CONTINUING EDUCATION
Schedule of Classes
SPRING 2019
For complete list of classes please visit www.isothermal.edu/learnstuff
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, jbland@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.

Teaching at ICC is a great opportunity for networking, sharing your passions and having a whole lot of fun.

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

USE OF TOBACCO PRODUCTS
Isothermal Community College is a tobacco-free campus effective January 1, 2019. This applies to all employees, students, contractors, vendors, and visitors. For policy details, see policy 802-02-01BP Use of Tobacco Products.

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Allied Health Coordinator:
Betsy Cuthbertson, RN, BSN
Primary Instructors:
Nicole Burnette, CCMA, CMAA, CPT, CET;
Keith Hunt, RPh;
Michele Wilson, CCMA, CMAA, CPT, CBCS

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

#54306 ONLINE only
February 1 - April 30, $180

Cardiovascular Monitor/Technician
This 120-hour course is designed and approved to prepare the student to become a certified EKG (ECG) and Technician/Monitor. The course will cover the anatomy and physiology of the heart, principles of EKG, dysrhythmia recognition of sinus, junctional/atrial rhythms, heart blocks and bundle branches and ventricular ectopy rhythms. Skills will include operating EKG equipment, running and mounting strips as well as reading and interpreting 22 types of cardiac lead tracings produced from 12 and five lead monitors and to understand the basics of capnography as it relates to heart function. Upon completion, students will have the knowledge base to apply for national certification as a Certified EKG Technician. DATES ARE SUBJECT TO CHANGE. Please call 828-395-1405 to confirm course dates. *Financial aid opportunities may be available for qualifying students

#54304
Mon/Tues/Wed/Thur, 8:30 AM - 3 PM
February 11 - March 14
Rutherfordton Learning Center, Room 110, $180

#54310
Mon/Tues/Wed/Thur, 8:30 AM - 3 PM
November 4 - December 12
Rutherfordton Learning Center, Room 110, $180

Phlebotomy
This course provides theory and clinical experiences needed for the proper collection of blood and other specimens used for diagnostic testing. Emphasis is placed on ethics, legalities, medical terminology, safety and universal precautions, health care delivery systems, patient relations, anatomy and physiology, and specimen collection. Upon completion, students should be able to safely perform procedures necessary for specimen collections on patients in various health care settings and may be eligible for national certification as phlebotomy technicians. Course does include a clinical component (travel time to clinical sites could be as much as 60 minutes one-way).

#54305
Mon/Tues/Wed/Thur, 8:30 AM - 3 PM
March 25 - June 3
Rutherfordton Learning Center, Room 110, $180
Registration/Orientation (required): Friday, February 15, 2019 at 2:30 PM, Foundation Building, Hickory Room

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

#54307
Mon/Tues/Wed/Thur, 8:30 AM - 3 PM
June 17 - October 14
Rutherfordton Learning Center, Room 110, $180
Registration/Orientation (required): Friday, May 10, 2019 at 2:30 PM, Foundation Building, Hickory Room

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

#54302
Mon, 5:30 - 8:30 PM plus weekly online assignments through Moodle
January 7 - June 30
Rutherford Campus, Maple Room/Foundation Building, $180
Registration/Orientation (required): Thursday, December 13, 2018 at 10 AM, Foundation Building, Hickory Room

#54308
Mon, 5:30 - 8:30 PM plus weekly online assignments through Moodle
July 29 - December 16
Rutherford Campus, Maple Room/Foundation Building, $180
Registration/Orientation (required): Thursday, June 27, 2019 at 2:30 PM, Foundation Building, Hickory Room

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.

#54296
Mon/Tues 8:30 AM - 3 PM
January 7 - May 7
Rutherfordton Learning Center, Room 109, $180
Registration/Orientation (required): Friday, December 14, 2018 at 10 AM, Foundation Building, Hickory Room

#54298
Mon/Wed/Thurs, 9 AM - 1 PM
January 7 - May 2
Rutherfordton Learning Center, Room 112, $180
Registration/Orientation (required): Friday, December 14, 2018 at 10 AM, Foundation Building, Hickory Room

#54300
Sat/Sun, 8 AM - 4:30 PM
January 26 - April 28
Polk Center, Room 116, $180
Registration/Orientation (required): Monday, December 17, 2018 @ 10 AM, Foundation Building, Hickory Room

#54301
Tues/Wed/Thurs 5 PM - 9 PM
March 12 - July 2
Rutherfordton Learning Center, Room 112, $180
Registration/Orientation (required): Wednesday, February 13, 2019 @ 2:30 PM, Foundation Building, Hickory Room

*Financial aid opportunities are available for qualifying students.
Continuing Education

Massage Therapy

Our 660-hour massage therapy program combines lecture time with hands-on practice of massage techniques. Coursework includes anatomy and physiology, kinesiology, nutrition, business practices, ethics and specific massage modalities. Students will gain hands-on experience working with the public in a clinic setting through the program’s student massage clinic.

Upon completion of the program, graduates may sit for the MBLEx (Massage and Bodywork Licensing Exam), the sole licensing exam for the Massage Profession. Upon successfully passing the MBLEx, graduates may apply to NCBMBT (North Carolina Board of Massage and Bodywork Therapy) for their license to practice massage in the state of North Carolina or to other state boards to practice in other states. Isothermal Community College’s program prepares students for a career in Massage Therapy in hospitals, health & fitness centers, wellness centers, chiropractic offices, resorts, spas, nursing homes, cruise ships, and more.


