CONTINUING EDUCATION

LEARN NEW SKILLS
Allied Health
Computer and Technology Skills
Emergency Services
Equine
General Interest and Hobbies
Healthy Living
Language, Writing, and Culture
Occupational and Professional Development
Physical Education
Safety

For complete list of classes please visit www.isothermal.edu/learnstuff
PROGRAM SPOTLIGHT
EMERGENCY SERVICES

During life’s most terrifying moments, emergency medical service workers stand between us and tragedy. With expertise, courage, and dedication their faithful service provides care in the most terrifying conditions. Quick reaction time and good decision-making are critical skills for EMS workers, in addition to the in-depth medical knowledge they are required to have. Their duties also create an inherent risk for on-the-job injuries and illnesses. Have you ever asked yourself why individuals decide on a career in emergency medical services? I would like to share with you a testimonial Isothermal Community College received in regard to the significance of these highly-skilled and dedicated workers.

If you serve in the EMS in any capacity, you’re my hero. Here’s why:

“On April 4, 2017 at 4:30 am, my son’s girlfriend heard something outside. When she walked onto the porch, my son was lying there with no pulse and he was not breathing. In a panic, she called 911. She was hysterical and didn’t know what to do. The lady who answered the phone said, “You’ve got to calm down, pull yourself together, and follow my instructions or he’s not going to make it.” My son’s girlfriend had never done CPR before. Miraculously the lady on the phone coached my son’s girlfriend through CPR on the phone until he started breathing and his pulse came back. When the first responders and EMS crew arrived, they gave him something to fight the heroin overdose.

We received a phone call at 6:00 am that they were on their way to the hospital and they were trying to revive him. When we arrived at the emergency room, he was breathing on his own. The emergency room doctor told my wife that if he hadn’t received CPR and the drug to fight the overdose, he wouldn’t have made it. Without the quick response, expertise, and immediate action of the EMS crew on duty that night, we would have lost our son.

How does a parent begin to thank those who have saved the life of their child? Words will never be able to express the gratitude we will have for the rest of our lives. We have met with the crew that was on duty that night to personally express our appreciation.

Those who saved the life of our son are heroes to us, and always will be. And so are you, for what you do every day to protect and save the lives of others. Your vocation is a calling for special people such as you. I want to encourage you to maintain your commitment to excellence and keep up the great work; because what you do is so very important. Thank you! Thank you! 1,000 times, Thank you!”

The good news is, this is just one story among thousands where the service of skilled EMS workers directly impacted the lives of community members in need. If you have the opportunity to thank an EMS provider this week, please do. Their dedication should never be taken for granted.

Is your dream to be one of the heroes mentioned in the testimonial? If so, Isothermal Community College provides a wonderful opportunity to gain the credentials needed to begin your journey. Isothermal’s initial certification classes include Medical Responder, Emergency Medical Technician (EMT), and Paramedic. All of the EMS classes are approved by the North Carolina Office of EMS and qualify the student for the OEMS state and/or national certification exam. American Heart Association CPR and First Aid courses are also offered regularly. The Isothermal Community College staff is here to help turn those dreams into reality. Take the first step today and start your journey to becoming a hero!
Healthcare Billing and Coding
This 150-hour course prepares an individual for entry level healthcare billing and coding positions. Course topics can include but are not limited to the roles and responsibilities of this position, managed health care, life cycle of an insurance claim, legal and regulatory considerations, coding regulations, reimbursement issues, claim instructions, medical terminology, filing commercial claims, insurance plans, Medicare, Medicaid, Tricare, and Workers’ Compensation. Upon completion, students should also be able to utilize MS Windows and the Internet to effectively retrieve billing-related information and updates. CLASS DATES ARE SUBJECT TO CHANGE. Please call (828) 395-1675 to confirm course dates. *Financial aid opportunities may be available for qualifying students

#53137
ONLINE only
September 4 - November 30, $180

Medical Assistant
This 381-hour course provides skills training in three competency areas related to the job performance for medical assistants: administrative office, laboratory, and clinical. Course-work includes instruction in scheduling appointments, insurance coding and billing, medical transcription, computer operations, assisting with examinations and treatments, performing routine laboratory procedures, and ethical/legal issues associated with patient care. Upon completion, students will have the knowledge base to apply for national certification as a Medical Assistant. DATES ARE SUBJECT TO CHANGE. Please call 828-395-1675 to confirm course dates. *Financial aid opportunities may be available for qualifying students

#53198
Mon/Tues/Wed/Thur, 8:30 AM - 3 PM
September 24 - January 30
Rutherfordton Learning Center, Room 110, $180
Registration/Orientation (required):
Thursday, August 16 at 2:30 PM, Foundation Building, Hickory Room

Pharmacy Technician
This 140-hour hybrid course is designed to provide instruction in the technical procedures for preparing and dispensing drugs in the hospital and retail settings under supervision of a registered pharmacist. Topics include drug packaging and labeling, out-patient dispensing, hospital dispensing procedures, controlled substance procedures, inventory control, and non-sterile compounding. Upon completion, students should be able to perform basic supervised dispensing techniques in a variety of pharmacy settings. Students who successfully complete this training program will be eligible to sit for the Pharmacy Technician Certification Exam (PTCE) offered through the Pharmacy Technician Certification Board (PTCB). CLASS DATES ARE SUBJECT TO CHANGE. Please call (828) 395-1675 to confirm course dates. *Financial aid opportunities may be available for qualifyig students

#50791
Mon, 5:30 - 8:30 PM plus weekly online assignments through Moodle
September 10 - December 17
Rutherford Campus, Maple Room/Foundation Building, $180
Registration/Orientation (required):
Thursday, August 16, 2018 at 2 PM, Foundation Building, Hickory Room

MASSAGE THERAPY PROGRAM
Coordinator: Kate Barkschat
Primary Instructors: Jane Cannon and Lilia White

Our 660-Hour Massage Therapy Program prepares students to take the MBLEX (licensure exam) and apply for a Massage Therapy license through instruction and hands-on training!

Spots are limited and class dates keep rolling, so contact us to get on the waiting list today!

To Register for Allied Health classes
call 828-395-1405

Visit the Continuing Education website
www.isothermal.edu/learnstuff
CERTIFIED NURSING ASSISTANT PROGRAM

Coordinator: Betsy Cuthbertson, RN, BSN
Primary Instructors: Susan Davis, RN, BSN; Nicole Paul, MSN, BSN, RN; Patti Sappenfield, MSN, BSN, RN; June Steele, RN, BSN; Carla Wist, RN, BSN; Loretta Whiteside, MSN, BSN, RN

Medication Aide
This 24-hour course is designed to meet the training requirements for becoming qualified as a Medication Aide and Med-Tech. The course will cover the six rights of medication administration for non-licensed personnel. Topics will include medication administration via the oral, topical and instillation routes, medical asepsis, hand hygiene, terminology, and legal implications. Upon completion, students should be able to take the competency exam and demonstrate skills necessary to qualify for listing on the North Carolina Medication Aide Registry. Prerequisite: Current listing on the NA I Registry. CLASS DATES ARE SUBJECT TO CHANGE. Please call (828) 395 - 1675 to confirm course dates. *Financial aid opportunities may be available for qualifying students

#53139
Fri/Sat/Sun, 8 AM - 5 PM
October 19, 20, 21
Rutherfordton Learning Center, Room 109
$80

#53140
Fri/Sat/Sun, 8 AM - 5 PM
November 26, 27, 28
Rutherfordton Learning Center, Room 109
$80

Nurse Aide Level I
This 188-hour course is designed to prepare graduates to provide personal care and perform basic nursing skills for the elderly and other adults. Emphasis on aging process including mental, social and physical needs of the elderly, patient’s rights, nutrition management, elimination procedures, safe environment, restorative services, personal and special care procedures and activities, human body structure and function and related common disease/disorders, communication and documentation, death and dying, and roles of the nursing assistant and health team members. A skill/competency evaluation is required. The course includes class, laboratory and clinical learning experiences. Upon satisfactory completion of the course and skill/competency evaluation, the graduate is eligible to apply for listing as a Nurse Aide I by the N.C. Division of Facility Services. Prerequisite: Pathways to C.N.A. course (will be discussed on registration day). CLASS DATES ARE SUBJECT TO CHANGE. Please call (828) 395 - 1675 to confirm course dates. *Financial aid opportunities are available for the Nurse Aide Level I courses for qualifying students

#53130
Mon/Tues 8:30 AM - 3 PM
August 20 - December 17
Rutherfordton Learning Center, Room 109, $180
Registration/Orientation (required): Wednesday, August 1 at 2:30 PM Foundation Building, Hickory Room

#53132
Tues/Thurs 9 AM - 3:30 PM
August 21 - November 8
Rutherfordton Learning Center, Room 109, $180
Registration/Orientation (required): Thursday, August 1 at 2:30 PM Foundation Building, Hickory Room

