Start your culinary career with us.

PAGE 4

Police work is Gold Beach man’s dream. Read Augusto Reyes-Mendoza’s story on page 2.
Brownies anyone?

Local brownie makers needed a place to produce their sweet treats. SWOCC’s Curry Campus provided the perfect start-up kitchen.

Michele and Steve Berlant were known throughout Curry County for their excellent brownies. They had been attracting loyal customers since 2013 to their Old Agness Store Bakery & Spice Shop. Then in 2017, they lost their kitchen space in Agness.

Their customer base was increasing and they had a growing online business. Scrambling, they relocated to Gold Beach, and the hunt was on for space. They needed a commercially-licensed kitchen. A friend suggested contacting the community college’s Curry Campus, knowing there was such a kitchen in the building. After a visit to the campus, the Berlants were back in business, using the college as a “business incubator” option.

“Having the kitchen at SWOCC to utilize allowed us to maintain production and GROW!” Michele said.

The original recipes for the brownies were Michele’s – and she has converted her already delicious recipes to gluten-free versions.

In early 2022, the couple was able to move their business to a permanent ‘brick & mortar’ space in Gold Beach. These days the Berlants ship their popular brownies and blondies worldwide, and they have added hot sauces, and Oregon-produced cheese and meats. They also just hired a second employee.

“SWOCC has a fantastic facility. In fact, I would love to have their kitchen here at our new space. They were very accommodating. The support of the Curry Campus and the community here has been amazing,” said Steve.

www.OldAgnessStore.com
29672 Stewart Street, Gold Beach

Can’t afford the training you want?

TUITION AND TRAINING ASSISTANCE AVAILABLE

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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.

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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.

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Meet Detective Reyes-Mendoza...

Well, not yet. Police work is Gold Beach man’s dream.

If you visit the Curry Campus in Brookings, you just might meet Augusto Reyes-Mendoza. He is concentrating on his education at the Curry Campus to achieve his Associate of Applied Science degree. From here, he plans to enter the Criminal Justice program at Western Oregon University. “After I’m a police officer and I get some experience, I’d like to become a detective. You need a college education for that,” says Augusto.

How did his interest in this career path begin? At an aquarium in California of all places. “I was about 12. We were coming out of the aquarium and we saw a police office trying to speak with someone who clearly didn’t speak English. The officer didn’t know Spanish. He was trying, but not succeeding. I decided then and there that I wanted to be able to help people in situations like that. I’m bilingual.” To get a first-hand view of police work Augusto has gone on ride-alongs with the Port Orford Police Department, and the Curry County Sheriff’s Department. “Ever since I was little I looked up to police officers.”

Born to immigrants who weren’t able to pursue an education beyond elementary school, Augusto’s parents have always encouraged him to go to college. They had to leave school young to work and help feed the family. Now his parents own La Casita De Oro Mexican Restaurant across from Gold Beach High School. “After school and homework I help out at the restaurant. It gives my parents a break so they can go have dinner before the evening rush.”

At 13, Augusto moved with his family from California to Gold Beach and admits that his English was not great. “High school was hard for me. My GPA was not great, but now that I’m in college my GPA is 3.5!”

Augusto attributes some of his success to the support he’s received from Curry Campus staff and faculty, and his ability to reach out. “Everyone knows me here at the school.”

Augusto has some advice to share, “I was worried I would fail at college. And yes, it can be hard sometimes but there are resources and people to help you. Going to college has helped me better myself in general. Don’t be afraid . . . go for it!”

He received financial help, too. Augusto received a Southwestern Foundation scholarship to help pay for tuition and college expenses.
Your Food Future Starts Here

Why enter the culinary profession?

“The industry is thriving,” says Oregon Coast Culinary Institute (OCCI) Director and Executive Chef Randy Torres.

The hunt for employees is on. That means there’s great opportunity.

“People are getting degrees and following careers they are passionate about,” Torres said.

Aspiring chefs want the training to expand their career options and where they can go throughout the world. OCCI is well known in the Pacific Northwest as a boutique, intimate program.

OCCI is home to the world champion ice carver, Chef Chris Foltz. Chef Torres is a U.S. Culinary Olympian. He guides SWOCC’s culinary competition team, which has been tops in the nation since 2019.

“Our program gives students a foundation to learn. All of our teaching comes from classical training,” Torres said. “What you learn here in how to make a sauce will be the same thing you learn at the Culinary Institute of America.”

Top Chef
Randy Torres, CEC, AAC
American Culinary Federation Cutting Edge Award winner 2021

Our culinary school’s Executive Director Randy Torres is more than a nationally known executive chef and former ACF Chef Educator of the Year. He’s a coach. A mentor. He’s a man who knows there are no limits to hard work, creativity and excelling in the craft and culture of food. Torres travels the U.S. and internationally talking with other pros in the industry. He competes internationally and brings back innovative ideas and trends to blend into classes. And, then he builds community in the OCCI kitchens, ensuring small classes and individual focus.

