CONTINUING EDUCATION
EDUCACIÓN CONTINUA
SUMMER 2023
Schedule of Classes
Horario de Clases

ASK US ABOUT THE ISOTHERMAL WORKFORCE GRANT
See page 3

Adult Education classes including English as a Second Language!
¡Clases de educación para adultos que incluyen inglés como segundo idioma!

Information inside on page 16 & 20!
¡Información en el interior de la página 16 & 20!
Continuing Education Hours of Operation
Monday - Friday, 8 AM - 4:30 PM
Summer Hours
Monday - Thursday, 7:30 AM - 5:30 PM

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 Campus 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 Campus.

• On The WEB Pre-Registration
  www.isothermal.edu/continuing-education/register

CANCELATION 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 Campus 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.

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.
The Isothermal Workforce Grant helps cover the registration fee for residents of Rutherford and Polk counties to get into short-term programs that lead to job certifications. The programs include Professional Truck Driving, Massage Therapy, Pharmacy Technician, Healthcare Billing and Coding, Phlebotomy, EMT and Paramedic Technician.

CALL TODAY, 828-395-1405 FOR MORE INFORMATION.
Healthcare Billing and Coding
This 180-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, and have the knowledge base to apply for national certification as a Certified Billing and Coding Specialist. CLASS DATES ARE SUBJECT TO CHANGE. Please call (828) 395 - 1405 to confirm course dates.

#65935
September 1st, 2023 - November 30th, 2023
ONLINE only, $185
(Registration fee + $5 Institution technology fee)

Phlebotomy
This 258-hour course provides theory and clinical experiences needed for 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 successful completion of the course, 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. CLASS DATES ARE SUBJECT TO CHANGE. Please call (828) 395 - 1405 to confirm course dates.

#63926
July 9th - October 4th, 2023
ONLINE & Wednesdays, $185
(Registration fee + $5 Institution technology fee)
CERTIFIED NURSING ASSISTANT PROGRAM

**Allied Health Coordinator:** Tracey Evans, MSN, RN

**Primary Instructors:** Sonja Blanchette, RN, BSN; Cassidy Butler, RN, BSN; Tracey Evans, MSN, BSN, RN; Carole Robbins, MSN, BSN, RN; June Steele, RN, BSN; Loretta Whiteside, MSN, BSN, RN; Katie Edwards, RN, BSN; Deborah Ledbetter, RN

**PLEASE NOTE:** You must pre-register for the orientation sessions and classes by calling 828-395-1675. If you need leave a message, include your name, phone number, email address, and the Section Number of the class you wish to sign up for.

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**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 the 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 - 1405 to confirm course dates.

#65930
Thursdays, 8 AM - 2:30 PM
May 4, 11, 18, 25
Rutherfordton Learning Center, Room 109, $70

#65931
Thursdays, 8 AM - 2:30 PM
June 1, 8, 15, 29
Rutherfordton Learning Center, Room 109, $70

#65824
Thursdays, 8 AM - 2:30 PM
July 6, 13, 20, 27
Rutherfordton Learning Center, Room 109, $70

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**Nurse Aide Level I - HYBRID CLASSES NOW AVAILABLE!**

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 - 1405 to confirm course dates. *Financial aid opportunities are available for the Nurse Aide Level I courses for qualifying students.*

#65908
ONLINE and Wednesday 8:00 AM - 4:30 PM
May 21st- September 27th, 2023
Rutherfordton Learning Center, Room 109, $185
(Registration fee + $5 Institution technology fee)

#65927
ONLINE and Fridays 8:30 AM - 5:00 PM
May 28th - October 6th, 2023
Rutherfordton Learning Center, Room 111, $185
(Registration fee + $5 Institution technology fee)

#66232
ONLINE and Saturdays 8:00 AM - 4:30 PM
August 13th- December 16th, 2023
Polk Campus, Room 116, $180
(Registration fee + $5 Institution technology fee)

#65824
Sat/Sun 8 AM - 4:30 PM, April 16th- July 23rd, 2023
Polk Campus, Room 116, $180

#66028
Tues/Thurs 9- 3:30 PM, July 11th- November 16th, 2023
Rutherfordton Learning Center, Room 116, $180

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Summer 2023 Schedule of Classes
MASSAGE THERAPY PROGRAM
Coordinator: Karen Marshall
Instructors: Liz Mills, Susan Juczak

PLEASE NOTE: Our full Massage Therapy Program class costs will include registration fee(s), mandatory textbooks/workbooks, scrubs and other incidental costs for personal supplies.

 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 NCMBT (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 equivalency. 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): $400
Black Scrubs (approximate): $45

*DATES COMING SOON! Call for more information!

