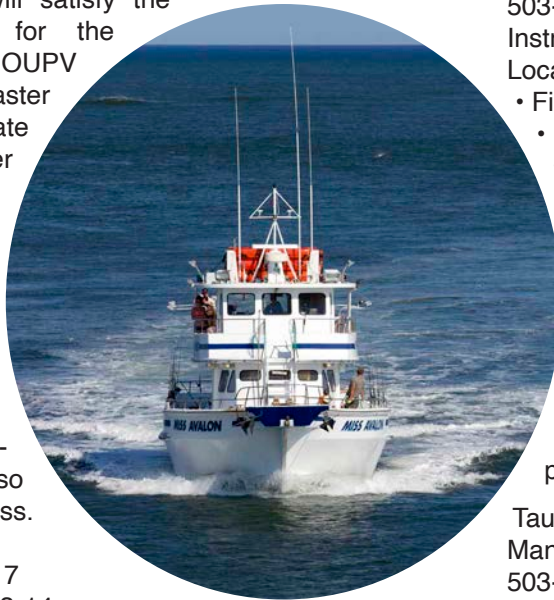
MARI 0281 EXPERT 100-TON

This ten-day class will satisfy the exam requirements for the Master 100-ton or the OUPV 6-pack 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. This also includes the OUPV class. \$1,300 / 10-days

MARI 0281 65 July 6-17

MARI 0281 66 August 3-14

MARI 0281 67 August 31-September 11



Job Training

IND 4100 65 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 18 and over. Class books are included. Receive necessary credentials for employment upon successful completion.

Instructor: Michelle Holifield

Day: Tue 7/14 & 8/11 2026

Time: 8:30am-12:30pm

Location: Eden 1

Cost: \$159

Job Training

RE 0100 65 REAL ESTATE BROKER LICENSE COURSE

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

Instructor: Heather Rich

Location: Zoom

Cost: \$695

• First Tuesday Class: June 23, 6-9pm

• Last Tuesday Class: August 25, 6-9pm

• One Saturday class: August 29, 9am-5pm

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 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.

Location: Zoom

Cost: \$629

Time: 6:00pm-8:00pm

• First Tuesday Class: July 7

• Last Tuesday Class: August 18



Questions about our programs?

Text or Call 541-240-8227

FIND A COMPLETE LIST OF CLASSES & DEGREE PATHS AT

www.socc.edu



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 by providing them with access to employment, education, training, and support services.

CONTACT US: 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.



CHILDCARE PROVIDER TRAININGS

Offered through Southwestern's CARE Connections Childcare Resource & Referral

For more information and to register call 541-888-7957.

Trainings Offered in Coos & Curry Counties and Online

Classes are offered at no cost online:

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



SWOCC WORKS

Construction & Heavy Equipment Operator Pre-Apprenticeship Program

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

No experience necessary.

Must be 18 years old to apply.



INTERESTED? Email swocccworks@socc.edu or call 541-888-1545

This project is partially funded in partnership with Southwestern Oregon Workforce Investment Board (SOWIB) using Governor's Statewide Activities grant funds from the U.S. Department of Labor in support of the Building Up Infrastructure, Labor, and Development (BUILD) Project across Coos, Curry, Douglas, Jackson, and Josephine counties.

Community Classes

Southwestern offers lifelong 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 the course title. Summer term classes are eight weeks long, from June 22, 2026, to August 13, 2026, unless otherwise indicated by specific dates.

COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS JUNE 1

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

Art

ART 0146 65 SCRIBBLE ART & SKETCHBOOKS

Scribble Art takes its cues from our Pacific Northwest, where ferns unfurl with wild whimsey and streams squiggle their way through beneath forest canopy.

Scribble Art is part doodle, part dance, and 100% delightful mess-making! We explore patterns, playful marks, whirly spirals, and the kind of intuitive wisdom that sneaks in when you're not trying to be perfect. Grab your magic on paper bags, junk mail, cardboard, newspapers, and yes, even real drawing paper.