#53134
Sat/Sun, 8 AM - 4:30 PM
October 6 – December 16
Polk Center, Room 116, $180
Registration/Orientation (required): Thursday, September 6, 2018 at 2:30 PM, Foundation Building, Hickory Room

#53135
Tues/Thurs 5 - 9 PM
October 23 - February 27
Rutherfordton Learning Center, Room 112, $180
Registration/Orientation (required): Thursday, September 27 at 2:30 PM, Foundation Building, Hickory Room

#53136
Tues/Thurs 9 AM - 3:30 PM
November 27 - February 20
Rutherfordton Learning Center, Room 112, $180
Registration/Orientation (required): Wednesday, October 31 at 2:30 PM, Foundation Building, Hickory Room

Visit the Continuing Education website
www.isothermal.edu/learnstuff

To Register for Allied Health classes call 828-395-1405
Computer Fundamentals I
_Instructor: Paul Scott_
Just getting started with technology? This class is designed especially for adults who are beginning computer users. In this introductory course, you will become familiar with the basic principles of a personal computer, including hardware, operating system, and software applications. You will gain confidence in using the latest technology in a comfortable, structured, environment with significant instructor support. “Topics include: Windows layout, directory structure of disks, managing files and folders, using applications, transferring data, and viewing/printing files.” Instructor: Paul Scott

#53122
Tues/Thurs, 6 - 8 PM
September 4 - September 27
Rutherford Learning Center, Room 116, $70

QuickBooks! Sign up today!
_Instructor: Dan Thomas_
Dan will teach you accounting fundamentals. Come learn about the fastest, easiest way to manage your home or business! With hands-on automated accounting, gain a basic understanding of QuickBooks wizards by setting up charts of accounts, taxes, assets, income on-line banking, and much more! You’ll utilize QuickBooks for accounts payable, accounts receivable and learn how to reconcile your checkbook through hands on experience. Join us in using this powerful software to make your business and home financial tasks easier. Students must have basic computer skills.

#52696
Tues/Thurs, 5:45 - 8:15 PM
September 25 - November 6
Polk Center, Room 122, $70

Quickbooks
Manage your finances with less paperwork! Learn how to track your business or personal bookkeeping records using this powerful and popular software. You’ll gain hands-on experience as you learn how to set up accounts, record sales, balance bank accounts, generate reports, create and print invoices and statements, do tax reporting and more. Students must have basic computer skills.

#53208
Tues/Thurs, 9 - 11 AM
November 13 - December 6
Polk Center, Room 122, $70

Basic Computing
Are you new to computers and would like to learn more? This course is geared to students who have little to no experience with personal computers who want to learn the basics. You’ll learn fundamental computing concepts and terminology, work with multiple programs; copy, move, delete and restore documents, access the internet, protect your computer from malware and much more.

#53202
Tues, 9 - 11 AM
September 25 - November 6
Polk Center, Room 122, $70

Excel For Beginners
This beginning level Excel class will help you develop a basic knowledge and understanding of this popular spreadsheet program. You’ll learn when and how spreadsheets are used, how to build and format worksheets, enter data, perform calculations, create charts and graphs and more.

#53207
Thurs, 9 - 11 AM
September 27 - November 8
Polk Center, Room 122, $70

Social Media
Learn how to navigate social media sites such as Facebook, Instagram, Twitter, Pinterest, YouTube, LinkedIn and blogging sites! This beginner’s class is hands-on and will cover topics such as posting, basic navigation, profile editing, tagging, security and more.

#53206
Wed, 9 - 11 AM
September 26 - November 7
Polk Center, Room 122, $70

To Register for
POLK CENTER classes
call 828-894-3092
Painting Open Studio  
*Instructor: Vicki Van Vynckt*

Painters of all levels are welcome!! Enjoy painting whatever you choose using whatever medium you like! All levels of painters of all mediums will get expert guidance from instructor Vicki Van Vynckt as you turn your blank canvas (or paper) into a work of art. Students are welcome to come and go as they please within the open studio period, but class sizes are strictly limited for optimal learning of all students. Students must bring their own supplies and projects to work on, but can get advice from the instructor on what project to do next. If you are a beginner, please request a list of supplies that are available at the ICC Polk Center office (828) 894-3092.

#52966  
Tues, 9 AM - 4 PM (1 hour lunch)  
September 4 - October 23  
Polk Center, Room 108, $90

#52968  
Tues, 9 AM - 4 PM (1 hour lunch)  
October 30 - December 18  
Polk Center, Room 108, $90

Multimedia Jewelry  
*Instructor: Dot Pearce*

Explore polymer clay, metal, write, wood, and shell. Instruction is given in working with each medium to create unique jewelry. Tools will be available for your use, but you’re welcome to bring any supplies and tools you wish to work with. This class provides you a chance to let your imagination run wild. The instructor will have other materials available to spark your creativity.

#53043  
Tues, 1 - 4 PM  
October 16 - 23  
Polk Center, Room 122, $30

#53044  
Tues, 1 - 4 PM  
October 30 - November 6  
Polk Center, Room 122, $30

#53045  
Tues, 1 - 4 PM  
November 13 - 20  
Polk Center, Room 122, $30

#53046  
Tues, 1 - 4 PM  
November 27 - December 4  
Polk Center, Room 122, $30

Basic Crochet  
*Instructor: Dot Pearce*

Have you ever thought it would be nice to have something to keep your hands busy while watching TV? Crochet is your answer! The class will start with learning the chain and single crochet stitches to create a cotton dish “rag” which can also be be used as a pot holder. Next we will create a toboggan hat or ditty bag. This is where you will learn more stitch, and also how to increase and decrease. Following that, you will learn to read patterns and create the famous “Granny Square”. This is a relaxed class with instruction up front and then other help as needed while you create your project. The last few hours are devoted to patterns of your choice; creating something like a sweater, afghan, or shawl. A list of required supplies is available at the ICC Polk Center office (828) 894 - 3092.

#53036  
Mon, 9 AM - 12 PM  
September 10 - 17  
Polk Center, Room 122, $30

#53037  
Mon, 9 AM - 12 PM  
October 15 - 22  
Polk Center, Room 122, $30

#53038  
Wed, 9 AM - 12 PM  
December 5 - 12  
Polk Center, Room 122, $30

Open Studio  
*Instructor: Don Blackwell*

Bring in art projects you are currently working on to receive guidance and learn new techniques from master artist Don Blackwell. Don is astute in many art mediums and can help bring a different perspective to your pieces of art. Class size is strictly limited.

#52714  
Fri, 9 AM - 4 PM (1 hour lunch)  
August 31 - October 19  
Polk Center, Room 108, $90

#53000  
Fri, 9 AM - 4 PM (1 hour lunch)  
October 26 - December 14  
Polk Center, Room 108 $90

Don Blackwell was born and raised in the mountains of Hendersonville, North Carolina. He has been channeling his love of nature into artworks since childhood. When he joined the United States Air Force as a graphic artist, he was stationed in Alaska. He was so inspired by its raw beauty, he made it his second home. In Alaska, Don met his wife, Phoebe, who writes and illustrates children’s books. The couple has now returned to the mountains of North Carolina to pursue their love of art and teaching. Don creates art through pen and ink drawings, leatherwork, painting, and wood carving. He teaches a variety of classes at the ICC’s Polk Center.
NEW! Paper Mâché
Instructor: Dot Pearce
This is not the mâché that you remember from grade school. In this class, you will learn several techniques for making the armature (basic shape). As well as several ways of filling out the shape. Once that is completed, the whole thing is covered in plaster to form a hard surface. Help and suggestion will be available for painting of your project. No experience (or talent) is necessary! This is just a fun way to create an animal, figure, or item of your choice. For the first class, bring two rolls of masking tape and lots of newspaper. Other items will be supplied by the instructor.

#53048
Wed, 1 - 4 PM, September 5 - 26
Polk Center, Room 108, $55

Watercolor Open Studio
Instructor: Jeanne Parsons
Bring in watercolor painting projects to receive guidance and learn new techniques from master artist Jeanne Parsons. Jeanne can provide guidance on any watercolor project you would like to start or continue! Beginners with some watercolor experience, intermediate, and advanced watercolorists are welcome. Students are responsible for bringing their own supplies and project to work on.

#53025
Wed, 9:30 AM - 12:30 PM
September 5 - October 10
Polk Center, Room 108, $90

#53026
Wed, 9:30 AM - 12:30 PM
October 17 - November 28
No Class on November 22
Polk Center, Room 108, $90

Beginning Watercolor Painting
Instructor: Jeanne Parsons
Beginners are welcome! Have you wanted to try painting with watercolors but didn’t know where to start? This class is for you! Instructor Jeanne Parsons will introduce you one step at a time to materials, the mixing of colors, a variety of techniques and much more. No experience is necessary. Join us for a fun time painting and (re) invigorate the artist within you! A list of required supplies will be furnished at the first class. Class size is limited so sign up early!