Prerequisite:
High School diploma or GED. College Transcripts or CASAS Reading Test Scores. Students must be at least 18 years of age by the first day of class.

Registration Fee: $180
Books (approximate): $450
Black Scrubs (approximate): $45

Massage Therapy - Day Class
#54039
Tues/Wed/Thurs, 8 AM - 5 PM (1 Hour Lunch)
January 8 - August 13
No class on July 4
Polk Center, Room 117, $180

Massage Therapy - Evening Class
#54323
Tues/Wed/Thurs, 6 - 10 PM (in classroom) + online
May 7, 2019 - May 7, 2020
No class on July 4, November 27 & 28,
December 23-31, January 1
Polk Center, Room 117, $180

Stay Tuned:
Massage Therapy Classes Coming Soon!

Family & Friends Massage Workshop
This introductory massage workshop is designed for nonprofessionals interested in learning basic massage techniques to use with friends and family.

Massage Techniques for Estheticians
Learn classic massage strokes and techniques from a licensed massage therapist.

If interested, please call (828) 894 – 3092 so that you can be added to our interest list.

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

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

#54147
Tues/Thurs, 9 AM - 11 AM
March 5 - March 28
Rutherford Learning Center, Room 116, $70

Intro to Excel
Instructor: Deborah Mahan
This beginning level Excel class will help you create and edit simple spreadsheets. You will learn how to format a spreadsheet, how to insert simple formulas and function, and how to create charts based on your spreadsheet. You will have a tool to keep up with your budget, checkbook, and even chart your daily blood pressure readings. Learn how much you can do with Excel!

#54207
Tues/Thurs, 9 AM - 11 AM
April 9 - May 9
Rutherford Learning Center, Room 116, $70

How to be a Digital Nomad
Instructor: Amy Carroll
Whether you want to give up the office and work from home or are retired and want to travel the world, there are tools that will help you run your business or household from anywhere. This class will tell you the tools Amy uses to run three businesses and her household from the beach, mountains or anywhere in between. She will go in-depth on how to use the internet and software to be location-independent so you can live and work from anywhere.

#54314
Wednesday, 9 - 11 AM
January 23 - February 27
Polk Center, Room 122, $70

How to Make Money Blogging
Instructor: Amy Carroll
If you want to make money talking about something you love, blogging is the way to do it! This class teaches the fundamentals of building an audience and monetizing your blog. You will learn how to pick a topic to blog about, how to get traffic to your blog, how to build loyal readers and how to turn those readers into paying customers. This class is for anyone who wants to make money on the side or turn blogging into a full time profession. This goes hand in hand with our Personal Branding class, where it will be expanded on.

#54334
Wednesday, 9 - 11 AM
March 13 - April 17
Polk Center, Room 122, $70

Personal Branding
Instructor: Amy Carroll
If you want to build a loyal customer base that will support your business, no matter what you’re selling, personal branding is the answer. This class will teach you how to define your personal brand, how to identify your ideal customer and how to build a loyal following using blogging, email marketing and social media. This course is perfect for influence marketers and others who want to make money online. This class will also expand on our How to Make Money Blogging class, which go hand in hand with each other.

#54338
Wednesday, 12 - 2 PM
March 13 - April 17
Polk Center, Room 122, $70

Social Media Marketing for Business
Instructor: Amy Carroll
The marketing landscape has changed. Now, consumers have decided who they will buy from before they even make the purchase. They do this through online research via Google and Social Media. This class teaches you how to be front and center when they make that buying decision. You will learn about the various social media platforms, how to market to potential customers without being intrusive and which tactics work best. You will also learn which platforms to focus on for your specific business.

#54339
Wednesday, 9 - 11 AM
May 1 - June 5
Polk Center, Room 122, $70

Photoshop Basics
Learn the Photoshop basics including cropping, adjusting lighting and other techniques while working with your own photographs.

If interested, please call (828) 894 – 3092 so that you can be added to our interest list.
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.

#54025  
**Tues, 9 AM - 4 PM (1 hour lunch)**  
January 15 - March 5  
Polk Center, Room 108, $90

#54029  
**Tues, 9 AM - 4 PM (1 hour lunch)**  
March 12 - April 30  
Polk Center, Room 108, $90

#54034  
**Tues, 9 AM - 4 PM (1 hr lunch)**  
May 7 - June 25  
Polk Center, Room 108, $90

General 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.

#54092  
**Mon, 9 AM - Noon**  
January 28 - February 4  
Polk Center, Room 122, $30

#54093  
**Mon, 9 AM - Noon**  
March 4 - March 11  
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.

#54032  
**Fri, 9 AM - 4 PM (1 hour lunch)**  
January 4 - February 22  
Polk Center, Room 108, $90

#54033  
**Fri, 9 AM - 4 PM (1 hour lunch)**  
March 1 - April 26  
No class on April 19  
Polk Center, Room 108, $90

#54036  
**Fri, 9 AM - 4 PM (1 hour lunch)**  
May 3 - June 21  
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.

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.

#54276  
**Wed, 9:30 AM - 12:30 PM**  
January 9 - February 13  
Polk Center, Room 108, $90

#54277  
**Wed, 9:30 AM - 12:30 PM**  
February 27 - April 3  
Polk Center, Room 108, $90

#54278  
**Wed, 9:30 AM - 12:30 PM**  
April 17 - May 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!