Instructor: Shinan Barclay

Location: Eden 7

Day: Thur

Cost: \$70 plus \$20 material fee

Time: 5:30pm-7:20pm

ART 0142 65 MASTER BEGINNING WHEEL THROWING

Achieve mastery of centering clay for wheel-thrown pottery; Learn best practices to create simple shapes; understand craftsmanship, various techniques and safe habits.

Instructor: Roberta Westerfield

Location: Eden 7

Cost: \$105 plus \$20 material fee

Day: Tue

Time: 1:00pm-4:00pm

Fitness & Recreation

PE 0503 65 PILATES® EXERCISE

Pilates® is a body-conditioning routine that helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. 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: \$77

Days: Tue, Thur

Time: 12:00pm-12:50pm

PE 0525 65 POUND FITNESS

Rock-Out while you Work-Out!! POUND is a full-body cardio session, combining light resistance strength training with constant simulated drumming. Through continual upper body motion using lightly weighted drumsticks, you'll turn into a calorie-torching drummer! Rock, rap, dubstep, pop and old school music fuse to create the POUND track series. The POUND workout fuses cardio, isometric movements, plyometrics and isometric poses with pulse-racing, sweat-inducing drumming. Drum your way to a leaner, stronger physique – all while rocking out to your favorite music!

Instructor: Melissa Loudenbeck

Location: Rec Center 121

Cost: \$77

Day: Tue

Time: 5:30pm-7:20pm

ART 0148 65 PAINT THE BEACH – BEGINNING WATER AND COLOR

In "Paint the Beach", students will use Scribble Art techniques, markers, and brushes to explore the magic of water, light, and nature's patterns. This playful, hands-on class will let the water do the work.

Students observe patterns — waves roll forward dark to light as the sky descends dark to light. Beginning students discover their artistic voice and create colorful unique beachscapes.

Instructor: Shinan Barclay

Location: Eden 7

Day: Tue

Cost: \$70 plus \$20 material fee

Time: 6:00pm-7:50pm



Community Classes

COOS CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS JUNE 1

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 Loudenbeck

Location: Rec Center 121

Days: Mon, Wed

Cost: \$77

Time: 5:30pm-6:20pm

PE 0507 65 YOGA – BEGINNING

Restorative, therapeutic yoga for any level. Improve and maintain breath awareness as well as skeletal alignment, balance, strength and mobility. Releasing stress and tension. Somatic practice for health and quality of life.

Please bring your personal mat.

Instructor: Linda Laverty

Location: Rec Center 125

Day: Wed

Cost: \$60

Time: 1:00pm-2:15pm

PE 0244 65 LEARN TO PLAY DISC GOLF

This four-session course will teach participants basic skills for playing disc golf. Participants will each be provided with three discs to practice with and keep (included in the course registration fee), while being taught how to achieve

the lowest scores possible for their

ability. The course will be led by Derek Tonn, a SWOCC employee and Ambassador with DGA Disc Golf in California (www.discgolf.com) since 2018.

Location: Soccer Field

Cost: \$170 includes \$70 fee for discs

Days: Sat 5/30, 6/6, 6/20

Time: 10:00am-12:00pm

6/27 at Ferry Road DGC in North Bend



Special Interest

TA 0104 65 SAYING YES! THEATRE IMPROV – INTERMEDIATE

Join us in this fun, adventurous, and inspiring class where we create a safe space to explore improvisational

theatre. Prior experience appreciated (Intro to Improv course or other improvisation classes or troupe involvement). Improv paves the way for limitless possibilities while providing expanded avenues for more courageous, spontaneous and creative moments in your life. Bring your curiosity, that spark of discomfort, a willingness to embrace the unexpected, and all your excitement 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: Dan Silvius

Location: Umpqua 184

Day: Tue

Cost: \$89

Time: 5:30pm-7:30pm

DRIV 0620 65 AARP SMART DRIVER COURSE

This course offers you the 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. The content of this course can help boost safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence. Completion of this one-day driving refresher course can yield discounted auto insurance premiums for individuals. To pre-register call 503-594-4024.