#53027
Mon, 9:30 AM - 12:30 PM
September 10 - October 15
Polk Center, Room 108, $90

#53028
Mon, 9:30 AM - 12:30 PM
October 22 - November 26
Polk Center, Room 108, $90

Photography
Instructor: Giuliana Riley
Improve the quality of your photographs by learning how to set your camera to control the outcome. You’ll learn how to take better pictures of people and pets, landscapes, nature, equestrian events, and travel. Get individualized instruction and hands-on demonstrations while shooting on location. This class will include basic digital image editing techniques. Bring your digital camera with fully charged battery and camera manual, if available.

#53125
Sat, 9:30 AM - 12:30 PM
September 8 - September 29
Rutherford Campus, Communications Building Room 125, $60

Photography: Editing Digital Photographs
Instructor: Giuliana Riley
Learn how to edit and retouch digital photographs. Master the use of basic tools available to enhance your pictures and to dramatically improve the final image. Learn how to transfer, save, resize, and organize photographs to prepare them for printing. Use your favorite photos to create personalized greeting cards for all occasions. Get feedback and tips on correcting photographic errors. Bring your digital photographs to work on, to get feedback, and to receive instruction on producing new improved images for your projects. Bring a flash drive to save your work on, and your camera with manual, if available.

#53126
Mon, 6:15 PM - 9:00 PM
October 8 - October 29
Rutherford Campus, Communications Building Room 125, $55

Introduction to the Art of Spoon Carving
Instructor: Mark Henneberry
Beginners are welcome!!! This class will introduce students to the art of wood carving using a few basic tools. Class will begin with a focus on safety and an overview of proper wood cuts and tool handling. Students will then begin carving a small functional rustic wooden spoon. The class will close with proper finishing and sealing techniques for safe cooking and food use. Decorative finishing techniques will also be covered. Each student will have a wooden carved spoon at the completion of class. Students who take this class and discover an interest in wood carving can move to Beginning Woodcarving where additional carving techniques will be taught. A list of required supplies is available at the ICC Polk Center office (828) 894 - 3092. Supplies must be purchased in advance of the first class.

#52716
Thurs, 8:30 AM - 12:30 PM,
August 2 - 9
Polk Center, Room 108, $50
Beginning Wood Carving  
_Instructor: Mark Henneberry_  
Beginners are welcome!!! Whether you're a beginner or an advanced carver, you will find this class to be just what is needed to excel in this “addictive” medium. Master woodcarver, Mark Henneberry, will teach you the wide range of cuts used to carve Wood Spirits, and which tools to use for specific cuts. Safety, sharpening of tools, and wood selection will be covered in depth. A list of required supplies is available at the ICC Polk Center office (828) 894 - 3092. Supplies must be purchased in advance of the first class. Class size is limited. Advanced students are welcome to bring a current project to work on while beginners are learning the basics. This class, or the equivalent training, is required to continue into Mark's Advanced Wood Carving class.

#52717  
Thurs, 9 AM - 12 PM, September 6 - October 11  
Polk Center, Room 108, $90

Advanced Wood Carving  
_Instructor: Mark Henneberry_  
Wood carvers who have completed Beginning Carving, or the equivalent training, are invited to join us for this advanced wood carving class. Master woodcarver, Mark Henneberry, will help you develop your carving skills allowing you to take on more adventurous and challenging projects. Students are encouraged to bring an idea to carve. A list of required supplies is available at the ICC Polk Center office (828) 894 - 3092. Supplies must be purchased in advance of the first class. Class size is limited. Prerequisite: Beginning Wood Carving, or the equivalent training.

#52718  
Thurs, 1 - 4 PM, September 6 - October 11  
Polk Center, Room 108, $90

Mosaic Garden  
_Instructor: Dot Pearce_  
This class offers a chance to learn all the basic techniques of mosaic, while also getting to create items of your choice. You can do mosaic on terracotta pots or saucers for a birdbath. Create plants stakes of birds, flowers, or butterflies! Glass is available but if you want a specific color, you will need to purchase it and bring it with you to class. Tools will be available for use at the first class. Please make sure to register early so the instructor has time to to prepare the materials for the plant stakes.

#53032  
Thurs, 9 AM - 12 PM, October 18 - November 1  
Polk Center, Room 108, $45

#53034  
Thurs, 9 AM - 12 PM, November 29 - December 13  
Polk Center, Room 108, $45

NEW! Introduction to Machine Quilting  
_Instructor: Connie Brown_  
Learn how to choose corresponding fabrics to make a complete quilt top and backing that’s uniquely different and yours! This class will teach students how to cut, sew, and place the blocks in a pattern. The same pattern will be used, but because of each person’s individual vision and choices of fun colors and fabrics, everyone will have something uniquely different! Students will need to go to Joanne’s fabric or Elaine’s Attic and pick out 6 fat quarters that go together before the first day of class. You must also have your own machine in good working order. A list of supplies is available at the ICC Polk Center office (828) 894 - 3092. A copy of the pattern will be provided to everyone on the first day of class.

#53171  
Wednesday, 9 AM - 12 PM  
October 17 - November 7  
Polk Center, Room 122, $75

NEW! Copper Tooing  
_Instructor: Dot Pearce_  
Tooing is an ancient craft that is easy to learn and requires no special talent. The first project students will do uses a mold that will be supplied by the instructor. This will help you get used to “stretching” the copper. The second project, of your choice, is done by working the copper back and forth. This “stretches” the area you want to come forward. For tools, all you need are a couple of “orange sticks” or small size dowel with one slanted end and one pointed end. Finishing techniques will be discussed in class.

#53039  
Tues, 1 - 4 PM  
August 21 - 28  
Polk Center, Room 108, $30

#53040  
Tues, 1 - 4 PM  
September 4 - 11  
Polk Center, Room 122, $30

To Register for POLK CENTER classes  
call 828-894-3092
Groom Elite 99
(Intro to Horse Care and Horse Handling)
This course provides an overview of the basic information a new worker or horse owner needs to start working with horses. Classes will cover the basics of equine behavior, terminology, major equine anatomy, safe horse handling, introduction to equipment, observation of horses for signs of injury and illness, bathing and more. This class takes regular field trips to barn locations in the greater foothills area. *Financial aid opportunities may be available for qualifying students, contact (828) 894 - 3092 for more information.

#53016
Tues/Thurs, 1 - 5 PM
October 9 - 16
Polk Center, Room 112, $70

Groom Elite 101
This flagship 40-hour course focuses on important horse care skills including: equine behavior, grooming basics, equine anatomy, digestion/feeding guidelines, horse health evaluation, applying bandages, safety, barn management, and much more.

The course is geared to horse care workers and horse owners with some experience who desire to have a deeper more comprehensive knowledge of the horse and working with horses. Originally designed for the racing industry, this nationally recognized groom certification curriculum has been modified for Isothermal Community College to address the needs of the show horse industry.

Training will combine lecture and hands on learning in the barn. At the end of the course students will have the opportunity to be tested for competency and knowledge in equine care and receive their “Certified Groom Elite” certification. This class takes regular field trips to barn locations in the greater foothills area. *Financial aid opportunities may be available for qualifying students, contact (828) 894 - 3092 for more information.

#53021
Tues/Thurs, 1 - 5 PM
October 18 - November 20
Polk Center, Room 112, $125

Groom Elite 201
An advanced certification course for certified Groom Elite 101 graduates. Portions of this course are held off-site at local area barns.

Prerequisite: Successful completion of Groom Elite 101. This class takes regular field trips to barn locations in the greater foothills area. *Financial aid opportunities may be available for qualifying students, contact (828) 894 - 3092 for more information.

Dates to be determined.

Intro to Equine Braiding & Competition Prep
Instructor: Michelle Drum
Introduction to the core skills needed to create beautiful, professional braided manes for competition! Topics covered include: mane pulling, different tools and techniques for different manes, clipping and trimming for horse shows. Class size is limited. Prerequisite: Groom Elite 99 or equivalent experience with horses.

#53180
1 - 5 PM, August 7 - 21
Polk Center, Room 122, $100

Advanced Equine Braiding & Competition Prep
Instructor: Michelle Drum
This hands-on class builds on the skills learned in Intro to Equine Braiding & Competition Prep. Michelle will provide an overview of braiding, different trimming & braid needs for different disciplines and breeds (wet lab/ hunter braids/ dressage braids). She will also cover Tail Braids and Tail Ribbon Colors, wet lab Jumper Braids, Mane Banding Tail braids, Pinwheel, wrap around, mud braids, attaching a fake tail and more. Michelle will also cover the business management of equine braiding including building a client base, creating policies, handling the financials, and more. Class size is limited. Prerequisite: Intro to Equine Braiding and Competition Prep.