#54267
Mon, 9:30 AM - 12:30 PM
January 7 - February 18
Polk Center, Room 108, $90

#54273
Mon, 9:30 AM - 12:30 PM
February 25 - April 1
Polk Center, Room 108, $90

#54275
Mon, 9:30 AM - 12:30 PM
April 15 - June 3
No class April 22 & May 27
Polk Center, Room 108, $90

Drawing 1
Instructor: Roxanne Parris
Both new and developing artists are encouraged to join us. All will benefit from the topics covered in this course. These topics will include the art of observation, the elements of art such as line and shape, light sources, value, shadows, contrast, space, size and form. The student will also learn techniques such as gridding, layering, measuring, rendering, overlapping and creating contour and cross-contour lines.

#54128
Mon, 6PM-8PM
Jan 7 - March 4
Rutherford Learning Center, Room 108, $75

Drawing 2
Instructor: Roxanne Parris
This class is a continuation of the Basic Drawing 1 class which is a prerequisite for entering this class. It will go into more depth into the art of drawing. Topics that will be covered will include design and composition, textures, moods, effects, depth, focal point, perspective, balance, movement and placement. Techniques such as hatching, cross-hatching and stippling will also be covered.

#54130
Mon, 6PM-8PM
March 11 - May 6
Rutherford Learning Center, Room 108, $75

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.

#54177
Mon, 6PM - 9PM
April 1 - April 29
Rutherford Campus, Communications Building
Room 124/125, $60

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.

#54053
Thurs, 1 - 4 PM
March 21 - April 25
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.

#54052
Thurs, 9AM - 12PM
March 21 - April 25
Polk Center, Room 108, $90

Visit the Polk Center website at www.isothermal.edu/learnstuffpolk
Mosaic Glass  
**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.

#54116  
Thurs, 9 AM - 12 PM  
February 7 - February 21  
Polk Center, Room 108, $45

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.

#54282  
Weds, 9 AM - 12 PM  
January 23 - February 13  
Polk Center, Room 112, $75

Macramé Pot Hangers  
**Instructor: Dot Pearce**  
Learn the basic square knot and spiral to create hangers for those spring flower pots. The cord you use is up to you, although the instructor recommends cotton or jute. A list of supplies is available at the Isothermal Polk Center, (828) 894 - 3092.

#54097  
Weds, 8:30 AM - 12:30 PM  
February 13  
Polk Center, Room 122, $30

#54098  
Weds, 8:30 AM - 12:30 PM  
May 8  
Polk Center, Room 122, $30

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

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,  
jbland@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.

STAY TUNED:  
CREATIVE/VISUAL ARTS CLASS  
COMING SOON!  
Colored Pencil on Cork – Learn this exciting new technique using colored pencils on cork to create beautiful artwork.

If interested, please call (828) 894 – 3092 so that you can be added to our interest list.
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.
Dates are TBA

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 to 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.
Dates are TBA

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 are TBA

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 horseman ship class. Financial aid opportunities may be available for qualifying students, contact (828) 894 - 3092 for more information.

#54286
Thursday, 6 - 9 PM
February 7 - March 7
*Saturday, March 2, 12 - 3 PM
Polk Center, Room 112, $70
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. Groom Elite 99 or experience around horses is a prerequisite.  
*Dates are TBA*

Advanced Equine Braiding & Competition Prep  
*Instructor: Michelle Drum*  
The 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. Class size is limited. Intro to Equine Braiding & Competition Prep class is a prerequisite.  
*Dates are TBA*

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STAY TUNED:  
EQUINE CLASS COMING SOON!

Large Animal Veterinary Assistant  
This program is designed for people who want to work at a veterinary clinic or facility and for those who are currently employed in positions in which they look after animals. All aspects of veterinary assisting will be covered including veterinary terminology, anatomy and physiology, animal behavior and communication, grooming techniques, proper handling and restraining of animals, handling specimens, interacting with clients and educating them in topics such as nutrition, proper care and administration of medications.

If interested, please call (828) 894 – 3092 so that you can be added to our interest list.

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To Register for POLK CENTER classes  
call 828-894-3092

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The Campus Bookstore  
Located in the Student Center Building  
*Hours are subject to change without notice.*

**Regular Hours**  
Monday: 9 a.m. - 3:30 p.m.  
Tuesday: 9 a.m. - 6 p.m.  
Wednesday: 9 a.m. - 3:30 p.m.  
Thursday: 9 a.m. - 3:30 p.m.  
Friday: 9 a.m. - 1 p.m.

Isothermal Bookstore carries a full-line of apparel, supplies and accessories with the school logo. We also have a wide selection of Jansport bookbags with lifetime warranties that sell for 15-30% below retail as well as a line of breast cancer pens/pencils. There are many books about Rutherford County and surrounding areas sold in the bookstore.

Please contact us at 828-395-1633 with any questions or concerns.  
Don’t forget to check out our CLEARANCE Books!
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 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.

#54258
Wed, 6 - 8:30 PM
January 23 - February 27
Polk Center, Room 122, $90

#54266
Wed, 6 - 8:30 PM
May 1 - June 5
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, non-fiction, poetry, essays, etc. Prerequisite: Writing Secrets of the Pros with Catherine Hunter

#54260
Wed, 6 - 8:30 PM
March 13 - April 17
Polk Center, Room 122, $90

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.