Instructor: Nancy Brown

Location: Tioga 103

Day: Wed, July 21, 2026

Time: 9:15am-4:00pm

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

Southwestern's Small Business Development Center



Plan ahead for 2026/27!

SBDC's Small Business Management (SBM) Workshop Series



Our SBM Series at our Small Business Development Center for 2025-26 is nearing an end, with our final workshop scheduled for June 9th. A total of 26 business owners from Curry County have attended the workshops held at SWOCC's Curry Campus in Brookings. Our SBM workshops in Curry County have been highly successful!

The 2026-27 SBM series will begin in October 2026 and will offer a comprehensive list of essential business topics such as marketing, finance, operations and related core business elements.

This workshop series addresses fundamentals that all business owners need in order to optimize the resources

that they invest in their businesses. Whether in the start-up phase, growth phase, or wanting to optimize what you have, the skills that are presented make the most of your efforts. Not only are you learning business fundamentals, you have one-on-one, personalized support as you work your way through the comprehensive materials. Bringing the fundamentals to life is what distinguishes this program from others.

As of the date of this publication, we have not yet begun accepting applications for the 2026-27 SBM cohort. Spots fill up fast so contact us now to get on our list and receive updates. We will let you know when the application process is open!

Interested in participating in the Small Business Management Program?

CONTACT US:

Gayle Goldstone, Curry Campus Advisor | 541-813-1674 | gayle.goldstone@socc.edu
Derek Tonn, Director SBDC, Coos Campus | 541-888-7297 | derek.tonn@socc.edu

MORE INFORMATION AT:

oregonsbdc.org/southwestern-sbdc

Welding Technician Certificate

OFFERED IN CURRY!

- Stay local! 24-credit certificate offers a short, affordable entry into jobs
- Acquire in-demand skills; no experience required
- Improve your employment opportunities and earning potential without committing to a two-year degree
- Start here... build toward other certifications or an associate degree
- Evening classes Tuesdays & Thursdays – Brookings-Harbor High School

**Become
a student:**



**Make an advising
appointment:**



Classes start Sept. 15, 2026

CURRY COUNTY WELDING TECHNICIAN, CAREER PATHWAY CERTIFICATE OF COMPLETION (4 terms)

Questions? Call 541-813-1667

Curry Campus

JOB TRAINING & COMMUNITY CLASSES

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

Southwestern offers lifelong 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 the course title. Summer term classes are eight weeks long, from June 22, 2026, to August 13, 2026, unless otherwise indicated by specific dates.

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



Job Training

ENTRY-LEVEL BOOKKEEPING CERTIFICATE

Complete three classes and an internship to earn an entry-level bookkeeping certificate. These classes prepare people for positions that require basic bookkeeping skills and provide a basic understanding of accounting principles and procedures, spreadsheets, and QuickBooks accounting software. Upon completion of this certificate, students will be ready to take the first level of QuickBooks certification. Contact the Student Success Center at 541-813-1667 or CurryFirstStop@socc.edu to make an appointment to talk to an advisor and learn more about this certificate.

IND 4100 99 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 18 and over. Class book is included. Receive necessary credentials for employment upon successful completion.

Instructor: Michelle Holifield

Location: Curry Campus 118

Cost: \$159

Day: Tue 6/30/26

Time: 9:00am-1:00pm

CHILDCARE PROVIDER TRAININGS

Offered through Southwestern's CARE Connections Childcare Resource & Referral

Trainings available at no cost online or in-person, preparing individuals to become licensed or Employment-Related Day Care (ERDC) listed child care providers. Trainings available in Coos and Curry counties, and online. Orientation Part 1 must be completed online prior to registering for Orientation Part 2.