#53209
Wed, 1 - 5 PM, October 3 - 17
Polk Center, Room 112, $100

Introduction To Equine Assisted Activities And Therapies (EAAT)
This course introduces a variety of equine assisted activities and therapies (EAAT) used to benefit persons with disabilities. The class will provide an overview of activities and therapies such as therapeutic horseback riding, Hippotherapy, therapeutic driving, and equine facilitated therapies. The history of equine assisted therapy, an overview of common physical, cognitive and emotional disabilities, careers with equine assisted activities and information on therapeutic riding instructor certification will be presented. The class combines classroom lecture with hands-on experience at a barn facility. Students will receive volunteer training by assisting in a therapeutic horsemanship class. *This will be held at the Polk Center, starting in October of 2018. Please call (828) 894-3092 for additional information.
**Writing Secrets of the Pros**  
*Instructor: Catherine Hunter*

Go beyond mere plot ideas or developing characters to the nuts and bolts of writing. This class offers concrete, understandable information that can be used to create strong, marketable writing. Whether students are interested in fiction, nonfiction or poetry, Writing Secrets of the Pros gives them the power to strengthen and enhance their creative genius through an in depth understanding of the techniques used by the professionals. This term you have your choice of a one-day intensive workshop or a 4-part series.

#53059  
Wed, 6 - 8:30 PM  
October 3 - November 7  
Polk Center, Room 122, $90

*Catherine Hunter* has published fiction, nonfiction and poetry in national and regional publications. She has worked as a freelance writer and a staff writer for newspapers and magazines in Georgia, Tennessee, South Carolina and North Carolina. Catherine is the author of *Sacred Connections Horsemanship – Empowering Horse and Rider through Chakra Energy*, Grateful Steps Publishing, 2017.

She has taught writing classes for AB Technical College in Asheville, NC, Isothermal Community College in Columbus, NC and writers’ groups in Georgia and North Carolina. Her awards include a South Carolina Press Association award, a History Journal poetry award and humor poetry awards. Catherine is currently a staff writer for the Tryon Daily Bulletin and Foothills Magazine.

**Writing Secrets of the Pros II**  
*Instructor: Catherine Hunter*

In this follow-up to Writing Secrets of the Pros, students will have the opportunity to use the information they learned in the first series of classes, Writing Secrets of the Pros, to improve their own work. Students will bring samples of their writing to class and use the elements taught in the first series to improve and strengthen their work. Fiction, nonfiction, poetry, essays, etc. **Prerequisite:** Writing Secrets of the Pros with Catherine Hunter

#52771  
Wed, 6 - 8:30 PM  
August 8 - 29  
Polk Center, Room 122, $50

#53060  
Wed, 6 - 8:30 PM  
November 14 - December 12  
Polk Center, Room 122, $50

**Become a Foothills Naturalist**  
*Instructor: Cynthia Terwilliger*

Learn from a certified Master Naturalist in this six week course. Each session will cover a single broad topic and involve a multimedia lecture and an outdoor activity within the Foothills. Topics covered include native Foothills geology, trees, shrubs, wildflowers, birds, animals, waterfalls, rivers, and streams. Casual dress and comfortable walking shoes are recommended.

#52961  
Mon, 9:30 AM - 12:30 PM  
October 8 - November 12  
Polk Center, Room 118/Off-Site, $50

*Cynthia Terwilliger* completed the Upstate Master Naturalist class in 2010 and is a certified Master Naturalist. She is also a nature photographer who has traversed the Southern Appalachian region capturing images of the rea. She concentrated on waterfalls, and has visited and photographed more than 80 in the area. Her knowledge of and enthusiasm for the natural world will make this class an engaging and educational experience.

**Poetry Craft Workshop**  
*Instructor: Greg Lobas*

In this advanced poetry writing workshop, we will be looking at the roots and elements of modern poetry. Students will submit their work for critique by the group. It is for writers of all skill levels, who want to submit their poetry for publication, or who are simply interested in honing their craft for their own enjoyment. The discussions are moderated by Greg Lobas, who is an award winning local poet.

#53029  
Mon, 3 - 5 PM  
October 1 - November 12  
No class on October 22  
Polk Center, Room 122, $70

**Medieval Art and the Gothic Spirit**  
*Instructor: Dr. Ben Pfingstag*

This six-week series of color slide presentations focuses on the rise and development of religious art in Europe and beyond, from about 350 AD to 1350 AD (some 1,000 years!). We will view a rich array of architecture, painting, sculpture, and devotional artifacts from such diverse areas as Italy, England, Ireland, France, Germany, Constantinople, and the near east. The course concludes with a review of the brilliantly conceived and illuminated Gothic cathedrals spread across the continent, and the dramatic accompanying sculpture, manuscripts, and artifacts of this period.

#52752  
Thurs, 10 AM - 12 PM  
August 16 - September 20  
Polk Center, Room 112, $60
FOOD FOR THOUGHT

NEW! Writing Press Releases that Sell
Instructor: Catherine Hunter
One of the more frustrating things journalists experience is trying to work with poorly written press releases. A well-written press release can make a big difference for a small business or non-profit. Yet so many press releases journalists receive are hard to read, lacking in vital information or even lack a way to contact someone. As journalists become busier and busier, it is important for business owners to learn how to write press releases that will get attention and get them published.

#53210
Tues/Thurs, 6 – 8:30 PM
August 28 – 30
Polk Center, Room 122, $30

#53211
Sat, 9 AM – 2 PM
September 29
Polk Center, Room 122, $30

The Art of Leonardo & Michelangelo
Instructor: Dr. Ben Pfingstag
This six-week series of color slide presentations focuses on the profound rise and development of the arts in Renaissance Italy, focusing on the creative centers of Florence, Rome, and Venice, using choice examples of painting, architecture and sculpture. The presentations will also include the achievements of the northern artists in Flanders, Germany, and the Netherlands. Attention will be given to the new humanistic treatment of subject matter; the rise in social status of the artist, the role of the church as patrons of the arts, and other elements of social, religious, and political background which gave rise to this extraordinary period.

#53002
Thurs, 10 AM - 12 PM
October 18 - November 29
No class on November 22
Polk Center, Room 112, $60

Visit the Continuing Education website www.isothermal.edu/learnstuff

GENERAL INTEREST & HOBBIES

Knitting
Instructor: Carolyn Lane
Beginners will learn the basics of knitting such as: yarn, needles, gauge, cast on, bind off, how to read a pattern, knit stitch, purl stitch, increase and decrease. More experienced knitters can bring a project to work on or pick one form other patterns that will be available. These knitters will have help with problems in knitting and advice on yarns and patterns. Beginners will need size 7 straight needle and 1 skein of peaches and cream yarn.

#53076
Tues, 6 - 8 PM
August 28 - October 2
Rutherford Campus, Foundation Bldg., Maple Room, $40

#53096
Tues, 6 - 8 PM
October 16 - November 27
Rutherford Campus, Foundation Bldg., Maple Room, $40

Basic Small Engine Repair
Instructor: John Womack
Keep those mowers, chain saws, tillers, and weed eaters humming along for years to come. Learn not only how to repair these pieces of equipment, but how to maintain them. John will show you how to solve engine problems as well as prevent new ones. Bring tools (screwdrivers, wrenches, etc.) and items to be repaired to the second class (John will provide advice during the first class on what to bring). You must be at least 16 years of age.

#53087
Mon, 6 - 9 PM, September 17 - October 22
Chase High School, AG Room, $60

#53116
Mon, 6 - 9 PM, November 5 - December 10
Chase High School, AG Room, $60

#52765
Thurs, 6 - 9 PM, August 9 - September 13
Polk Center, Room 118 / Polk County HS AG Room, $60

#53055
Thurs, 6 - 9 PM, Sept 27 - November 1
Polk Center, Room 118 / Polk County HS AG Room, $60

John Womack has been a Certified Small Engine Mechanic since 1980. In addition he has completed a Small Engine Repair and an Advanced Small Engine Repair course with the Foley-Belsaw Institute of Small Engine Repair in Kansas City, Missouri. John received his initial automotive training here at Isothermal in the Automotive Mechanics class, and has over 30+ years experience.
Cake Decorating
Instructor: Susan Owens
Learn cake decorating for seasons, holidays and special occasions. Find out how easy it is to create decorations from flowers to borders. This fun and hands-on class will get your creative juices flowing! Class 1--Introduction to cake decorating, equipment, where to get supplies, etc. Class 2--Basic borders, pressure techniques, leaves, etc. Class 3--Buttercream flowers, roses, apple blossoms, pansies, daisies, for example. Class 4--Royal icing flowers, lilies, petunias, thin petal flowers, review. Class 5--Students will bring cake to class and decorate with flowers, borders, leaves, and message. Class 6--Figure piping, advanced borders, newer techniques. Class 7--Demonstration of tiered cakes, review. Class 8--Students bring cake to class and decorate with their own design. Final class

#53088
Mon, 6 - 8 PM
September 24 - November 19
Rutherford Campus, Foundation Bldg., Maple Room, $60

Making Money with Your Voice
Have you ever been told you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the Internet. We will cover the basics, including how to prepare the all-important demo, how to be successful and earn great income in an exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of the Voicecoaches.com producer. This class is informative, lots of fun and a great first step for anyone interested in voice acting professionally. Instructor: Voice Coaches- Creative Voice Development Group

#53091
Thurs, 6:30 - 9PM
September 27
Rutherford Learning Center, Room 108
134 Maple St., Rutherfordton, $30

Voice Coaches- Creative Voice Development, LLC is a member of The Better Business Bureau, LERN, NCEA, The Voice and Speech Trainers Association and The American Society for Training and Development. In addition to training, they are currently producing voice-over recordings for Discovery, TLC, Woman's Entertainment Network and HGTV.