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

TO REGISTER FOR CLASSES CALL:
POLK CAMPUS - 828-894-3092
RUTHERFORD CAMPUS OR RLC - 828-395-1405

Isothermal Community College Nurse Educator Professional Development (45 Hours)
Instructor: Kimberly Amos

The North Carolina Board of Nursing specifies that “nursing faculty who teach in a program leading to initial licensure have preparation in teaching and learning principles for adult education, including curriculum development, implementation and evaluation.” This preparation must be completed prior to or within the first three years of employment. The Nurse Educator Professional Development course was developed to meet this requirement. The course consists of two online training modules offered through Continuing Education at Isothermal Community College. The course is designed for BSN-prepared nurse educators who seek:

• To meet the 45 hour nurse educator requirements as set forth by the NC Board of Nursing
• Additional training by experienced faculty in their field
• Motivation for pursuing a Master’s Degree in Nursing Education
• Additional contact hours for licensing

Type/Location: Online using Moodle/ Isothermal Community College
Cost: Please Call (includes tuition and a certificate upon completion of the course), plus textbooks cost.

This continuing education activity was approved by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Students must provide a SSN Number; Email Address, and city in which they live for Moodle Access.

PLEASE CALL FOR DATES OF COURSE AND FEE - Isothermal Community College / Moodle

Instructor: Kimberly Amos, PhD, RN, CNE, is the lead instructor for Nurse Educator Professional Development. Dr. Amos has been a faculty at Isothermal Community College for the past 7.5 years. She received her PhD in Education (Specializing in Nursing Education) from Capella University, her Master’s in Science (Specializing in Nursing Education) and Bachelor of Science in Nursing at Western Carolina University. Dr. Amos is also a Certified Nurse Educator by the National League for Nursing. In addition, she practiced as a RN in various settings for over 12 years before entering nursing education. For more information, contact Kim Amos at 828-395-1741 or kamos@isothermal.edu.
Painting Open Studio
Instructor: Vicki Van Vynckt
Turn your blank canvas or paper into a work of art! In this painting class you choose your subject matter and the medium you prefer to work with: oils, acrylics, or watercolor. You will receive expert guidance in composition, color, color mixing, values, and other elements of design by instructor Vicki Van Vynckt. Beginning oil and acrylic artists are welcome. Watercolor artists should have some previous experience. Students are welcome to come and go as they please within the open studio period. Students need to bring their own supplies and projects to work on. If you are a beginner, please request a supply list from ICC Polk Campus office (828) 894-3092.

#66009
Tues, 9 AM - 3 PM
June 6 - August 1
Polk Campus, Room 103, $90
No class on 7/4.

Nature has always been the greatest inspiration for Vicki’s paintings. She feels grateful to be living in the foothills of the beautiful Blue Ridge Mountains and the inspiration it brings to her art. For Vicki, painting is an expression of the gratitude for these gifts of nature. She started painting in oils at the age of fifteen and had always created art even earlier than she can remember. Her mother and grandfather were artists and so she was encouraged to be creative from a young age. Her subject matter includes skyscapes, landscapes, animals, dreamscapes, and abstracts. She also has experimented with different art mediums throughout the years, with her favorite being oils and alcohol inks. At Cottey College, the University of Southern Indiana, and The Atelier art school Vicki continued fine art studies and eventually began teaching art through various art organizations as well as out of her home. She has been teaching painting classes at Isothermal Community College for over five years. Her paintings have been shown in over ninety art exhibitions since 1988 and she is currently represented by galleries in North Carolina, South Carolina, and online. You may visit her website at www.vannyvyncktfineart.com or contact her at (828) 859-6758 for more information about her artwork or classes.

Drawing Open Studio
Instructor: Janet Orselli
Are you developing your drawing abilities on your own but want constructive feedback? Would you like to connect with others in a creative setting? This class is an opportunity to bring your work to a supportive audience, gain guidance and expand your chosen artistic direction. Bring with you your chosen media. Class will be geared to address individual student questions and interests. If there is interest, class may include field trips, studio visits, and artist lectures.

#66307
Mon, 1 - 4 PM
April 24 - June 5
Polk Campus, Room 103, $60
No class on 5/29.