“If a student walks in right now and says ‘Hey Chef, I want to practice my cuts. If I have the product, I’m going to say yes. I want to invest care and time into our students. I know it’s going to pay off, no matter how you slice it.”

The Cheerleader
Shawn Marie Warren
Eight years at the culinary school

Combine a foodie and an educator, and that’s Shawn Marie Warren. As the culinary program’s coordinator of operations, Shawn Marie is the behind-the-scenes person. She schedules equipment repairs, tracks fiscals and keeps track of event logistics. She loves the beautiful setting of the culinary school, which is a great start to every day. Shawn Marie’s top priority, though, is being there for students. She’s great with advising and helping problem-solve. Best of all, she’s a good listener. She makes sure no student ever feels alone.

“I love each and every student and their story. Their favorite dishes to make. Why they got into culinary, where they aspire to go in life and where they land. We are all immersed here in what we like to do.”

The Cultivator
Chelsea Gaudette
Baking and pastry arts specialist, with a focus on coastal food

Chef Gaudette grew up mainly in Coos Bay. She worked her way through culinary school at OCCI as a dual major and took off to explore the greater world. Eventually, she returned to Coos Bay to build her dream life. Now teaching in SWOCC’s nationally renowned culinary school, Gaudette also is developing 40 acres into a farm and event venue. Cultivation is at the center of her work. Her goal is to get students into the garden. She manages OCCI’s gardens, with work study student help. She also takes her students out to visit farms. They learn to pick produce and harvest local foods throughout the year. In the kitchen, Gaudette teaches the art of food preservation, which helps a chef save money and supports local farms. She loves watching her students’ progress. “They come in very quiet and unsure of themselves, and grow to have confidence and comfort in the kitchen.”
This program pushes students out of their comfort zone to learn more than just how to cook. The 18-month intensive includes specialized training, the opportunity to compete, and two terms of directed-practice work experience.

The culinary field is changing. Thanks to COVID, there’s been an explosion of creativity and innovation. People are hungry for connection with others through food.

There are many pathways for trained chefs, Torres says. Students use skills from culinary school to step into unique careers and dream jobs. Some work in high-end resorts. Others start their own restaurants or food trucks. Some even aspire to become food social media influencers.

“You can look throughout the country at culinary programs, and everyone will have impressive bios. All are valuable,” Torres said. “Our college stands out, because our instructors take personal responsibility to help each of students hone their skills and succeed.”

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**Teacher Mentor**
Laura Williams, CEC
Specializes in culinary, with an emphasis on fine dining

Chef Williams found her love for cooking at a young age while creating unique dishes for her mother. As a young adult she followed her culinary passion to OCCI where she graduated with honors. While working at Bandon Dunes Golf Resort she joined the USA Culinary Youth Team. Williams competed alongside her team in the World Culinary Olympics in Germany and brought home gold and silver medals. Laura moved to Houston, Texas and began her tenure at The Houston Country Club, focusing on culinary competitions and certifications. Eventually, Williams came back to Oregon as an Executive Chef at Awbrey Glen Golf Club in Bend. The exciting opportunity to teach brought her back to Southwestern, this time as an instructor. “What I’m hoping to teach my students above all else is that there is so much more to becoming a Chef than just learning how to cook. Each day they learn how to work as a team, but also how to become a strong leader. I hope that I’m able to inspire my students to strive to be the best they can be and never stop learning.”

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**The Artist**
Chris Foltz, CII, CPIS
Yes, 2021 and 2022 World Ice Art team champion!

Chef Foltz brings 25 years of real-world culinary technique and training into his classes at Southwestern. This Certified Master Ice Sculptor also leads the college’s competitive ice carving adventures.

Foltz’s path to culinary instructor started in an inner-city. He was a young kid headed the wrong way and needing a job. A family hired him to work in their restaurant. He started work in the kitchen and fell in love with it. He found a safe place, a close family, and good food. Foltz stayed in Baltimore for culinary school, then traveled the world cooking excellent food in amazing places: Vegas’ Mon Ami Gabi, the Nassau Yacht Club in the Bahamas. He even studied culinary in Ireland.

“What I really enjoyed in the industry was the intensity of it. Now, I enjoy being able to prepare young people for that reality and give them good tools to use. Hopefully they get past the hardships and into what people love about the career. There’s so much fun, family, art, and just work. It’s a great world. It absorbs you and becomes your life.”
**HE 0523 01 BASIC HEALTH CARE WORKER**
This training focuses on work-ready skills and allows you to enter the work force with the basic skills and knowledge to be successful in various health care related positions. This training will also support health care employees through professional development of interpersonal and human relation skills necessary to be successful in an entry-level position. Upon successful completion of the Basic Health Care Worker training, the student will receive a Non-Credit Training Certificate that signifies preparation for employment in entry-level positions in the health care field.