Water Exercise
Instructor: Karen Bennett
Participate with the group performing rhythmic aerobic water activity to increase muscle strength, muscle endurance and flexibility through water resistance. Participants can move at their own pace and ability.

#53074
Tues/Thurs, 4:45 - 5:45 PM
August 14 - December 11
Rutherford Campus, Student Center, Pool, $60

Fitness Swim (Lap Swim)
Instructor: Deborah Gerard
This class is designed for individuals who wish to develop their cardiovascular fitness through swimming laps. Emphasis is placed on increasing cardiovascular fitness, muscle strength, and muscle endurance. This program is individually paced. You may keep a record of your laps, time, and pulse rate to chart progress.

#52652
Mon/Wed/Fri, 7 - 7:50 AM
June 4 - August 30
Rutherford Campus, Student Center, Pool, $60

#53084
Mon/Wed/Fri, 7 - 7:50 AM
September 9 - November 30
Rutherford Campus, Student Center, Pool, $60

Water Exercise / Lap Swim
Instructor: Deborah Gerard
This is a combination class. Participants can choose between self-paced laps to develop cardiovascular fitness or participate with the group performing rhythmic aerobic water activity to increase muscle strength, muscle endurance and flexibility through water resistance.

#52646
Mon/Wed/Fri, 1 - 1:50 PM
June 4 - August 30
Rutherford Campus, Student Center, Pool, $60

#53080
Mon/Wed/Fri, 1 - 1:50 PM
September 9 - November 30
Rutherford Campus, Student Center, Pool, $60

To Register for
RUTHERFORD CAMPUS classes
call 828-286-3636, option 2

Visit the Continuing Education website
www.isothermal.edu/learnstuff
HEALTHY LIVING & PHYSICAL EDUCATION

Yoga – Level II
Instructor: Marie Chan
This class is designed for students who have had previous yoga experience and are current practitioners who would like to deepen their practice. They are expected to be familiar with common basic poses. (Students who have taken a long break from Yoga are encouraged to start with Level I for review and re-conditioning.) The class is conducted at a faster pace than the Level I class. Basic poses will be practiced in more depth. More challenging poses will be introduced to increase strength, core development, flexibility, balance and coordination necessary for inversions and arm balances. Be prepared to practice in bare feet. Wear comfortable clothing that will not restrict movement. Daily personal practice is encouraged. Students must be in good enough physical condition to perform moderate exercises. Bring a firm blanket to class. Do not eat for two hours before class. Practicing yoga on a full stomach may cause lethargy, discomfort and even nausea. Note: If you have any questions whether this class is suitable for you, contact Marie at (828) 429 - 2953, or at email asanayoga.rfc@gmail.com

#52683
Tues, 6 - 7:15 PM
July 17 - August 21
Rutherford Learning Center, Room 113, $45

#53094
Tues, 6 - 7:15 PM
October 9 - November 13
Rutherford Learning Center, Room 113, $45

Marie is a Registered Yoga Teacher with Yoga Alliance at the 500 hours level – which includes certifications in Vinyasa Flow, Restorative, Prenatal/Post-natal yoga, Senior Yoga and Yoga as Therapy from the Asheville Yoga Center. Her lessons emphasize a blend of strength, flexibility, balance, and alignment coordinated with breathing. She also teaches at other Rutherford County locations and in Spartanburg yoga studios.

Yoga – Beginners/Level I
Instructor: Marie Chan
Yoga is an ancient form of exercise uniting breath with movement. It is a fun, gentle, no impact, non-competitive way to improve you well-being physically and mentally. Yoga practice improves breathing, relaxation, posture alignment, flexibility, muscle tone, core strength, balance, and coordination. It also includes restorative components. This is a Level I class appropriate for beginners and returning students, and those who need a refresher to reacquaint with yoga. Existing yoga practitioners are welcome. Basic poses with variations and flow sequences will be introduced and reviewed. Poses can be practiced at different levels to accommodate various abilities and mild joint issues. This class is suitable for anyone in general good health including seniors who have been active. No previous yoga experience is necessary. Be prepared to practice in bare feet. Wear comfortable clothing that will not restrict movement. Daily personal practice is encouraged. Students must be in good enough physical condition to perform light to moderate exercise. Bring to class a firm blanket. Yoga mat is optional. We have some props in the classroom. Do not eat for two hours before class. Practicing yoga on a full stomach may cause lethargy, discomfort and even nausea. Note: If you have any questions whether this class is suitable for you, contact Marie at (828) 429 - 2953, or at email asanayoga.rfc@gmail.com

#52682
Thurs, 6 - 7:15 PM, July 19 - August 23
Rutherford Learning Center, Room 113, $45

#53093
Thurs, 6 - 7:15 PM, October 11 - November 15
Rutherford Learning Center, Room 113, $45

Yo-Chi
Instructor: Jo Ryttter
Yo-Chi combines two disciplines that have survived for hundreds of years; Yoga and T’ai Chi. These are the oldest mind body programs still existing today. Yo-Chi is a fusion program that gives you benefits in both stability, strength, mobility, and flexibility. Yoga focuses on stillness and finding stability. T’ai Chi focuses on slow, controlled never ending mobility. Doing these disciplines together, either alternating or in combination, can help increase your overall wellness. All participants will need a small pillow for the head and a yoga mat.

#52998
Mon, 10 - 11 AM, September 24 - October 29
Polk Center, Room 112, $30

#52999
Mon, 10 - 11 AM, November 5 - December 10
Polk Center, Room 112, $30

To Register for Rutherford Campus or Rutherfordton Learning Center call 828-286-3636, option 2 for Continuing Education classes.
**HEALTHY LIVING & PHYSICAL EDUCATION**

**Gentle Toning**  
*Instructor: Jo Rytter*

Gentle Toning focuses on toning the muscles of the upper and lower body. Movements are very slow and coordinated with the breath. The class also focuses on balance with the aid of a chair if needed. As we age, muscle tone and balance decrease. The class intention is to improve muscle tone, balance, core strength and flexibility by mindfully focusing on each area we exercise. Toning with the breath helps increase awareness.

Class begins upright with gentle stretches to warm up. The upper body is toned by using hand weights, balls and stretchy bands. The lower body is toned on a yoga mat by using core strengthening techniques (leg lifts, balls, yoga asanas, yoga straps, Pilates). Each class is a little different based on participants ability and time. All participants will need to bring light hand weights, a small pillow for the head and a yoga mat.

#52754  
Wed, 10 - 11 AM  
June 6 - July 18  
No Class July 4  
Polk Center, Room 112, $30

#52758  
Wed, 10 - 11 AM  
July 25 - August 29  
Polk Center, Room 112, $30

Visit the Continuing Education website  
www.isothermal.edu/learnstuff

**LANGUAGE ARTS & CULTURE**

**Coffee Shop Community Spanish**  
*Instructor: Colleen Abril*

Join us for a fun, informal Spanish conversation class! Instructor, Colleen Abril, will guide intermediate through advanced Spanish speakers through exciting conversation. Practice your Spanish language skills in a relaxed coffee shop setting!!! This class is so popular we had to split it into two groups. If you're interested - sign up as soon as you're ready to commit so you don't miss your chance!

#52710  
Mon, 11 AM - 12 PM, August 13 - September 10  
No Class on September 3  
Openroad Coffee & Tea  
915 West Mills Street, Columbus, NC 28722  
Register at ICC Polk Center, $25

#52986  
Mon, 11 AM - 12 PM, September 17 - October 8  
Openroad Coffee & Tea  
915 West Mills Street, Columbus, NC 28722  
Register at ICC Polk Center, $25

#52988  
Mon, 11 AM - 12 PM, October 15 - November 5  
Openroad Coffee & Tea  
915 West Mills Street, Columbus, NC 28722  
Register at ICC Polk Center, $25

#52989  
Mon 11 AM - 12 PM, November 12 - December 3  
Openroad Coffee & Tea  
915 West Mills Street, Columbus, NC 28722  
Register at ICC Polk Center, $25

**HOSPITALITY & TOURISM**

**INDUSTRY CERTIFICATION**

**PREPARE YOURSELF FOR YOUR TODAY AND YOUR TOMORROW!**

Opportunities are available now for a broad range of jobs that lead to a CAREER like...