ERDC Child Care Provider Orientation Part 2 (HDFS 9006 DHS Orientation) • June 4, 2026 (Zoom)

For more information please call 541-888-7957 or email qualitychildcare@socc.edu.

Fitness

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 of falls and fractures and is suitable for ambulatory individuals who are at beginner and intermediate exercise levels.

Instructor: Lisa Reed

Location: Langlois Lions Club

Cost: \$89

Day: Mon, Fri

Time: 9:00am-10:20am

PE 0502 98 BETTER BONES AND BALANCE®

This section is for students that are new to the Better Bones and Balance® exercise program.

Instructor: Lisa Reed

Location: Langlois Lions Club

Cost: \$45

Day: Mon

Time: 11:00am-12:00pm

PE 0570 99 LOW-IMPACT DANCE AEROBICS

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

Instructor: Mary Whitaker

Location: Curry Campus 138A/B

Cost: \$45

Days: Tue, Thur 6/23/26-7/30/26

Time: 8:30am-9:45am



CURRY CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS JUNE 1

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
 Day: Tue

Cost: \$63
 Time: 10:00am-11:20am

PE 0504 98 TAI CHI

Instructor: Deane McConnell
 Location: Curry Campus 137A/B
 Day: Tue

Cost: \$63
 Time: 5:30pm-6:50pm

ART

ART 0240 99 MIXED MEDIA COLLAGE BASICS

In this class you will learn the key components of creating a collage.

Learn basic art principles, play with color, texture, layering, mark-making and the tools an artist needs to make a mixed media collage. You'll be guided step by step through basic techniques making collage papers, stamping, stencils and gelli plate printing. Play and explore as you learn the joy of collage. At the end of the course, you'll have a collection of collage papers and the confidence to keep creating. Bring these supplies to class: several large sheets of watercolor or mixed media paper, glue stick, and any found gadgets from around the house to make interesting marks and textures like bottle caps, forks, toilet paper rolls, leaves and found art, old book pages, magazines, or sheet music. Paint and mark making pens and pencils will be supplied.

Instructor: Mary Whitaker
 Location: Curry Campus 138A/B
 Days: Mon, 6/22/26-7/20/26

Cost: \$95
 Time: 1:00pm-3:50pm



Culinary

CRT 0810-99 HEALTHY CULINARY TREASURES FROM LAND AND SEA

Experience culinary treasures from land and sea with Chef Monica Almond. Chef Almond's experience as a private chef and competitor in culinary and seafood competitions adds zest to her unique menu.



Students will prepare the following recipes combining American and South American cuisine.

- Causa de Langostinos – Grilled aji amarillo shrimp, yuyo (seaweed), leche de tigre acevichada “ceviche-style tiger's milk”, avocado, and crispy shrimp
- Baby Spinach and Sea Buckthorn Bisque – Both have a beautiful purpose with omegas and vitamin C power. Heart protection and delicious!
- Pan Roasted Salmon with Seared Corn Sauce and Quinoa and Edamame Sacha Inchi patties (aka Inca peanut) – the highest nutrient density! Fresh corn makes a delicious sauce for any fish.
- Coconut Chia Fresca – Summertime needs natural hydration and electrolytes. This Agua fresca with an abundance of minerals is the perfect thirst quencher with a great energy boost.
- Lucuma Ice Cream – Lucuma's toffee-like flavor is absolutely transcendent in ice cream so delicious that sometimes I make it à la carte and call it a day!

Chef Monica is a graduate of Southwestern's Oregon Coast Culinary Institute (OCCI) and received her culinary internship in Toledo, Spain, where she focused on the Mediterranean Diet approach for health and longevity.