Instructor: Mike Will
Location: Newmark 201
Cost: $475
Day: Tue, Thur
Time: 3:00pm-5:00pm

**EMT 0151 01 & EMT 0152 01 EMERGENCY MEDICAL TECHNICIAN PART I & 2**
These courses are for volunteer firefighters and non-degree seeking participants only. Students will gain the knowledge and practical skills necessary for the recognition of the signs and symptoms of illness and injury, and proper emergency care procedures as established by the Oregon Medical Board. This course helps build personal skills to care for patients compassionately in the real world. Time will be spent logging clinical hours in the Emergency Department, and with the Advanced Life Support ambulance service. This is a two-part course as set forth by the National EMS Education Standards.

Instructor: Paul Casler
Location: Umpqua Hall
Cost: $250 each section
Day: Mon, Wed, Fri
Time: 5:00pm-8:50pm
EMT 0151 01 Dates: 9/12-10/14
EMT 0152 01 Dates: 10/17-11/18

**AVT 0502 65 REMOTE DRONE PILOT TEST PREPARATION**
This course prepares students to become a safe, real-world sUAS Remote Pilot in Command. Preparation includes information about the FAA Part 107 UAS Aeronautical Knowledge Test. Preparation and study of knowledge areas that are covered on the airman knowledge test for a Remote Pilot Certificate with a Small Unmanned Aircraft Systems Rating as required by Title 14 of the Code of Federal Regulations (14 CFR) part 107, section 107.73(a). The cost of the course includes the required book and a micro-drone.

Instructor: Dallas Petenbrink
Location: Sitkum 1
Cost: $269
Day: Mon-Fri 10/10-10/14
Time: 6:00pm-9:00pm

**WKFC 0525 PLUMBER APPRENTICESHIP**
This training covers various aspects of the techniques of plumbing for beginners who are wanting to enter the plumbing workforce or are needing continuing education hours. These are non-union trainings. Topics may include applying technical knowledge and skills to lay out, assemble, install, and maintain piping fixtures and systems for steam, natural gas, oil, hot water, heating, cooling, drainage, lubricating, sprinkling, and industrial processing systems in home and business environments. Includes instruction in source determination, water distribution, waste removal, pressure adjustment, basic physics, technical mathematics, blueprint reading, pipe installation, pumps, welding and soldering, plumbing inspection, and applicable codes and standards. This is offered in partnership with Southwestern.

For questions and to register please contact Randall Tyle at 541-344-6473 or mid-oregon@aol.com.

**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 18 and over. The class book is included in the cost of the class. You will receive necessary credentials for employment upon successful completion. This course results in an industry-recognized credential.

Instructor: Michelle Hollfield
Location: Newmark 201
Cost: $139
IND 4100 01 Day: Tue 9/20 Time: 8:30am-12:30pm
IND 4100 03 Day: Tue 10/18 Time: 8:30am-12:30pm

**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 online 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.

Instructor: Debra Roth
Location: Newmark 201
Cost: $695
Day: Tue 9/13-11/15 Time: 6:00pm-9:00pm

A study session will be held Saturday 11/19 from 9:00am-5:00pm in Newmark 201.
Job Training

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.
Instructor: Mike Will
Location: Newmark 201
Cost: $79
HE 0509 03  Day: Thur 9/22  Time: 8:30am-12:30pm
HE 0509 04  Day: Thur 10/20  Time: 8:30am-12:30pm

HE 0533 02 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: Mike Will
Location: Newmark 201
Day: Thur 11/17  Time: 8:30am-12:30pm
Cost: $105

IND 4100 02 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. This course does not qualify as an NCTC but does end in an industry recognized credential.
Instructor: Michelle Holifield
Location: Online-On Demand, Zoom available
Cost: $145

ONLINE JOB TRAINING

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.
Instructor: Mike Will
Location: Newmark 201
Cost: $79
HE 0509 03  Day: Thur 9/22  Time: 8:30am-12:30pm
HE 0509 04  Day: Thur 10/20  Time: 8:30am-12:30pm

HE 0533 02 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: Mike Will
Location: Newmark 201
Day: Thur 11/17  Time: 8:30am-12:30pm
Cost: $105

AARP Needs You!
AARP is in need of willing volunteers to teach AARP classes. If you are interested in sharing your knowledge & expertise with local seniors please contact Craig Bussey at 503-479-5658.