#54332
Mon, 2 - 4 PM
January 7 - February 11
Polk Center, Room 108, $70

#54333
Mon, 2 - 4 PM
February 18 - March 25
Polk Center, Room 108, $70

#54336
Mon, 2 - 4 PM
April 8 - May 20
No class on April 22
Polk Center, Room 108, $70

Great Decisions Lecture Series
Instructor: Various Guest Lecturers
Offered nationwide by the nonpartisan, nonprofit Foreign Policy Association, Great Decisions 2019 is a lecture/discussion series on world affairs dedicated to promoting a better understanding of important world issues that will affect future policy of the United States. You are welcome to sign up even if you cannot attend every session, but you must pay the full registration fee even if you plan to attend only a session or two.

This year’s topics include:
• Refugees and Global Migration
• The Middle East: Regional Disorder
• Nuclear Negotiations: Back to the Future?
• The Rise of Populism in Europe
• Decoding U.S. - China Trade
• Cyber Conflicts and Geopolitics

#54365
Thurs, 2 - 4 PM
Feb 7 - March 14
Polk Center, Room 112, $35

To Register for POLK CENTER classes
call 828-894-3092
Continuing Education

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.

#54157
Tues, 6 - 8 PM
January 8 - February 12
Rutherford Campus, Foundation Bldg., Maple Room, $40

#54158
Tues, 6 - 8 PM
February 26 - April 2
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.

#54187
Mon, 6 - 9 PM
February 4 - March 11
Chase High School, AG Room, $60

#54124
Thurs, 6 - 9 PM
February 21 - March 28
Polk Center, Room 118 / Polk County HS AG Room, $60

#54129
Thurs, 6 - 9 PM
April 18 - May 23
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.

Advanced Small Engine Repair
Instructor: John Womack
John will cover the internal workings of 2 and 4 cycle engines and related systems (carburetors, ignition, compression, etc.) in this class. Students will have hands on experience working on their own equipment. Bring tools (screwdrivers, wrenches, etc.) and items to be repaired. Prerequisite: Basic Small Engine Repair or equivalent experience.

#54188
Mon, 6 - 9 PM
March 25 - May 20
Chase High School, AG Room, $90

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

# 54127
Mon, 6 - 8 PM
January 28 - March 18
Rutherford Campus, Foundation Bldg., Maple Room, $60

To Register for Rutherford Campus or Rutherfordton Learning Center call 828-286-3636, option 3 for Continuing Education classes.

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

SCHEDULE OF CLASSES

GENERAL INTEREST & HOBBIES
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

#54154
Tues, 6:30 - 9PM
February 12
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.

Organic Gardening on a Shoestring Budget
Instructor: Roxanne Parris
Gardening is getting more and more expensive, especially organic gardening; but there are ways to minimize the expenses that go along with natural gardening. In this class we will discuss how to prepare your garden, where to get the seeds, how to save seeds, how to prepare the soil and fertilize it, how to get containers, how to deal with pests and the best methods to maximize your garden space. These methods are meant to be used as an alternative to expensive seeds, pots, fertilizers and pesticides and still eat from a healthy, organic environment. It is never too early to get started. The better prepared you are when garden season comes, the better chances you will have of having a successful garden.

#54175
Thurs, 6 - 8 PM
January 10 - February 28
Rutherford Campus, Foundation Bldg., Maple Room, $75

Roxanne Parris has worked in management in a retail setting, a restaurant, and an office. She has also owned her own health food store, Eden’s Way, and began filming health seminars. Her experience in the natural health care realm naturally led her to doing her own health and organic agriculture seminars in different parts of the country. These seminars eventually landed her a job as the administrator of a lifestyle training center in Texas. After the center was closed, she began doing online e-commerce work for an international company, causing her to pursue a degree in graphic design. While getting her degree, she won numerous awards for her illustrations and photography. She is currently working on uniting her graphic design work with her health knowledge to produce books about natural remedies, especially for children.

100 Years of American Popular Music
Instructor: Dr. Bob Nelson
This course asks, “What is popular music?” and examines the evolution of popular American culture from the 1850s to the 1950s, from Stephen Foster to the advent of rock ‘n’ roll. We will explore music of wars, Tin Pan Alley, ragtime, blues, jazz, rhythm and blues, country, folk, soul, musical theater, and rock. We will also consider the cultural, social, political, and economic settings of these musical styles.

#54120
Tues/Thurs, 7 - 8:30PM
February 5 - March 28
Rutherford Learning Center, Room 108
134 Maple St., Rutherfordton, $75

Dr. Robert Nelson holds a Ph.D. in music history and has taught music for over 30 years. In addition, he has performed with a variety of music ensembles in the area, including the Symphony of Rutherford County, Ol’ 74 Jazz, the Gardner-Webb Orchestra, the Rutherford Community Chorus, Palmetto Posauen (a professional trombone ensemble at Furman University), and the Charlotte Civic Orchestra. He and his wife have lived in Forest City for over 20 years. His wife, Diane, is minister to senior adults and music associate at First Baptist Church, Forest City.

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

To Register for
RUTHERFORD CAMPUS OR
RUTHERFORDTON LEARNING CENTER
call 828-286-3636, option 3
for Continuing Education classes.
Water Exercise  
**Instructor: Ruth Hils**  
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.

#54197  
Tues/Thurs, 4:45 - 5:45 PM  
January 8 - April 25  
Rutherford Campus, Student Center, Pool, $60

#54198  
Tues/Thurs, 4:45 - 5:45 PM  
May 7 - August 27  
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.