- Hotel Front Desk, Concierge, Reservations, Room Attendants
- Restaurant Wait Staff, Servers, Food Prep, Hosts
- Event Planning, Group Coordinator, Meeting Planner, Wedding Coordinator
- Travel Agent, Tour Guides, Private Club Operations, Property Management, Facility Maintenance

Look who’s hiring - Tryon Resort, Lake Lure Inn, Rumbling Bald Resort, Chimney Rock Park, Local Restaurants and Local Attractions

**CLASSES STARTING IN SEPTEMBER**

at the Rutherfordton Learning Center

**Pathways to Hospitality** - $70  
**Career Readiness Soft Skills** - $70  
**Guest Service Gold** - $100  
**Career Readiness Preparing for the Job Search** - $70

Financial assistance available for qualifying students.

Industry partners who prefer applicants with an ICC Hospitality Institute Certificate:

For more information contact Beth Hartle at 828-395-4294, bhartle@isothermal.edu or Karen Marshall at 828-395-1408, kmarshall@isothermal.edu.
HELP WANTED
We are always looking for new course ideas and instructors.

If you have an idea for a class, please e-mail Jonathan Bland at the Rutherford Campus, j bland@isothermal.edu or Kate Barkschat at the Polk Center, kbarkschat@isothermal.edu

Include suggested class title, a brief description of class content, and your qualifications to teach the class.

Visit the Continuing Education website www.isothermal.edu/learnstuff
**Italian 2**  
*Instructor: Giuliana Riley*

In Italian 1 participants will have learned some basic vocabulary and phraseology. In this class they will advance their knowledge of the Italian language using the textbook *Italian Made Simple Revised and Updated 2nd Edition* by Cristina Mazzoni. It is available online from multiple sources. Cost is approximately $10.80. The textbook covers in depth basics of grammar, vocabulary building exercises, pronunciation aids, common expressions, word puzzles and language games, contemporary reading selections, Italian culture and history, economic information, and Italian-English and English-Italian dictionary. Individuals with some basic knowledge of the Italian language are welcome to sign up for this class. Interested individuals whom may have questions about the requirements for this class are welcome to contact instructor Giuliana Polinari Riley. Email address gpolinari@yahoo.com

#53128  
Tues, 9:30AM - 12PM  
October 2 - 30  
Rutherford Campus, Foundation Bldg., Hickory Room, $70

**Italian 3**  
*Instructor: Giuliana Riley*

This class is a continuation of Italian 2. Students will make progress in mastering the Italian language by continuing to study from the book *Italian Made Simple: Revised and Updated* by Cristina Mazzoni. The book is available online. Interested individuals whom may have questions about the requirements for this class are welcome to contact instructor Giuliana Polinari Riley. Email address gpolinari@yahoo.com

#53129  
Tues, 9:30AM - 12PM  
November 6 - 27  
Rutherford Campus, Foundation Bldg., Hickory Room, $70

**Beginning Sign Language**  
*Instructor: Carol Womick*

Have you ever wanted to learn a new language and communicate with someone who is hearing impaired? Have you ever wanted to use sign language? This class will focus on learning basic signs that can help you to communicate with someone, express yourself through sign and use music at the same time. Students will learn to sign the alphabet, learn to finger spell words, to sign words and make sentences.

# 53078  
Mon/Wed, 5 - 6 PM  
September 5 - October 29  
Rutherfordton Learning Center, Room 108, $60

**Vehicle Safety Inspection Certification - Initial and Renewal**  
*Instructor: Larry Bailey*

This class prepares students to renew and obtain the license for North Carolina Auto Safety Inspection. This course is designed to meet the training requirements (initial and/or renewal) for the Auto Safety Inspection Program administered by the NC Division of Motor Vehicles, License and Theft Bureau. To be licensed as a safety inspector, a mechanic must attend an eight-hour safety course and pass a state certification exam. Topics covered include an overview of DMV regulations, inspection procedures and proper use of diagnostic equipment. Students MUST bring the station number of their employer. Regulations manuals will be provided for use in the classroom.

#52685  
Wed/Thurs, 6 -10 PM  
August 15 - 16  
Rutherford Campus, Business Sciences, Red Room 137, $70

#53085  
Wed/Thurs, 6 -10 PM  
September 12 - 13  
Rutherford Campus, Business Sciences, Red Room 137, $70

#53092  
Wed/Thurs, 6 -10 PM  
October 10 - 11  
Rutherford Campus, Business Sciences, Red Room 137, $70

#53106  
Wed/Thurs, 6 -10 PM  
November 7 - 8  
Rutherford Campus, Business Sciences, Red Room 137, $70

#53108  
Wed/Thurs, 6 -10 PM  
December 5 - 6  
Rutherford Campus, Business Sciences, Red Room 137, $70

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**The Campus Bookstore**  
Located in the Student Center Building

**FALL SEMESTER HOURS**  
Monday, Wednesday, Thursday  9:00 a.m. - 3:30 p.m.  
Tuesday  9:00 a.m. - 6:00 p.m.  
Friday  9:00 a.m. - 1:00 p.m.

**First 3 weeks of Fall Semester**  
Monday- Thursday  8:30 a.m. - 6:00 p.m.  
Friday  8:30 a.m. - 3:00 p.m.

Please contact us at 828-395-1633 with any questions.
Vehicle OBD II Emissions Inspection Certification - Initial & Renewal
Instructor: Larry Bailey
This class is designed to meet the training requirements for the Auto Emission Inspection Program administered by the NC Division of Motor Vehicles, License and Theft Bureau. For initial and renewal certification the emission inspector mechanic license, you must successfully complete an eight-hour emissions course, be prepared to conduct an emissions inspection of a motor vehicle, and pass a written test. Topics covered include an overview of DMV regulations, inspection procedures, and proper use of diagnostic equipment. It is strongly recommended that you take and pass the Initial Vehicle Safety Inspection Certification course before taking the initial Vehicle OBD II Emissions Inspection Certification course. Students MUST bring the station number of their employer. Regulation manuals will be provided for use in the classroom.

#52687
Wed/Thurs, 6 -10 PM
August 22 - 23
Rutherford Campus, Business Sciences
Red Room 137, $70

#53086
Wed/Thurs, 6 -10 PM
September 19 - 20
Rutherford Campus, Business Sciences
Red Room 137, $70

#53098
Wed/Thurs, 6 -10 PM
October 17 - 18
Rutherford Campus, Business Sciences
Red Room 137, $70

ServSafe Food Safety Training
Instructor: Cindy Hill, certified instructor
Food contamination episodes can cost restaurants a lot of money. This food safety certification course, developed by the Educational Foundation of the National Restaurant Association, is a comprehensive program for food service professionals in restaurants, hospitals, nursing homes, child-care facilities, and other food-handling establishments. This 16-hour class will teach you food safety, developing standard sanitation operating procedures, examining controls for food borne illnesses, and more. The textbook (ServSafe Manager) with answer sheet is required and should be purchased PRIOR to the first day of class. It is available at the bookstore for approximately $100. Those passing the test will receive ServSafe certification, a program recognized by ANSI as meeting the NC state requirements for Certified Food Protection Manager. You must be at least 18 years old. Instructor:

#52680
Mon/Tues 8:30 AM - 5:30 PM
August 27-28
Rutherford Campus, Foundation Bldg., Maple Room, $70

#53090
Mon/Tues 8:30 AM - 5:30 PM
September 24 - 25
Rutherford Campus, Foundation Bldg., Maple Room, $70

#53103
Mon/Tues 8:30 AM - 5:30 PM
October 29 - 30
Rutherford Campus, Foundation Bldg., Maple Room, $70

#53104
Mon/Tues 8:30 AM - 5:30 PM
November 26 - 27
Rutherford Campus, Foundation Bldg., Maple Room, $70

Notary Public
Instructor: Rhonda Davis
Become a Notary Public! You will learn how to be one as you prepare for the required North Carolina test. To become a Notary, you must be at least 18 years old, have a high school diploma or GED, and pass the test given at the end of the class. The notary book is available at the college bookstore and MUST be purchased prior to the first day of class. This 2016 edition of the North Carolina Notary Public Manual, prepared by the North Carolina Department of the Secretary of State, contains practical instruction, tips, and best practices, essential tools for North Carolina notaries public. It provides updated information including the North Carolina Administrative Code section for notaries that was not in the previous edition. Estimated book cost $30.

#53100
Thurs, 9 AM - 4 PM (1 hour lunch), October 18
Rutherford Campus, Foundation Bldg., Maple Room, $70

#53024
Fri, 9 AM - 4 PM (1 hour lunch), November 9
Polk Center, Room 122, $70
Auto Dealers Continuing Education
Instructor: Arnold Craig, a retired DMV Inspector

HB 432 established license renewal training requirements for used motor vehicle dealers and others involved in the sale and distribution of motor vehicles. This class will fulfill the annual six hours of required continuing education. Instruction covers new state regulations, licensing procedures, and ways to avoid lawsuits and other legal problems. This class has been approved by the State of North Carolina. You must be pre-registered and the fee must be paid before the day of the class.