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- Introduction to SQL
- Secrets to Better Photography
- Real Estate Investing

Visit our website to find a course!
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Job Training

HE 0509  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 Cost: $79
HE 0509 01  Day: Thur 9/8 Time: 8:30am-12:30pm
HE 0509 02  Day: Thur 10/20 Time: 8:30am-12:30pm

HE 0533 01  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 lifesaving 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 Cost: $105
Day: Thur 11/10  Time: 8:30am-12:30pm

Fitness

NEW PE 0550 01  SEATED 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: Glencora Powers
Location: Curry Campus 138A/B Cost: $83
Day: Mon, Wed  Time: 11:00am-11:50am

Special Interest

NEW SPAN 0521 01  CONVERSATIONAL SPANISH
Learn Spanish through conversation and language fundamentals. If you would like to learn Spanish by discussing topics that interest you as well learning about Spanish culture and you want to stay motivated by sharing your learning experience with others, this course is for you. No previous experience required and friendly to all ages.
Instructor: Mercedes Zabala
Location: Curry Campus 137 A/B Cost: $125
Day: Wed  Time: 5:00pm-7:00pm

NEW WR 0105 01  CREATIVE WRITING & STORY WORLDS
This course introduces the theory, techniques, and practice of fiction writing to the beginning student. It emphasizes the short story. Part of the term is spent reading and analyzing published work in terms of such writing techniques as characterization, scenes, dialogue, thematic content, and structure. Writing exercises complement these discussions, and are critiqued.
Instructor: Laec Christensen
Location: Curry Campus 118 Cost: $109
Day: Fri  Time: 3:00pm-4:55pm

To register: Call 541-813-1667 ● Email curryfirststop@socc.edu ● Visit us on the Curry Campus
For a complete listing of all classes on the Curry Campus go to www.socc.edu/curry and click on the button:
Fitness

PE 0503 01 PILATES
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. Pilates lengthens and improves muscle tone, balance, and supports correct posture all without creating bulk. Pilates is also helpful in preventing and rehabilitating from injuries, improving posture, and increasing flexibility, circulation, and balance. Yoga mats, yoga blocks, yoga straps, and foam rollers will not be provided. Patrons may bring their own for use.

Instructor: Glencora Powers
Location: Curry Campus 138A/B
Cost: $63
Day: Mon, Wed
Time: 10:00am-10:50am

PE 0504 01 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: Tues
Time: 10:00am-11:30am

PE 0570 01 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
Day: Tue, Thur
Time: 8:30am-9:45am

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Join Southwestern’s Small Business Development Center’s SMALL BUSINESS MANAGEMENT PROGRAM

Scheduled to fit your busy life, our SBM course features one-on-one advising and workshops featuring expert guest speakers. Get help with taxes, business law, marketing, personnel management, cybersecurity and insurance.

Classes meet at the Coos and Curry Campuses simultaneously via Zoom. Instructors share content from different campus locations, month to month.

Program begins in October 2022 and runs through June 2023, and consists of monthly 3-hour classes and monthly one-on-one business advising sessions, along with occasional special events and networking opportunities. Enrollment is limited. Price is $900 per year, but thanks to support from our Center’s partners, no participant pays more than $200 per term ($600 total/year, plus a $50 registration fee charged to all participants). Financial assistance is available. Please inquire.

APPLY NOW!
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 lasting from September 12 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

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**The Arts**

**MUP 0125  VOCAL TRAINING WORKSHOP**

This workshop is an introductory course for singers, experienced or not, in a group setting designed to teach you how to make your voice more powerful, how to use vocal technique to expand your range and expression, and how to become more confident in vocal performances. This course is ideal for anyone wanting to make the most out of in-person vocal training. Singers will sing to backing tracks and will receive one-on-one coaching as part of this workshop. Understand the physiology of your voice and how to maintain a healthy instrument for life!

Instructor: Keely Whitney
Location: Sunset 2
Cost: $75

MUP 0125 01  Day: Sat 10/01  Time: 2:00pm-6:00pm
MUP 0125 02  Day: Sat 11/05  Time: 2:00pm-6:00pm

**NEW**

**MUS 0101 01 BASICS OF PIANO/KEYBOARD**

This course is a perfect introduction to piano and music for those who wish to learn to play piano in a group setting. No experience is required as this course starts with basic training and skills. You will gain an understanding of reading music, chords, harmony and rhythms, while exploring the joys of playing music.

Instructor: Keely Whitney
Location: Sunset 2
Cost: $99
Day: Mon, Wed  Time: 4:00pm-5:00pm

**MUP 0106 01 COMMUNITY VOCALS**

Join us for a fun musical learning experience intended to develop and enhance your skill, knowledge, and attitude towards vocal music. In this class you will get instruction on honing your vocal music skills and learn to harmonize with others and perform musical styles and genres written for the concert choir ensemble. This course highlights lifetime vocal health and maintenance with a current industry standard vocal warm-up and regimen. You will learn and perform modern choral works, classic well-known songs and contemporary material with a focus on the upbeat and energizing works. This class is open to everyone of all ages with a passion for creating fun and entertaining songs through voice and rhythm.