#54134  
Mon/Wed/Fri, 7 - 7:50 AM  
January 7 - March 29  
Rutherford Campus, Student Center, Pool, $60

#54140  
Mon/Wed/Fri, 7 - 7:50 AM  
April 1 - June 24  
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.

#54135  
Mon/Wed/Fri, 1 - 1:50 PM  
January 7 - March 29  
Rutherford Campus, Student Center, Pool, $60

#54141  
Mon/Wed/Fri, 1 - 1:50 PM  
April 1 - June 24  
Rutherford Campus, Student Center, Pool, $60

**History & Philosophy of Yoga**  
**Instructor: Marie Chan**  
This course will examine the ancient origins of yoga and explore its philosophy according to the Eight Limbs of Yoga outlined in the Yoga Sutra — The ethics, the physical practices, mental discipline leading up to meditation. Course materials will be mostly lectures and discussions. Some physical breathing and physical practice will be done as a demonstration. Mental exercises will also be included to support the discussions. Wear comfortable clothing to class and avoid a big meal before class. You do not need to be a yoga practitioner to take the class. However, for those who practice yoga this will be a wonderful background to enhance the understanding and add new dimensions to your practice.

#54206  
Thurs, 6 - 8 PM  
May 9 - 30  
Rutherford Learning Center, Room 113, $40
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.

Note: If you have any questions whether this class is suitable for you, contact Marie at (828) 305 - 8816, or at email

#54199
Tues, 6 - 7:15 PM
January 8 - February 12
Rutherford Learning Center, Room 113, $45

#54200
Tues, 6 - 7:15 PM
March 5 - April 9
Rutherford Learning Center, Room 113, $45

#54201
Tues, 6 - 7:15 PM
May 7 - 28 (Mini Session)
Rutherford Learning Center, Room 113, $35

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. Marie Chan RYT-500

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 your 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.

Note: If you have any questions whether this class is suitable for you, contact Marie at (828) 305 - 8816, or at email asanayoga.rfc@gmail.com

#54202
Thurs, 6 - 7:15 PM
January 10 - February 14
Rutherford Learning Center, Room 113, $45

#54203
Thurs, 6 - 7:15 PM
March 7 - April 11
Rutherford Learning Center, Room 113, $45

To Register for
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RUTHERFORDTON LEARNING CENTER
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for Continuing Education classes.

Visit the Continuing Education website
www.isothermal.edu/learnstuff
Qi Gong
Instructor: Ed Kan

Qi Gong is a centuries-old, mind and body practice. It involves a number of easy, slow and gentle movements with breathing, and relaxation. The movements can be practiced while walking, standing, or even sitting. Research findings suggest that practicing Qi Gong regularly may improve balance and stability in older people and those with Parkinson’s, reduce pain from knee osteoarthritis, help people cope with fibromyalgia and back pain, and promote quality of life and mood in people with heart failure and cancer. Qi Gong may help to improve general quality of life, and offer psychological benefits, such as reducing depression and anxiety. The class will focus on improving balancing, in addition to all the above health benefits. If you are already healthy, this class will help you maintain your health and fitness. The gentle movements of Qi Gong practiced correctly should not have any negative side effects, and is safe for all people with normal mobility. For more detail about the above and other potential health benefits of Qi Gong, please read the research reports at the NIH web site: www.nccih.nih.gov/health/taichi. Ed Kan has been teaching Tai Chi and Qi Gong in this area since 2006, and currently has four ongoing classes in Polk County and Landrum.

#54221
Mon, 6 - 8:30 PM
January 7 - March 4
No class on January 21
Polk Center, Room 112, $90

#54223
Thurs, 2 - 3:30 PM
January 10 - February 28
Polk Center, Room 118, $90

#54225
Thurs, 2 - 3:30 PM
March 7 - April 25
Polk Center, Room 112, $90

#54222
Mon, 6 - 8:30 PM
March 11 - May 6
No class on April 22
Polk Center, Room 112, $90

DUKE CERTIFICATE PROGRAM
IN NONPROFIT MANAGEMENT

Coaching for Top Performance
March 6 - Wed., 10 AM - 4 PM
(working lunch)
Isothermal Community College
Polk Center, Room 112
Althea Gonzalez, Instructor

Coaching is central to performance management and typically is used to help an employee improve his/her performance. Coaching can help managers develop the climate, environment, and process that empowers individuals and teams to create desired results. After participating in this workshop, you will be able to identify the benefits of coaching, assess why some managers avoid coaching, recognize the characteristics of effective coaches, analyze what is influencing unsatisfactory performance and how to document the problem area, prepare for and conduct a coaching session, and avoid common coaching pitfalls.

The Duke University Nonprofit Management program curriculum offers a structured and rigorous grounding in the establishment, operation, and continuation of a successful nonprofit. Our curriculum reflects a comprehensive evaluation of the needs of the changing nonprofit sector. Managing a nonprofit has developed in new and exciting ways. The Duke Certificate in Nonprofit Management provides recipients the skills to navigate this changing environment successfully.

For more information, including details about the class or how to register, contact Duke University’s Continuing Studies Department (919) 684 - 6259.

Financial assistance may be available through WNC Nonprofit Pathways for employees of a nonprofit serving in a Western North Carolina county. Email Debbie at debbie@nonprofitpathways.org for information about this scholarship opportunity.
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!