# 53077
Wed, 9 AM - 4 PM (1 hour lunch)
September 5
Rutherford Campus, Foundation Bldg.
Maple Room, $75

# 53114
Wed, 9 AM - 4 PM (1 hour lunch)
December 5
Rutherford Campus, Foundation Bldg.
Maple Room, $75

Electrical Contractor
Instructor: Tim Walker

This course will give the student a review of the NEC code changes from the viewpoint of the inspector. Students must bring their current N.C. Electrical Code book (2014). This course meets the requirements of the North Carolina State Board of Examiners of Electrical Contractors for 8 contact hours of continuing education credit. This course is not sponsored by the board.

#53115
Wed, 8 AM - 5 PM (1 hour lunch)
November 7
Rutherford Campus, Foundation Bldg.
Hickory Room, $70

Tim Walker is an authorized instructor by the NC State Board of Examiners of Electrical Contractors. He has been active in the electrical trade since 1972 and holds both a Level 3 inspector’s license and an unlimited contractor’s license. Tim is an active member of IAEL, serving on their education committee. Tim was named 2011 Instructor of the Year by the NC State Board of Examiners of Electrical Contractors.

Financial Strategies for Successful Retirement
Instructor: Valta, Inc.

Financial Strategies for Successful Retirement has been created to provide personal money management education. A “hear it, see it, read it, write it” teaching method makes it possible for you to understand and retain the information covered. The content in the 204 page, color illustrated workbook you receive corresponds with the presentation materials to illustrate key financial concepts which offers practical exercises and examples that you may be able to apply to your own situation. The class is enlightening and exciting. Attendees may participate and are encouraged to ask questions.

Financial Strategies for Successful Retirement introduces you to concepts and strategies that may help you spend your retirement comfortably and in control of your finances. This informational class will focus on money management strategies and lifestyle issues facing retirees. You will hear strategies that could help you manage your investments and retirement plan. The class will also discuss the effects of inflation and the possible costs of long-term care. The information is designed to help you prepare for a comfortable retirement.

This course is for you if you are nearing retirement, already retired, or beginning to develop a retirement plan and are interested in hearing concepts and strategies that may help you make appropriate choices when confronted by investment alternatives, insurance coverage, increasing health care costs, tax reduction methods, and proper disposition of your estate at death. Retirement planning is for everyone and it is never too early or late to begin.

#53102
Tues, 6 - 8:30 PM, October 23 - November 13
Rutherfordton Learning Center, Room 108, $70

IRS Continuing Education Tax Seminar
Instructor: Dan Thomas

This comprehensive tax education is provided over three days with a total of 18 IRS Approved CE credits available. Three hours of current tax law updates and two hours of ethics are available to meet IRS requirements. Other seminars are one or two hours in length and cover subjects such as basic 1040 preparation, Schedule C, Affordable Care Act changes, refundable credits and dependent issues, business taxation, and entity elections. No prerequisite is required although a basic knowledge of taxes is helpful. The seminars are presented in powerpoint with handouts to aid in comprehension. A lunch break is midday and “on your own”. CE Certificates are provided and completion is reported by the college directly to the IRS.

#53095
Thu, 9 AM - 5 PM (1 hour lunch)
October 11 - 25
Rutherford Campus, Foundation Bldg.
Hickory Room, $70

Dan Thomas brings a wealth of experience to this class as an IRS Enrolled Agent, current QuickBooks Certified Pro Advisor, member of the National Association of Tax Professionals and Past President of the NC chapter of the National Association of Tax Professionals. Dan is the owner of Jackson Hewitt Tax Service in Forest City.

#53105
Mon, 9 AM - 5 PM (1 hour lunch)
November 5 - 19
Rutherford Campus, Foundation Bldg.
Hickory Room, $70
NC Handgun Concealed-Carry Certification
Instructor: Philip Bailey, Rutherford County Sheriff’s Department, Retired
Take your first step to a concealed-carry handgun permit. This 12-hour class provides the training and certificate needed to apply for the permit at any Sheriff’s Department in North Carolina. You must be at least 21 and a North Carolina resident. Also, you are required to obtain your criminal history from the Clerk of Court of your county and submit it to the instructor at the beginning of the first class session. To attend class, you cannot have been convicted of any felonies or misdemeanor violent crimes. Bring 100 rounds of ammunition, a handgun, and a holster to the second night of class. The following Saturday, class will be held at the firing range.

#52679
Thurs/Fri, 5 - 9 PM
August 23-24
Rutherford Campus, Foundation Bldg, Hickory Room
Sat, 8 AM – 12 PM
August 25
Firing Range, $75

#53113
Thurs/Fri, 5 - 9 PM
November 15-16
Rutherford Campus, Foundation Bldg, Hickory Room
Sat, 8 AM – 12 PM
November 17
Firing Range, $75

HELP WANTED
We are always looking for new course ideas and instructors.

If you have an idea for a class, please e-mail Jonathan Bland at the Rutherford Campus, j bland@isothermal.edu or Kate Barkschat at the Polk Center, kbarkschat@isothermal.edu.

Include suggested class title, a brief description of class content, and your qualifications to teach the class.

To Register for RUTHERFORD CAMPUS classes
call 828-286-3636, option 2

HAVE YOU RECEIVED A TRAFFIC CITATION?

Don’t let that ticket ruin your driving record. The District Attorney, Clerk of Court, and judges want us to be safer drivers.

If you have been charged with a minor traffic violation in the 29th Judicial District (McDowell and Rutherford) or other counties in North Carolina honoring the National Safety and Health Council’s Defensive Driving Program, you may elect to have it reduced by the District Attorney.

Isothermal Community College offers the Defensive Driving Program through the National Safety Council of North Carolina, which trains motorists in the principles of safe driving.

The course should be completed and the information presented to the Clerk of Court for payment no later than two (2) working days before your scheduled court date.

Defensive Driving 4-hour class is offered on select Wednesdays and Saturdays of the month. You must pre-register and pay no later than Monday, 12 PM (noon) for the Wednesday class or Wednesday, 12 PM (noon) for the Saturday class. Fee: $65

Defensive Driving 8-hour class is offered the last Saturday of each month. You must pre-register and pay no later than Wednesday, 12 PM (noon) the week of the class. Fee: $85

Alive at 25 classes is for any student between the ages of 16 and 24 years. This 4-hour class is offered on select Tuesdays of each month. You must pre-register and pay no later than Monday 10 AM the week of the class. Fee: $65

**Occasionally classes have to be canceled or dates changed. Do not wait until the last possible class date before your court date to take the class.**

Please call (828) 286 - 3636, option 2, and then option 1 between 8 AM and 6 PM Monday through Thursday and 8 AM and 4:30 PM on Friday for registration information. To reach Butch Rollins call (828) 395 - 1410 after 1 PM

Visit the Continuing Education website
www.isothermal.edu/learnstuff
STAY NEAR. GO FAR!

Find out today how to get started on a degree, diploma or certificate with nearly 90 fields of study.

Engineering? Healthcare? Broadcasting?
Agriculture? Criminal Justice? Accounting?

Now enrolling for Fall 2018
Final Enrollment & Registration
Fall 2018 - August 15-16, 2018

Call the Admissions Office today to get started at 828-395-4193.

Rutherford and Polk residents may be tuition-free with the Powers Scholarship.

Register Today!  Act quickly to get the classes and times that work best for you.

Find us on Facebook at @isothermal.edu
www.isothermal.edu/strong
Call Brenda McFarland at (828)-395-1668 to sign up for classes today!

CALL TODAY FOR MORE INFORMATION 828-286-2319!
Finish up the Past and Work Toward Your Future!

FREE CLASSES

Adult High School Diploma
High School Equivalency Tests (GED© or HiSET)
English as a Second Language (ESL)

Orientation Sign-up...Call Today!

For orientation at the Rutherford Campus call 828-395-1631
For orientation at the Polk Center call 828-395-4262

Additional sites, locations, and times available in Rutherford and Polk Counties.

For more information contact Barbara Callahan, College & Career Readiness Secretary at 828-395-1631 or bcallahan@isothermal.edu

A High School Diploma can open up new opportunities — start a new career, go to college, earn more money!
WHO SHOULD HAVE A National Career Readiness Certificate™?

Here’s how to get one....
The National Career Readiness Certificate (NCRC) is based on the ACT WorkKeys Industry Skills Assessment System.

Examinees must successfully complete the three assessments which measure a range of essential work skills in each area. Assessments are offered on a regular schedule through the Continuing Education Department.

Getting these skills or reviewing before the test is easy. Isothermal Community College offers a convenient opportunity for skill development in an open learning-lab environment. Students work at their own pace with lab instructors on-site to assist when needed.

ACT’s National Career Readiness Certificate™ (NCRC) PROVES to employers that you have the skills to do the job.