#66308
Mon, 1 - 4 PM
June 12 - July 17
Polk Campus, Room 103, $60

Drawing Instructor Janet Orselli is a multidisciplinary artist who draws, creates sculpture, assemblage, and site-specific installations. Her whimsical assemblage pieces stir viewer imagination and give old objects a new future filled with meaning. Her drawings are meant to capture the essence in each individual. Orselli holds a Masters of Fine Arts degree from Clemson University. She has been chosen for artist residencies at Anderson Ranch, CO; Spring Island, SC; and Kaiserslautern, Germany. She has received three NC Artist Project Grants and a national Pollock-Krasner Foundation Fellowship. Orselli has exhibited internationally and has had over fifteen solo exhibitions including OK Harris Works of Art in New York City and the Gibbs Museum in Charleston, SC. She has shown in numerous group exhibitions both regionally and nationally. Her work is featured in the book 100 Southern Artists. Orselli was selected as the fall 2018 Artist-in-Residence at 701 Center for Contemporary Art in Columbia, SC, where she completed work for a solo show in 2019. She lives in Columbus, NC.
**Beginning Drawing**  
*Instructor: Janet Orselli*  
This course will teach you the basic skills needed to draw well — and to also tap into your natural artistic abilities and creativity. You will do this by learning to “see” as an artist sees. That means learning to process visual information in the same way as artists do. Through specific exercises you will learn about gesture, contour and cross-contour drawing, composition and value. The goal is to create your own learning style and have a better understanding of how to grow as an artist. Just bring 4B/6B drawing pencils, vine charcoal (art supply), kneaded eraser and medium/large sized sketch pad to your first class. Eight-week class.

#66085  
Thurs, 1 - 4 PM  
May 25 - June 29  
Polk Campus, Room 103, $60

**People Drawing People**  
*Instructor: Janet Orselli*  
Have you always wanted to draw people but it seemed too intimidating? This is the perfect class to let go of that fear and have fun. You won’t be as concerned because everyone else will be so focused on drawing they won’t be looking at what you are drawing. Much laughter and learning ensue when you’re not judging yourself. Bring a pack of soft/thin vine charcoal sticks, drawing pencils, a kneaded eraser and a large sketchpad. This class is a great way to practice, join with others and have loads of fun!

#66086  
Thurs, 1:00 - 4 PM  
July 6 - July 27  
Polk Campus, Room 103, $60

**Basic Sculpting**  
*Instructor: Jim Weitzel*  
Learn the basics of clay sculpture, starting with an introduction to the medium, subject selection and plan drawing. This is followed by basic mold making and resin casting. Students will get their creative juices going with the creation of small-scale sculptures from start to finish. Minimal supplies will need to be purchased prior to class. List available when students register.

#66179  
Mon, 10 AM - 12 PM  
May 8 - June 19  
Polk Campus, Room 103, $50  
No class on 5/29.

**Jim Weitzel** grew up outside of Cleveland, Ohio and was fortunate to spend many hours at the Cleveland Museum of Art and to live just minutes away from the Dali collection that now lives in St. Petersburg Florida. These collections have had a lasting effect on the work that he produces. He attended the Columbus College of Art and Design in Columbus Ohio, Graduating in 1979. For the last 40 years he has been living in North Carolina. Jim’s instructor statement is: “It is my ambition to create large-scale public work and at the same time shine a light on the plight of those who deal with lives disrupted by these conditions.”

**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.

#66270  
Mon, 6 - 9 PM  
June 5 - June 26  
Rutherford Campus, Willow Room FDN Building, $65  
(Registration fee + $5 Institution technology fee)

**Giuliana Polinari Riley** has previously taught Photography in the Applied Science and Technology Department of Isothermal Community College for over thirty years. She is the recipient of multiple Photography awards from Kodak, Artists Abroad, Verona, Italy, Rutherford County Visual Arts Guild; and she was granted the 2014 and 2019 Regional Artist Project Grants.

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**TO REGISTER FOR CLASSES CALL:**
POLK CAMPUS - 828-894-3092  
RUTHERFORD CAMPUS OR RLC - 828-395-1405
Crochet Market Bag
Instructor: Dot Pearce
In this two-week summer workshop, students will learn crochet techniques necessary to create a summer market bag. This bag is perfect for trips to area tailgate markets and pick-your-own orchards! Students need to bring to class a “g” size hook and a ball of sugar and cream cotton yarn.

#66010
Thurs, 9 AM - 12 PM
June 1 - June 8
Polk Campus, Room 103, $45

#66011
Thurs, 9 AM - 12 PM
June 22 - June 29
Polk Campus, Room 103, $45

#66012
Thurs, 9 AM - 12 PM
July 6 - July 13
Polk Campus, Room 103, $45

Cake Decorating: Beyond the Icing Advanced Class
Instructor: Cassondra McClung
The purpose of this class is to teach about cake and treat decorating beyond the beginning fundamentals. Getting friendly with fondant opens a whole world of amazing decorating possibilities and it doesn’t have to be intimidating. Learn how to use different mediums for cake decorating for that perfect themed custom cake. Decorate your own dessert bar with the chocolate techniques learned with this class and learn the basics in cookie decorating.