Instructor: Keely Whitney
Location: Sunset 2
Cost: $99
Day: Mon, Wed  Time: 6:00pm-8:00pm

**ART 0137 01 YARN SPINNING**

Natural Fiber Art - Beginning Yarn Spinning is a class where students will be instructed in the benefits of natural fibers (wool and mohair) and processing the natural fibers from raw fleece to yarn. The focus of the class will be fiber preparation prior to spinning and then spinning yarn with a drop spindle. Information on how to finish hand-spun yarn for use in crochet or knitting projects will also be covered. You will be provided materials and equipment that will enable creation of single (non-plied) yarn. This class is foundational and necessary if you wish to progress to a future advanced spinning course.

Instructor: Kristi Kistner
Location: Eden 7
Cost: $95
Day: Sat 10/22 & 10/29  Time: 9:00am-12:00pm

**ART 0144 01 YARN DYEING**

Natural Fiber Art - Yarn Dyeing is a class where you will be instructed in the benefits of natural fibers (wool and mohair) and processing the natural fibers from raw fleece into yarn. The focus of the class will be hand-dyeing hand-spun yarn. Information on how to finish the dyed yarn for use in crochet or knitting projects will also be covered. You will be provided materials and equipment to enable dyeing four skeins of hand-spun yarn.

Instructor: Kristi Kistner
Location: Eden 7
Cost: $99
Day: Sat 9/24  Time: 1:00pm-4:00pm

**ART 0130 01 NATURAL FIBER CROCHETED BEANIE OR SLIPPERS**

Natural Fiber Crocheted Beanie is a class where you will be instructed in the benefits of natural fibers (wool and mohair), how to crochet and finish a beanie, and how to care for their finished fiber art after use. You will be provided materials and equipment that will enable creation of one Crocheted Beanie. The goal of the course is for each of you to complete your beanie within the timeframe of the class and to know how to make additional beanies from finished yarn outside of class. This class is a foundational course and a must if you wish to attend more advanced crochet fiber art in the future. An overview of processing the natural fibers from raw fleece to yarn will also be provided.

Instructor: Kristi Kistner
Location: Eden 7
Cost: $85
Day: Sat 9/17 & 9/24  Time: 9:00am-12:00pm

**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 beginner and intermediate potters.

Instructor: Annie Pollard
Location: Eden 5
Cost: $129
Day: Tue  Time: 6:00pm-9:00pm
ART 0620 01  KNITTING FOR BEGINNERS
Make simple knitting projects while learning the basics. Students will be taught stitches like knit and purl, stockinette, garter and ribbing, and how to read patterns, correct simple mistakes and perform finishing work. Instructor: Oksana Holt
Location: Newmark 207 Cost: $69 Day: Wed Time: 2:00pm-3:30pm

IND 0905  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. The Oregon Boater Education Card is required by Oregon law to operate a motor boat over 10 HP. Additional provisions apply to youth ages 12-15 and Personal Water Craft. The card is valid for life. The course is a safety course on basic boating skills and knowledge to allow safe boating recreation in Oregon waters. The course will cover operating a boat, legal requirements, boating emergencies, and safe recreation practices. 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: TBA Time: 8:00am-5:00pm

WR 0110 02  SHORT STORY WRITING
Curious about rewriting a fairy tale that lives and occurs in a present, real-world setting? In this course you will learn the basics of short story writing through reimagining your favorite fairy tale. You are introduced to the theory, techniques, and practice of fiction, short story writing to the beginning student. Part of the term is spent reading and analyzing published work in terms of such writing techniques as characterization, scenes, dialogue, thematic content, and structure. Writing exercises, both to take home and to do in the classroom, complement these discussions. In a positive and encouraging group workshop, you will discuss your classmates’ writing and how to apply your analysis to your story.
Instructor: Jerri Benson
Location: Stensland 202 Cost: $85 Day: Tue Time: 6:00pm-8:00pm

CE 0505  PERFUMERY
Do you have a collection of essential oils but need inspiration on ways to use them? Discover the art and practice of perfumery! Learn the history of the perfume industry and development of the natural perfume niche. Topics include fragrance families and the structure of natural perfume compositions. Explore techniques and exercises to train your nose like a perfumer. Create a custom blend, a bespoke signature scent to bring home and enjoy.
Instructor: Abigail Houston
Location: Newmark 207 Cost: $40
CE 0505 01  Day: Sat 9/24 Time: 10:00am-12:00pm
CE 0505 02  Day: Sat 10/22 Time: 10:00am-12:00pm

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: Maria Farinacci in partnership with Myrtle Glen Farm
Location: Umpqua 109 Cost: $219
Day: Lecture (5) every other Thur 9/22-11/17 Time: 5:30pm-7:30pm
Day: Fieldtrip (4) every other Sat 9/24-11/05 Time: 10:30am-4:00pm