#54241
Mon, 11 AM - 12 PM
January 7 - February 4
No class on January 21
Openroad Coffee & Tea
915 West Mills Street
Columbus, NC 28722
Register at ICC Polk Center, $25

#54243
Mon, 11 AM - 12 PM
February 11 - March 4
Openroad Coffee & Tea
915 West Mills Street
Columbus, NC 28722
Register at ICC Polk Center, $25

#54244
Mon, 11 AM - 12 PM
March 11 - April 1
Openroad Coffee & Tea
915 West Mills Street
Columbus, NC 28722
Register at ICC Polk Center, $25

#54246
Mon 11 AM - 12 PM
April 8 - May 6
Openroad Coffee & Tea
915 West Mills Street
Columbus, NC 28722
Register at ICC Polk Center, $25

Introduction to Spanish Vocabulary
Instructor: Colleen Abril
For students with little or no previous experience with Spanish who are looking to learn new vocabulary to navigate within our community, or for students who want to refresh their foreign language skills in a relaxed and fun environment. This 2-hour, eight week session will introduce new vocabulary words relating to a different theme each week using a cultural DVD, activity packets and Bingo Game. Each class is a stand-alone class, so if a week is missed, no worries! Our main goal is that students quickly gain vocabulary skills they can immediately use in their community, workplace or at their next travel destination. Attendees will receive a custom curriculum packet each week to keep that has all the materials covered from that class. Materials to bring: a pencil and your enthusiasm!

#54238
Mon, 2 - 4 PM
January 7 - March 4, No class on January 21
Polk Center, Room 109, $70

Spanish Vocabulary II
Instructor: Colleen Abril
This 2-hour, eight week class is a continuation of Spanish Vocab I. It will introduce even more vocabulary words relating to a different theme each week using a cultural DVD, activity packets and Bingo Game. Each class is a stand-alone class, so if a week is missed, no worries! Our main goal is that students quickly gain vocabulary skills they can immediately use in their community, workplace or at their next travel destination. Attendees will receive a custom curriculum packet each week to keep that has all the materials covered from that class. Prerequisite: Spanish Vocab I with Colleen Abril

#54240
Mon, 2 - 4 PM
March 11 - May 6, No class on April 22
Polk Center, Room 109, $70

Continuing Spanish
Instructor: Colleen Abril
This class is designed for those who have some previous Spanish knowledge with vocabulary, grammar, and verb conjugation. The focus is on all four language skills: listening, speaking, reading, and writing. You will have the opportunity to practice with other students at the same level. Come join us for a no stress, no test, and enjoyable learning experience! You can choose between the Monday and Wednesday group! ¡Hasta pronto!

#54214
Wed, 2 - 4 PM
January 16 - March 6
Polk Center, Room 109, $70

#54235
Wed, 2 - 4 PM
March 13 - May 1
Polk Center, Room 109, $70

#54237
Wed, 2 - 4 PM
May 8 - July 3, No class on May 15
Polk Center, Room 109, $70

Colleen Abril was born in Philadelphia, Pennsylvania and moved to the beautiful foothills of Western North Carolina during her middle school years. She had the wonderful opportunity to participate in a student exchange program in high school where she lived and studied in Lima, Peru for a year. Since then, she has obtained a Bachelor’s Degree in Spanish from the University of North Carolina at Asheville. She has utilized her degree and experience by tutoring students, specifically in ESL and Spanish, of all different ages and backgrounds for over 20 years. In her spare time, she enjoys exercising, hiking, and reading.
Spanish I
Instructor: Carol Womick

Today, it’s more important than ever for English-speakers to have a working knowledge of Spanish. However, it isn’t necessary to spend months memorizing grammatical rules and concepts. This class will involve vocabulary including: colors, numbers, interrogatives, days, months, and seasons. Students will learn how to ask and answer basic questions, talk about daily routines, and how to ask and answer questions about the work place. This class will be an eight week class, 32 hours of training!

# 54186
Mon/Wed, 5 - 7 PM
January 7 - March 4
Rutherfordton Learning Center, Room 116, $125

Carol Womick is a World Language Teacher for Rutherford County Schools. She teaches Spanish I - VI and ASL I - IV. She has worked for RCS for 18 years

Italian - Intro
Instructor: Giuliana Riley

Planning on going to Italy to check out La Dolce Vita in the near future?

Or perhaps you want to satisfy an urge to try out the Bel Canto, or you simply want to follow doctor’s order to learn a new language to improve your memory. In any case, this new class may be what you have been waiting for. Instructor Giuliana Polinari Riley, was born in Verona, Italy, and studied in Rome, prior to coming to the United States.

You will learn basic expressions for a variety of situations you might encounter visiting Italy, correct pronunciation for your arias, and lots of vocabulary to exercise your memory.

#54155
Tues, 9:30AM - 12PM
March 5 - April 2
Rutherford Campus, Foundation Bldg., Hickory Room, $70

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

#54156
Mon, 9:30AM - 12PM
April 1 - April 29
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 fingerspell words, to sign words and make sentences.

#54123
Mon/Wed, 4 - 5 PM
January 7 - March 4
Rutherfordton Learning Center, Room 116, $60

#54345
Mon, 4:30 - 6:30 PM
March 18 - May 13
No class on April 22
Polk Center, Room 122, $60

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, jbland@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 POLK CENTER classes call 828-894-3092.

To Register for RUTHERFORD CAMPUS OR RUTHERFORDTON LEARNING CENTER call 828-286-3636, option 3 for Continuing Education classes.