Instructor: Chef Monica Almond
 Location: Curry Campus 137A/B
 Day: Wed 7/15/26

Cost \$149.00
 Time: 1:00-4:50pm

CURRY CAMPUS COMMUNITY CLASSES • REGISTRATION OPENS JUNE 1

Special Interest

HE 0591 99 MEDICARE 101

In this class students will learn about the four parts of Medicare: Medicare part A, B, C, and D. They will learn about the timelines surrounding Medicare enrollment and the policies. An in-depth presentation on Medicare Advantage Plans and Medicare Supplements will be provided. Students will leave the class with the tools to make informed decisions on what type of plan best fits their own, or a family member's needs.

Instructor: Becky Holm

Location: Curry Campus 137A/B

Day: Mon 8/3/26

Cost: Free

Time: 2:00pm-3:20pm

HE 0201 99 MEDITATION

Quantum Reiki Meditation is an evolved holistic wellness technique developed by Aranka Fisher and open to all students. In class we will cover the etheric & physical body systems, breath, the soul, mind, consciousness, universal source, energy chakras, crystals and more. In class we will do a deep guided Quantum Reiki Meditation to help activate one's pineal gland (third eye), connect to source, the soul, earth etc. to receive infinite source light energy and get deeply detoxed & enlightened while in a higher state of consciousness and awareness. Meditation techniques have been practiced for thousands of years globally and can help to release stress, fear, pain, improve sleep, relax the mind and whole body, evolve in consciousness and more. Bring your crystals to class. Dress comfy. We stand to do the meditation, but you can sit if needed. Come and have a magnificent experience.

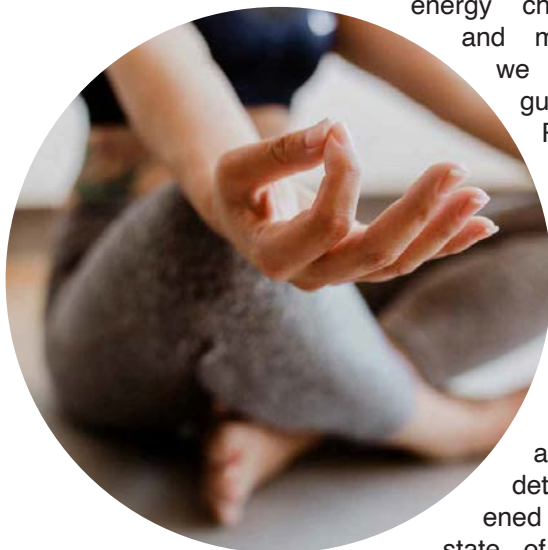
Instructor: Aranka Fisher

Location: Curry Campus 138A/B

Day: Thur

Cost: \$75

Time: 6:00pm-6:50pm



WR 0100 99 WRITING YOUR AUTOBIOGRAPHY/ MEMOIR

Memoir is the art of shaping one's personal history into accessible prose. What makes this genre possible is the willingness to mine our most important human experiences in a way that's astonishingly unique but also universal. In this course, we will encounter short selections from memoirs with an eye toward identifying how the authors mastered the art of storytelling. How did the writer translate lived experience into a piece of writing that is engaging while also personal? Most importantly, we will practice writing memoir, use prompts in class to generate new writing, and through the weekly class assignments we will generate one working piece of memoir for our portfolio. We will engage revision as process, since revision is one of our most prized writing tools.