Languages

ASL 0501 01  SIGNED ENGLISH
Signed English is a version of sign language that is a combination of American Sign Language (ASL) signs, modified ASL signs, and/or unique English signs. Signs are learned with the intention of communicating in English using English grammar.
Instructor: Kandy Bergquist Cost: $85
Location: Tioga 105 Day: Thur Time: 6:00pm-7:30pm

Cooking

CRT 0143 01  TAMALES!
If you are ready to learn how to make the most delicious and authentic tamales then you will want to attend this class. You will learn all the tips and tricks to making your own tamales from scratch and steaming them to perfection. Various options for stuffing will be reviewed from meat to vegetarian. You are going to leave being confident that you will be able to recreate them at home time and time again.
Instructor: Randy Torres Cost: $89
Location: OCCI 121 Day: Sat 9/24 Time: 9:00am-12:00pm
Community Education

COOS CAMPUS • IN-PERSON

Cooking

**NEW CRT 0162 01 FANTASTIC FISH**
In the Pacific Northwest we are surrounded by an abundance of fresh locally caught fish. In this class you'll learn about various fish types, how to fillet and prepare a fantastic fish dish. You will learn more about what to look for in buying fresh fish. This class is a hands-on experience and under our expert supervision you will gain confidence in preparing and cooking fish. With your new-found skills you can recreate the recipes at home to impress your family and friends.

- **Instructor:** Randy Torres
- **Location:** OCCI 121
- **Cost:** $89
- **Day:** Sat 10/22
- **Time:** 9:00am-12:00pm

**NEW CRT 0185 01 PERFECT PASTA**
What's better than eating pasta made from scratch? In this hands-on class you will gain the skills needed to whip up a fresh batch of pasta. Learn how to prepare the dough, roll out the noodles, and cook them to perfection. The Chef will provide instruction on a variety of common pastas that you be able to achieve both in the class and later in your home.

- **Instructor:** Chris Foltz
- **Location:** OCCI 121
- **Cost:** $89
- **Day:** Sat 11/5
- **Time:** 9:00am-12:00pm

*As a safety precaution all students attending cooking classes must wear pants and closed-toe shoes. Menu items are subject to change based on availability, costs, and shipping times. Due to this we are unable to provide information on specific dishes that will be created prior to the day of class.*

Fitness

**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. Vinyasa, Ashtanga, and Hatha yoga styles are practiced with props for comfort and safety. 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
- **Cost:** $75
- **Day:** Mon
- **Time:** 1:00pm-2:30pm

**PE 0506 01 YOGA FOR HEALTH – INTERMEDIATE**
A more challenging 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. Patrons may bring their own for use.

- **Instructor:** Linda Laverty
- **Location:** Rec Center 121
- **Cost:** $75
- **Day:** Wed
- **Time:** 1:00pm-2:30pm

**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. It's a way of mixing body sculpting movements with easy-to-follow dance steps. Inspired by Latin dance and music, Zumba® uses a variety of Latin styles in its routines, including cumbia, merengue, salsa, reggaeton, as well as American styles like swing and hip hop. Music selections include both fast and slow rhythms to help tone and sculpt the body.

- **Instructor:** Tina Creamer
- **Location:** Rec Center 131
- **Cost:** $95
- **Days:** Tue, Thur
- **Time:** 5:15pm-6:05pm

**PE 0526 01 WEIGHT TRAINING**
Find your motivation to get in shape and build strength! This course offers instruction on the fundamentals of weight training including skills, strategies, fitness goals, and health.

- **Instructor:** Tobias Robinson
- **Location:** 1090 Oregon Ave, Bandon
- **Cost:** $99
- **Days:** Mon, Wed
- **Time:** 11:00am-12:00pm
PE 0524 01 PLYOMETRICS
Plyometrics is an intense workout designed to improve quickness, power, agility, strength and jumping ability. You will perform a variety of strenuous exercises including jumping, hopping, rebounding and basic calisthenics. Working against resistance and obstacles to improve athletic performance will elevate your fitness regimen to a new level.
Instructor: Tobias Robinson
Location: 1090 Oregon Ave, Bandon
Cost: $99
Days: Tue, Thur
Time: 2:00pm-3:00pm

PE 0517 01 JUDO
This course is designed to guide students through basic skill development in the fundamentals all the way through the advanced skills and techniques of Judo. Students will develop their knowledge and understanding of Judo and the benefits towards implementing it as an ideal form of physical exercise, character building and a reliable system of self-defense.
Instructor: Clayton Willett
Location: Prosper Hall Mat Room 3
Cost: $75
Days: Tue, Thur
Time: 7:00pm-8:30pm