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

#54192  
_Wed/Thurs, 6 -10 PM_  
January 9 - 10  
Rutherford Campus, Business Sciences  
Red Room 137, $70

#54193  
_Wed/Thurs, 6 -10 PM_  
February 6-7  
Rutherford Campus, Business Sciences  
Red Room 137, $70

#54194  
_Wed/Thurs, 6 -10 PM_  
March 13 - 14  
Rutherford Campus, Business Sciences  
Red Room 137, $70

#54195  
_Wed/Thurs, 6 -10 PM_  
April 10 - 11  
Rutherford Campus, Business Sciences  
Red Room 137, $70

#54196  
_Wed/Thurs, 6 -10 PM_  
May 15 - 16  
Rutherford Campus, Business Sciences  
Red Room 137, $70

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.

#54190  
_Wed/Thurs, 6 -10 PM_  
February 20 - 21  
Rutherford Campus, Business Sciences, Red Room 137, $70

#54191  
_Wed/Thurs, 6 -10 PM_  
April 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:

#54179  
_Mon/Tues 8:30 AM - 5:30 PM_  
January 28 - 29  
Rutherford Campus, Foundation Bldg., Maple Room, $70

#54180  
_Mon/Tues 8:30 AM - 5:30 PM_  
February 25 - 26  
Rutherford Campus, Foundation Bldg., Maple Room, $70

#54181  
_Mon/Tues 8:30 AM - 5:30 PM_  
April 29 - 30  
Rutherford Campus, Foundation Bldg., Maple Room, $70

To Register for Rutherford Campus or Rutherfordton Learning Center call 828-286-3636, option 3 for Continuing Education classes.

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

#54173  
Thurs, 9 AM - 4 PM (1 hour lunch)  
March 14  
Rutherford Campus, Foundation Bldg., Hickory Room, $70

#54047  
Thurs, 9 AM - 4 PM (1 hour lunch)  
April 18  
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.

#54125  
Wed, 9 AM - 4 PM (1 hour lunch)  
February 13  
Rutherford Campus, Foundation Bldg., Maple Room, $75

# 54126  
Wed, 9 AM - 4 PM (1 hour lunch)  
April 3  
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.

#54133  
Sat, 8 AM - 5 PM (1 hour lunch)  
March 16  
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 IAEI, serving on their education committee. Tim was named 2011 Instructor of the Year by the NC State Board of Examiners of Electrical Contractors.

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

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

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EMERGENCY SERVICES

**Basic Law Enforcement Training (BLET)**

The Basic Law Enforcement Training Program (BLET) taught at Isothermal Community College is a 640-hour program that prepares students to become certified law enforcement officers. With a staff of more than 40 instructors, the BLET includes 33 topics that cover virtually every basic task that an inexperienced officer should know.

The BLET meets from 6:00 pm to 10:00 pm Monday through Thursday evenings, with Friday and Saturday training included. The program lasts approximately nine months. Students in BLET are exposed to a broad array of training including both classroom lecture, and hands-on skill training (driver training, firearms, etc.) The BLET program is regulated by the NC Criminal Justice Training and Standards Commission. As such, the BLET must meet the highest standards as it trains each class of future law enforcement officers. Exciting, challenging, demanding, and rewarding, the BLET program is your entry into a career like no other!

**Call today, and begin...**

**A Career That Makes A Difference!**

**Basic Law Enforcement Training Course Topics**

- Course Orientation
- Physical Fitness Training
- Ethics for Professional Law Enforcement
- Arrest, Search, and Seizure/Constitutional Law
- Elements of Criminal Law
- Communication Skills for Law Enforcement Officers
- Law Enforcement Radio Procedures and Information Systems
- Field Note taking and Report Writing
- Interviews: Field and In-Custody
- Subject Control/Arrest Techniques
- Juvenile Laws and Procedures
- Fingerprinting and Photographing Arrestees
- Dealing with Victims and the Public
- Criminal Investigation
- ABC Laws and Procedures
- Motor Vehicle Law
- Law Enforcement Driver Training
- Crime Prevention Techniques
- First Responder
- Domestic Violence Response
- Controlled Substances
- Tech. of Traffic Law Enforcement
- In-Custody Transportation
- Traffic Accident Investigation
- Explosives and Hazardous Materials Emergencies
- Individuals w/ Mental Illness and Mental Retardation
- Crowd Management
- Preparing for Court and Testifying in Court
- Patrol Techniques
- Sheriff’s Responsibilities: Detention Duties
- Sheriff’s Responsibilities: Court Duties
- Civil Process
- Firearms

**Call Brenda McFarland at (828)-395-1668 to sign up for classes today!**

Isothermal Community College
Career or Passion?
Come find out.

January 22—April 24
Monday - Thursday, 1-5 PM
ICC Culinary Training Center
140 Old Caroleen Rd., Forest City
(Rutherford Opportunity Center)

This extensive 212 contact hours of training will introduce the concepts, skills and techniques for volume food production. Emphasis will be on the development of skills in knife, tool and equipment handling and applying the principles of food preparation. Additionally, students will learn how one taste effects another by proper pairings of foods, build their pallet, and broaden their knowledge of the chemistry of food.

During the course, which will include lecture and hands-on training, students will focus on traditional cooking along with new and innovative cooking techniques. They will develop professional prep skills using industry recognized methods, and explore occupation opportunities. Students who successfully complete the course will receive a certificate of completion issued by Isothermal Community College.