Instructor: Coral Anderson

Location: Curry Campus 118

Days: Wed 7/1/26 – 8/5/29

Cost: \$90

Time: 3:30pm-5:20pm

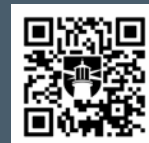


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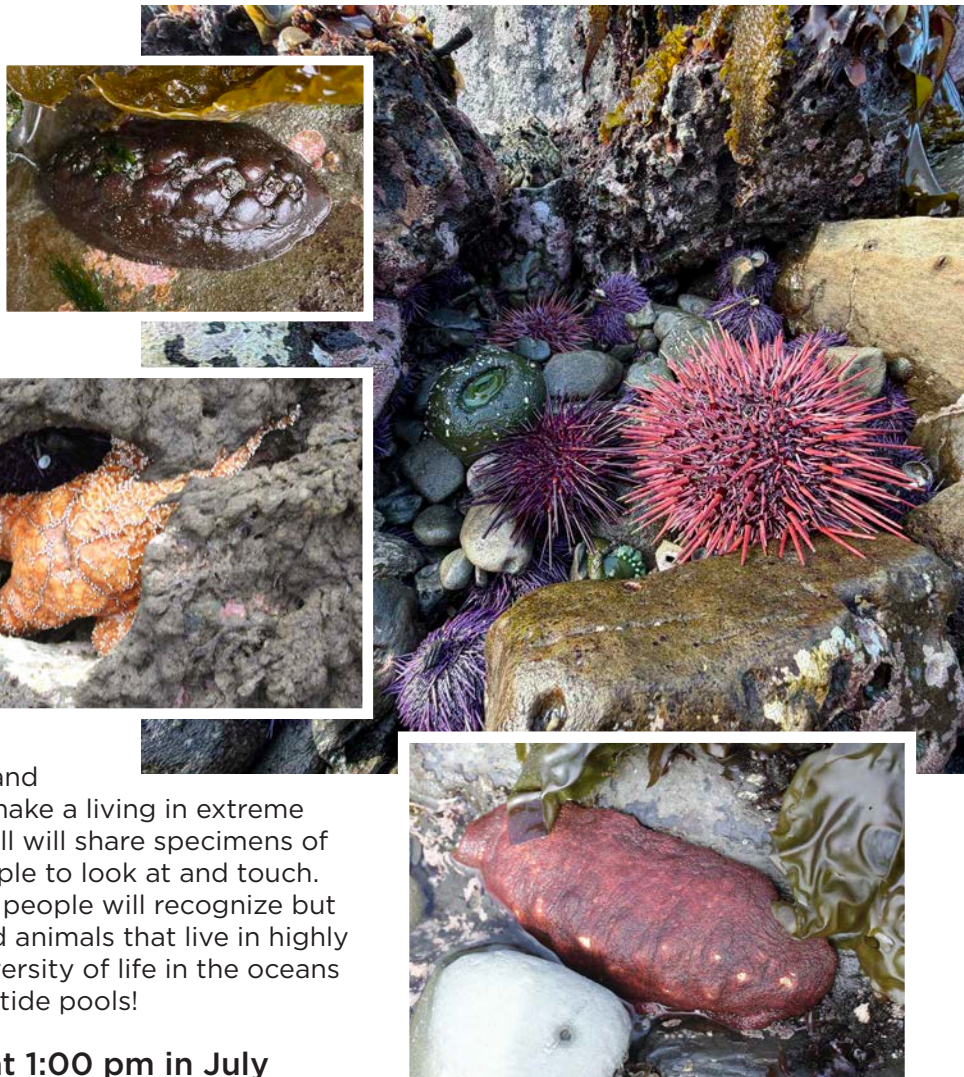


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Exotic, Unusual, and Ubiquitous MARINE INVERTEBRATES

More than 95 percent of animals that live in the ocean are invertebrates. These critters inhabit every zone of the ocean from the highest intertidal to the deepest trenches, are crucial to normal ecosystem function, and range in size from microscopic plankton to giant squid. Join us this summer for lectures featuring the variety of life that thrives in the ocean off the Oregon Coast presented by Marine Biologist, Bill Gorham.

What do barnacles, Dungeness crabs, and giant sea spiders have in common? Are snails with iron shells, vampire squid, and scallops related? The talks will highlight key features that many of the animals of each group share but will also present examples of highly specialized and unique abilities evolved to survive and make a living in extreme environments or uniquely novel ways. Bill will share specimens of some local marine invertebrates for people to look at and touch. These talks will cover animals that most people will recognize but will also talk about the bizarre and weird animals that live in highly novel ways. Explore the phenomenal diversity of life in the oceans beyond what we see on our plates or in tide pools!