PE 0518 01 KARATE
This course is designed to introduce students to basic skill development in the fundamentals all the way through the advanced skills and techniques of Karate. Students will develop their knowledge and understanding of Karate and the benefits towards implementing it as an ideal form of physical exercise, character building and a reliable system of self-defense.
Instructor: Clayton Willett
Location: Prosper Hall Mat Room 3
Cost: $75
Days: Mon, Wed
Time: 7:00pm-8:30pm

PE 0503 02 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 Ctr 121
Cost: $105
Days: Mon, Wed
Time: 5:30pm-6:20pm

PE 0535 01 DANCE FITNESS
Dance Fitness fuses fitness, entertainment and culture into an addictive dance-fitness class. The course utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a way of mixing body sculpting movements with easy-to-follow dance steps. Inspired by fun and upbeat dance music, using a variety of dance styles in the routines. Instructor: Melissa Loudenbeck
Location: Rec Ctr 121
Cost: $105
Days: Mon, Wed
Time: 12:00pm-12:50pm

PE 0234 01 INTERNATIONAL FOLK DANCE
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. At each session, the instructor will teach one or two new dances, review previously learned dances, and include time for requests. Information about the role that each dance plays in its culture will be presented. The suggested dress is cool, comfortable clothing.
Instructor: Stacy Rose
Location: Rec Center 131
Cost: $69
Day: Thur
Time: 7:00pm-8:45pm
Additional time from 6:30pm-7:00pm for advanced dancers

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. It’s the ultimate cardiovascular challenge that is perfect for the high-level athlete and the exercise novice. Turbo Kick requires no previous kickboxing experience or equipment. It’s high intensity, fast-paced, and totally addicting!
Instructor: Melissa Loudenbeck
Location: Rec Ctr 121
Cost: $105
Days: Tue, Thur
Time: 5:30pm-6:20pm

PE 0513 01 INSANITY® WORKOUT
This program uses MAX Interval Training®, which alternates periods of moderate intense exercise with maximum-intensity and smaller intervals of intensity with smaller periods of rest. This workout is not a dance-based program. Insanity® employs resistance training to achieve faster body composition changes and sculpt your muscles.
Instructor: Melissa Loudenbeck
Location: Rec Center 121
Cost: $105
Days: Tue, Thur
Time: 5:30pm-6:20pm

PE 0522 FITNESS FOR RECOVERY
Fitness for Recovery provides a sober active community to individuals who have suffered from a substance use disorder and 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.
These online courses are accessed through myLakerLink.socc.edu. After registering, log into myLakerLink and click on eLearning Courses under Quick Links for access to your class.

**Fitness**

**PE 0233 01 PHYSICAL CONDITIONING**
Get motivated, improve your endurance, and get in shape! Designed for mature adults who need to modify a fitness program according to their current level of conditioning. Work on strengthening and flexibility.

Instructor: Tobias Robinson
Location: Live Online Zoom
Cost: $99
Days: Tue, Thur
Time: 9:45am-10:45am

**Special Interest**

**WR 0100 01 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. Instruction will include method, style, and organization. You will collaborate with your classmates and the instructor in class in order to develop writing techniques.

Instructor: Sally Harrold
Location: Live Online Zoom
Cost: $105
Day: Monday
Time: 1:30pm-4:00pm

**ENG 0115 01 JANE AUSTEN AND CHARLOTTE BRONTE**
Within this course, you will get the opportunity to read works such as *Pride and Prejudice* by Jane Austen and *Jane Eyre* by Charlotte Bronte. Through close-reading exercises and discussions, you will learn the importance of genre, major themes, historical events (fiction and non-fiction) and gender roles. You will get to know both authors on a deeper level and develop a better understanding of the importance of their works as well as their roles as female authors. You will compare and contrast each author as well as their works to increase your understanding regarding the subtle changes in female and male gender roles throughout different paradigms. Books and movies are not included in the cost of the class.

Instructor: Tyana Brown
Location: Online-On Demand
Cost: $99

**ENG 0120 01 PHANTOM OF THE OPERA**
Review and study *The Phantom of the Opera!* Learn the importance of stage performance techniques and receive the opportunity to explore genre and gothic themes, the language used within the play, and the overall representation. This course will provide you with a deeper understanding regarding the significance of *The Phantom of the Opera* as well as the techniques that were employed to such an amazing piece of art. Through writing exercises, thought provoking discussion prompts and viewing the musical, you will walk away with a better understanding of the story as well as an appreciation for the musical arts.

Instructor: Tyana Brown
Location: Online-On Demand
Cost: $99

**ENG 0125 01 HARRY POTTER**
Read and watch J.K. Rowlings’ *Harry Potter series* while developing a better understanding of the story. Through close-reading exercises, discussions and educational projects, you will be able to employ what you have learned as well as gain a deeper understanding of the story that is *Harry Potter*. Developing a better understanding of major writing elements will promote thought-provoking responses/ideas regarding the story. Inference will also be applied as you will learn how to make inferences from certain events, themes, genres to develop a better sense of the storyline. *Books and movies are not included in the cost of the class.*

Instructor: Tyana Brown
Location: Online-On Demand
Cost: $99

**WR 0110 01 SHORT STORY WRITING**
Learn the basics of short story writing. 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 chapter format and character development. In this course you will take part in discussions to increase your understanding and awareness of the major elements in short story writing.