It is a portable, industry-recognized, research-based credential that certifies essential skills needed for workplace success. To earn a NCRC, students are assessed in:

- Workplace Documents
- Applied Math
- Graphic Literacy

Certificates are issued according to assessed skill levels: Bronze, Silver, Gold or Platinum

For more information or to learn how to register, contact: Karen Marshall, 828-395-1408, or kmarshall@isothermal.edu

INCOME MAINTENANCE CASEWORKER
A Career in Helping Others

Fast track your career by completing the two-phase training program developed in partnership between the state Community College system and the NC Department of Social Services. Students who successfully complete the program will:

- Be guaranteed an interview with the Rutherford County Department of Social Services
- Earn the transportable credential recognized across the state and be eligible to apply for Income Maintenance Caseworker positions throughout the state-wide DSS system
- Gain core knowledge, skills and abilities for successful transition to working within the NCFAST computer system

* To take advantage of the guaranteed interview at Rutherford County DSS, interested applicants must meet the minimal job requirements and complete and submit the state job application prior to the interview being scheduled.

Classes Starting August 14, 2018!
Classes meet Tuesday/Thursday, 6 - 9 PM
Call Today To Enroll!

Phase I  Introduction to Human Services  - 48 hrs Provides students a look inside the world of DSS. Students will learn DSS terminology and basic intake processes. In addition, students will work on fundamental employability skills, and receive assistance with resume’ writing, interviewing and completing the state application. Students must pass this phase to be eligible for Phase 2—there are no exceptions.

Phase II  Income Maintenance Caseworker—NCFAST- 48 hours Provides students an in-depth, hands-on look at the NCFAST system. Through an interactive system, students will process applications, make changes and updates to simulated participant accounts. Students will learn how to “interview” clients to gain the information needed to complete the NCFAST intake process.

For more information, contact Karen Marshall at 828-395-1408, kmarshall@isothermal.edu or Jonathon Bland at 828-395-4470, jbland@isothermal.edu
Training People for Success in the Workforce

Whether you are unemployed, employed but looking to make a change, or entering the job market for the first time, the path to successful employment starts with being prepared. The Continuing Education Department offers an assortment of classes geared toward equipping job seekers with information, skills, self-awareness and insight into workplace expectations.

Be the job applicant who stands out. Start preparing yourself today!

• Preparing for the Job Search, Resume & Cover Letter Writing, Interviewing Skills
• Employability Skills - Soft skills employers want to see
• Skills Development for the National Career Readiness Certificate™ (NCRC)

Pre-registration is REQUIRED for all classes.

Students may register at the Continuing Education office of Isothermal Community College, lower level of the Foundation Building.

Fees for HRD classes can be waived if the student qualifies, including those unemployed, under-employed, or who have received notice of layoff.

For detailed information, contact Karen Marshall, HRD Coordinator, at 828-395-1408 or kmarshall@isothermal.edu.
COMMERCIAL TRUCK DRIVER TRAINING

Training at ICC is provided through a partnership with Caldwell Community College and Technical Institute, Hudson NC.

EARN YOUR CLASS A CDL LICENSE.
The majority of students have accepted a position with a company and are ready to start their career upon graduating.

- Professional Truck Drivers are in high demand.
- Salaries can start as high as $40K to $45k.

Isothermal only offers full-time day classes requiring 8.5 weeks to complete.

NEXT CLASS STARTS
Nov. 28, 2018

Mandatory Orientation on November 8, 2018

Contact Dee Spurlin at 828-395-1416 or dspurlin@isothermal.edu

3 Easy Ways To Pre-Register

For better customer service, ALL classes now require prepayment.

• By Phone
Call 828-395-1405, Rutherford Campus or 828-894-3092, Polk Center to register for classes. Please have the course number and your social security number handy when you call.

• In Person
Drop by the Continuing Education Office in The Foundation Building on the Rutherford Campus or at the Polk Center

• On The WEB Pre-Registration
Rutherford Campus
www.isothermal.edu/learnstuff
Polk Center
www.isothermal.edu/learnstuffpolk

CANCELLATION POLICY
If we cancel a class, you will be notified. If you would like to cancel your place in a class, please notify us as soon as possible before the class meets for the first time.

REGISTRATION FEE REFUND POLICY
If you need a refund or transfer, contact the Polk Center at 828-894-3092 or the Rutherford Campus at 828-395-1405.

A 100% refund shall be made if you officially withdraw prior to the first day of class or if the class is canceled.

A 75% refund shall be made if you officially withdraw from the class prior to or on the official 10% point of the class. No refund thereafter.

OCCUPATIONAL EXTENSION FEES AND FEE WAIVERS ARE SET BY THE NORTH CAROLINA GENERAL ASSEMBLY AND ARE SUBJECT TO CHANGE.

Important Information Section 10.6 of Session Law 2013-360 eliminated the waiver of tuition for up to six hours of credit instruction and one course of noncredit instruction per academic semester for senior citizens age 65 or older who are qualified as legal residents of North Carolina that was previously allowed in G.S. 115D-5(b)(11)

If you have a documented disability, it is your responsibility to contact the Disability Coordinator, 828-395-1732 to discuss classroom accommodation.
EMERGENCY MEDICAL SERVICES (EMS)

- Advanced Cardiac Life Support (ACLS)
- Advanced Cardiac Life Support
- Advanced Medical Life Support (AMLS)
- Basic & Advanced Prehospital Ventilator use
- Basic Life Support (CPR)
- Canine Tactical Medicine Course
- Coaching Emergency Vehicle Operations drivers training (CEVO)
- Emergency Medical Responder (EMR)
- Emergency Medical Services Safety Course
- Emergency Medical Technician (EMT)
- EMS in-service training for 15 departments in Polk/Rutherford Counties - Monthly
- Experienced Provider (ACLS-EP)
- Geriatric Education for Emergency Medical Services (GEMS)
- Heartsaver CPR/AED/First-aid/ Bloodborne pathogens
- Medtronic End Tidal Capnography Training (EtCO2)
- Paramedic
- Pediatric Advanced Life Support (PALS)
- Pediatric Education for Prehospital Providers (PEPP)
- Prehospital Trauma Life Support (PHTLS)

FIRE & RESCUE

- Orientation & Safety
- Emergency Vehicle Driver
- Emergency Medical Care
- Ladders
- Fire Behavior
- Rescue
- TR Health & Wellness
- Loss Control
- Health and Wellness
- TR Victim Management
- HAZMAT
- Alarms & Communications
- Emergency Vehicle Driver
- TR Anchors & MAS
- Ropes
- TR Health & Wellness
- TR Fixed Rope Systems
- Emergency Vehicle Driver
- TR Helicopter Transport
- Foam Fire Streams
- Traffic Incident Management
- WMD AWR 160
- Emergency Vehicle Driver
- Leadership 1
- TR PPE
- TR Personal Protective Equipment
- Health and Wellness
- TR Lowers and Raises
- TR Helicopter Transport
- TT Rescue Equipment
- TR Ropes Basics
- TR Fixed Ropes
- Sprinklers & Standpipes
- Fire Alarms & Communications
- TR Agricultural Rescue
- TR Ropes Lowers & Raises
- TR Anchors & MAS
- Ladders
- Foam Fire Streams
- Fire Life Safety Preparedness
- TR Fixed Rope Systems
- TR Ropes Highline
- Portable Fire Extinguishers

LAW ENFORCEMENT

- Live Fire Vehicle Takedown
- Active Shooter / Mass Violence Classes
- Human Trafficking
- Forensics
- Law Enforcement Intelligence Update
- ASP BATON Certification Course
- Detention Officer Certification Course
- Protective Detail
- Shoot house Training
- NC Firearm Laws
- Detention Officer In-service
- Driver Training
- Firearms
- Rifle School / Long Gun
- Body cameras
- Legal Updates
- Taser Certification / Recertification
- Swat Training
- SERT Team Training
- Pepper Spray
- TR Anchors & MAS
- Ladders
- Foam Fire Streams
- Fire Life Safety Preparedness
- TR Fixed Rope Systems
- TR Ropes Highline
- Portable Fire Extinguishers

For more information contact Jonathan Bland, Emergency Services Coordinator 828-395-4470 or Marnie Beaver, Emergency Services Support 828-395-1532
Coming Fall 2018

Culinary ARTS

**BUILD** your palette and broaden your knowledge of the chemistry of food.

**LEARN** how one taste effects another by proper pairings of foods.

**ACQUIRE** the skills needed to effectively manage a kitchen.

**FOCUS** on traditional cooking along with new and innovative techniques.

**DEVELOP** professional prep skills and industry-recognized methods.

**EXPLORE** occupation opportunities and pathways to careers in culinary.

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**EQUINE PROGRAM**

Class dates are rolling...

**Groom Elite 99**
**Groom Elite 101**
**Groom Elite 201**

**Instructors:**
- Dr. Thann Boyum
- Nikki Guerrazzi
- Anita Williamson
- Michelle Drum
- Helmuth Von Bluecher
- Lilia White
- Ann Troppmann

For more information or to register, call the Polk Center at 828-894-3092

*Isothermal Community College, Columbus, NC*

Courses are available in English and Spanish.

Financial assistance may be available.

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Instruction by Professional Chefs

For more information contact
Mark Franklin, 828-395-1677 or mfranklin@isothermal.edu