Four Free Lectures - Thursdays at 1:00 pm in July

July 9 - Mollusks: snails, clams, octopuses, and their relatives

July 16 - Crustaceans: crabs, beach hoppers, krill, shrimp, barnacles and their kin

July 23 - Echinoderms: sea stars, sea cucumbers, sea urchins, and their relatives, living and fossils

July 30 - Sponges, anemones, jelly fish, and the many, many types of worms and other weird sea critters

Everyone is welcome - Curry Campus Community Room - 96082 Lone Ranch Parkway, Brookings

SOUTHWESTERN OREGON COMMUNITY COLLEGE

TRIO

STUDENT SUPPORT SERVICES

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.

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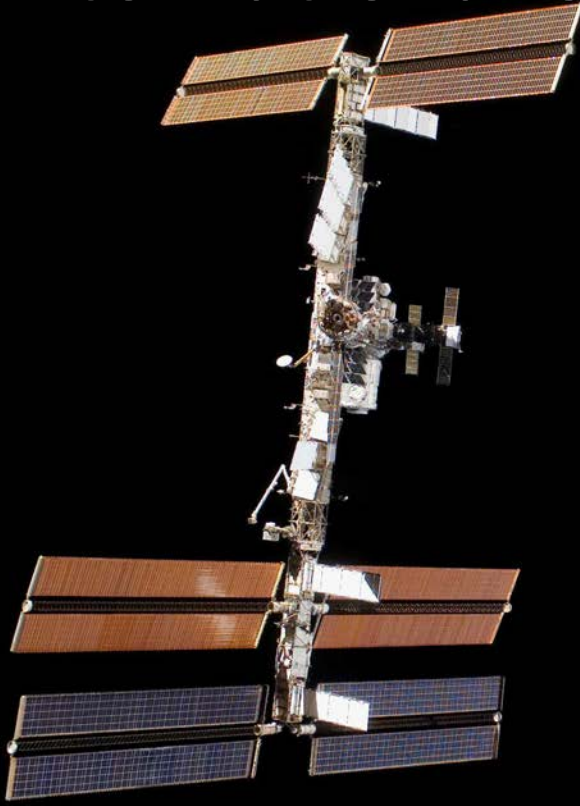
SWOCC TO JOIN **International Space Station Project**

What if a team of students from the south Oregon coast were able to design an experiment for the International Space Station? Well, we have that opportunity. SWOCC plans to participate in Student Spaceflight Experiments Program (SSEP) Mission 22. It's a nationwide research project that has invited select colleges to send student-designed experiments to the ISS.

The program is expected to engage up to 60 SWOCC students in its first year alone. These students will be from a wide range of backgrounds, from dual-enrolled local high school students to adults returning for career training.

For students in our small communities, experiences like this are life-changing. They build technical skills, confidence, and a sense of belonging in science and technology fields. SWOCC's participation will have other ripple effects as well. Our STEAM instructors plan classroom visits, public presentations, and a regional mission patch design contest involving middle-school students. They want to share the work and inspire the next generation of scientists and problem-solvers.

Beginning in fall 2026, students will work in small teams guided by SWOCC physics professor Dr. Aaron Coyner. Their challenge will be to design microgravity experiments and submit them to a rigorous review process. Three proposals will advance to national review, and one student-designed experiment will launch to the ISS in spring 2027.



We'll share more in the coming months as the project moves forward.

Help Launch SWOCC students' space project!

www.socc.edu/give

Funding Goal: \$30,000

SWOCC must raise \$30,000 to fully fund participation in SSEP Mission 22 and send one student experiment to the International Space Station. SWOCC Foundation is helping raise funds and thanks to a generous donor, all gifts will be matched dollar-for-dollar up to \$5,000.

- Your support helps cover:
- Student experiment development and flight costs
 - Faculty mentoring and lab preparation
 - K-12 outreach and community engagement

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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Image courtesy of NASA