Instructor: Tyana Brown
Location: Online-On Demand
Cost: $99

**ENG 0110 01 INTRODUCTION TO POETRY**
This course introduces students to the basics of poetry writing. Explore and examine classic poets such as Emily Dickinson, William Wordsworth and John Milton through discussion posts, close-reading exercises and practice exercises. Get to know the major components of poetry, understand structure and learn how to identify stanza and rhyme formats. This course is designed to engage students in riveting and educational discussion to increase their understanding of the major elements present in poetry as they create their own works. Optional bi-weekly Zoom sessions included.

Instructor: Tyana Brown
Location: Online-On Demand
Cost: $99
ENG 0105 01 SHAKESPEARE
This course introduces students to the plays of William Shakespeare. Explore major themes and genres (such as comedy, romance, tragedy and history) present within his plays through discussion posts and close-reading exercises. Students will get to know main characters, understand plot structure and learn how to interpret his plays. This course is designed to engage students in riveting and educational discussion to increase their understanding and awareness of the major elements present in Shakespeare’s work. Optional bi-weekly Zoom sessions included. Instructor: Tyana Brown
Location: Online-On Demand Cost: $99

ENG 0130 01 SHAKESPEARE PLAYWRITING
Students will have the opportunity to write and develop a well-thought and functional play as well as study Shakespeare as a playwright. Through close-reading exercises, discussion prompts and educational projects, students will be able to employ what they have learned and gain a deeper understanding of Shakespeare and playwriting. Developing a better understanding of Shakespeare will promote thought provoking responses/ideas regarding the process of play-writing. Optional bi-weekly Zoom sessions included. Instructor: Tyana Brown
Location: Online-On Demand Cost: $99

ENG 0140 01 GENDER ROLES IN VAMPIRE/GOTHIC LITERATURE
Write and develop well-thought and functional responses as you study gender roles and gothic-ism associated with the fantasy genre. Through close-reading exercises, discussion prompts and educational projects, students will employ what they have learned as well as gain a deeper understanding of the creation of gender roles and gothic themes. Developing a better understanding of such will promote thought-provoking responses/ideas regarding the issues surrounding said gender roles in fantastical literature. Optional bi-weekly Zoom sessions included. Instructor: Tyana Brown
Location: Online-On Demand Cost: $99

ENG 0135 01 HISTORY OF THE TITANIC
Watch the many productions of the Titanic as well as educational documentaries, and study the history of the most famous and heart-breaking shipwreck tragedy in history. Through close-reading exercises, discussion prompts and educational projects, students will employ what they have learned as well as gain a deeper understanding of the tragedy that is the Titanic. Developing a better understanding of major historical events will promote thought provoking responses/ideas regarding the story. Optional bi-weekly Zoom sessions included. Instructor: Tyana Brown
Location: Online-On Demand Cost: $99

NEW ENG 0145 01 DISNEY VILLAINS VS. HEROES
Students will have the opportunity to not only watch many Disney classics, but read/study the protagonists as well as the antagonists within each story. Through close-reading exercises, discussion prompts and educational projects, students will be able to employ what they have learned as well as gain a better/deeper understanding of gender roles, major themes, and character development throughout each story/film. Developing a better understanding of such will promote thought-provoking responses/ideas regarding the portrayal of Disney characters—both villains and heroes. Optional bi-weekly Zoom sessions included. Instructor: Tyana Brown
Location: Online-On Demand Cost: $99

Physics & Astronomy Lecture Series
FREE
Life in the Universe?
October 6, 2022 at 7:00pm
Dr. Scott Fisher, University of Oregon
The Physics of Diet
How diet affects biological functions
November 10, 2022 at 7:00pm
Dr. Drake Mitchell, Portland State University
In-person on the Coos Campus
1988 Newmark Ave., Coos Bay
Umpqua Hall - Room 184
Watch from home at www.socc.edu via Livestream.
For more information contact Dr. Aaron Coyner 541-888-7244 | aaron.coyner@socc.edu

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.
Starting this fall, qualifying students enrolled in career pathways at our Coos and Curry campuses can receive up to $6,000 toward their education.

The funding is provided by a grant to help local students develop necessary skills for the workforce.

Eligible programs include: Medical Assisting, Pharmacy Technician, Welding, and many more.

Text ‘FALL22’ or call 541-240-8227 for more information.

Email swooccbound@socc.edu and ask about the Future Ready Grant. Inquire soon!

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