Costs for course include $180 course registration fee, $140 culinary text book, $100 professional culinary uniform *Possible financial aid for those who qualify.

As part of the Isothermal Culinary Arts program, short-term, specialized trainings will be offered throughout the semester. These trainings will be theme-based and give everyone a chance to explore specific areas of interest. Join our culinary e-mail list and receive notice of all Culinary Arts courses.

To join our culinary e-mail list or for information about the Culinary Arts Program, contact
Mark Franklin at 828-395-1677, mfranklin@isothermal.edu or
Dee Spurlin at 828-395-1416, dspurlin@isothermal.edu
STAY NEAR. GO FAR!

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


Now enrolling for Spring 2019
Final Enrollment & Registration
January 3 & 4, 2019

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
Spring Semester Hours of Operation
Tuesday - Thursday
9:00 AM - 12:30 PM

Hair Care Services
Basic Dry Hair Cut.......................... $6.00
Beard/Mustache Cut.......................$5.00
Shampoo/Style ...................... $5.00 & up
Shampoo/Wrap/Style...... $10.00 & up
Shampoo using
Stove/Flat/Crimping Irons............. $14.00
Conditioner ................................ $4.00 - $8.00
+ Scalp Massage ....................... $12.00
Color Rinse/Treatment ........ $2.00 & up

Permanent Wave Services*
Perm/Cut/Shampoo
& Basic Style .......................... $33.00
Spiral or Piggyback
Wrap Perm ......................... $45.00
Blow Out Smoothing Treatment
includes cut/style .................. $45.00 & up
Chemical Smoothing Treatment
includes cut/style ............... $70.00 & up

Chemical Relaxer Services*
Chemical Relaxer
with Basic Roller Set............. $30.00

*Prices per application of product may increase depending on the amount of product used for time involved. Prices subject to change.

Color Services*
Color Removal ...................... $25.00 & up
Full Head Bleach
Application .................. $45.00 & up
Toner Application .............. $12.00
Hair Color
(Perm/Semi Perm)........... $20.00
Hair Lightening - Cap Application -
(Perm / Tint) .................. $35.00
Foil Application
with Basic Style ................ $10.00
plus $3.00 each Foil
Full Head Foil Application
with Basic Style ............... $45.00 & up

Skin Care Services
Facials
(hand manipulation) .......... $18.00
Eye Brow Arch
or Wax ................ $4.00 each area
Lash & Brow Tinting .......... $5.00

Nail Services
Manicure .......................... $6.00
Gel Polish (one color) ....... $15.00
Pedicures ......................... $14.00
Paraffin Manicure ............... $12.00
Paraffin Pedicure .............. $18.00

WAXING
Eyebrows .............. $7.00
Lip ..................................... $5.00
Chin .................................... $7.00
Underarms ......................... $12.00
Forearms ......................... $12.00
Half Legs (knee down) .... $15.00
Full Legs ......................... $25.00

ADD ONS
Make Up Application .... $10.00
LED Light ......................... $10.00
Lash Extensions .............. $10.00
Lash and Brow Tint ....... $12.00

Like us on Facebook for Special Offers...
Isothermal Cosmetology

Rejuvenate Your Body, Mind, and Senses.

FACIALS
Mini Facial (30 min) .................. $15.00
Basic Facial (45 min) ........... $20.00
European Facial (1 1/2 hr) .... $35.00
Deluxe Facial (1 1/2 hr) ......... $25.00 - $30.00
Micro Dermabrasion ............. $30.00
Micro Dermabrasion (6 treatments) $150.00
Calming Facial (1 1/2 hr) ....... $25.00 - $35.00
Mens Revitalizing Facial ......... $20.00
Purifying Facial (acne) .......... $25.00 - $35.00
Paraffin Facial .................. $30.00

BODY TREATMENTS
Hot Stone (1 1/2 hr) ........... $30.00
Back Facial (30 min) ......... $20.00
Body Scrub (1 hr) ............ $30.00
Salt Glow ................ $25.00

CALL THIS PROGRAM AT EAST HIGH SCHOOL FOR ANY HIGH SCHOOL JUNIOR OR SENIOR IN RUTHERFORD COUNTY SCHOOLS.

Continuing Education
Finish up the Past and Work Toward Your Future!

- 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™?

EVERYONE!

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 February 5, 2019!
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.

Hospitality & Tourism

Issued by the American Hotel and Lodging Association

This national industry credential shows employers you have the attitude and the aptitude to be a valuable employee in the hospitality industry.

Successful students will earn the National Guest Service Gold Certification and lapel pin.

Sign up for one of three courses to be held at Rutherford Learning Center.

February 19 & 20, 6-8:30 PM
March 12 & 14, 6-8:30 PM
April 24 & 25, 1-3:30 PM

Registration fee $60

For more information or to register, call 828-395-1405 or visit the Continuing Education Department in the lower level of the Foundation.
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.
Rutherfordton Learning Center
134 Maple Street, Rutherfordton, NC 28139

Polk Center
1255 West Mills St., Columbus, NC 28722
828-894-3092
### EMERGENCY MEDICAL SERVICES (EMS)

- Advanced Cardiac Life Support (ACLS)
- Advanced Cardiac Life Support (ACLS-EP)
- 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

For more information contact Jonathan Bland, Emergency Services Coordinator 828-395-4470 or Marnie Beaver, Emergency Services Support 828-395-1532
Groom Elite courses are available in English and Spanish. Financial assistance may be available.

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