CLASS 1: Introduction to different decorating mediums. For example: fondant, gum paste, modeling chocolate. Recipes and supply lists will be handed out. Demonstrations of how-to properly make homemade fondant and modeling chocolate.

CLASS 2: Students will bring their naked cake and ice in buttercream as a refresher to the beginning cake decorating class. Students will sign up for items to bring for the chocolate dessert bar. We will discuss Cookies and techniques to decorate them.

CLASS 3: Students will participate in making their own dessert bar.

CLASS 4: Students will make the edible decorations that will be needed for their final project cake. Students will also decorate/ice their own cookies.

CLASS 5: Students decorate their final project cake with all the techniques learned in the previous weeks.

#66288
Mon, 6 - 8 PM
July 3 - 31
Rutherford Campus, Foundation Bldg, Maple Room, $45
HEALTHY LIVING & PHYSICAL EDUCATION

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.

#65047
Tues/Thurs, 4:45 - 5:45 PM
April 4 - July 27
Rutherford Campus, Student Center, Pool, $60
No class on 7/4 & 7/6.

#66282
August 1 - November 16
Tues/Thurs, 4:45 - 5:45 PM
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.

#65000
Mon/Wed/Fri, 7 - 7:50 AM
March 24 - June 14
No class 3/29, 4/7, 4/10, 5/29
Rutherford Campus, Student Center, Pool, $60

#66285
Mon/Wed/Fri, 7 - 7:50 AM
June 19 - September 8
No class 7/3, 7/5, 7/6, 9/5
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.

#64998
Mon/Wed/Fri, 1 - 1:50 PM
March 24 - June 14
No class 3/29, 4/7, 4/10, 5/29
Rutherford Campus, Student Center, Pool, $60

#66286
Mon/Wed/Fri, 1 - 1:50 PM
June 19 - September 8
No class 7/3, 7/5, 7/6, 9/5
Rutherford Campus, Student Center, Pool, $60

**Beginner Yoga**
*Instructor: Betsy Clay*
Beginner yoga will set you up for a great yoga practice that you can take on and off the mat. We will focus on breathwork, meditation, and practicing the yoga postures. This class is gentle yoga and great for anyone just starting out or a more seasoned yogi.

#66292
Mon, 10 AM - 11 AM
June 5 - July 10
Rutherford Learning Center, Room 108, $40

Visit the Continuing Education website
www.isothermal.edu/continuing-education
Chair Yoga
Instructor: Betsy Clay
This course is a gentle form of yoga that can be done standing or in the comfort of your chair. Throughout all of the poses you will have access to your chair. This is a great way to get started on your yoga journey. This class also incorporates a 15 minute meditation to help promote focus and clarity. This class will leave you feeling prepared mentally and physically for the rest of your day!

#66293
Thurs, 10 AM - 11 AM
June 8 - July 13
Rutherford Learning Center, Room 108, $40

Walking for Fitness
Instructor: Meredith Byers
Learn how to properly stretch and prepare for recreational walking. Set personal goals and crush them with the help of your instructor! We will meet for a total of 7 class times over the course of 8 weeks. During these class times, you will learn about: Making healthier choices, preparing for physical activity, proper stretching techniques, injury prevention, and more. You will work with your instructor to create a personal walking fitness goal to work towards over the 8-week period. Each week, you will receive small rewards for your progress to serve as reminders of the key topics we discuss during class. On the last day of class, students will be rewarded for their progress and success towards their personal goals. Students must register by May 15. Class size is limited to 15.

#66291
Tues, 12:30 - 1:45 PM
May 30 - July 18
No class on 7/4
Rutherford Campus, Student Center Gym, $45

Zumba
Instructor: Wavolyn Norville
In this 6-week Latin inspired dance class, students of all ages and fitness levels will enjoy working out to simple choreography. Join in on the fun, and burn calories while moving to the rhythm. The best part is that it doesn’t even feel like exercise!

#66287
Thurs, 6 - 7 PM
June 15 - July 20
Rutherford Learning Center, Room 108, $40
Instructor Wavolyn Norville has been a licensed Zumba Instructor since 2011. She previously taught aerobics. Her motto is “We Zumba because we love it!”

Visit the Continuing Education website
www.isothermal.edu/continuing-education

Contact
Charity Hardin, Title IX Coordinator
Sandra Lacker, Title IX Deputy Coordinator
Donna Hood, Title IX Deputy Coordinator
Jeremiah McCluney, Title IX Deputy Coordinator

Population Served
Employees, Community Members, and Coordinates all Title IX Issues
Curriculum Students
Continuing Education Students
REaCH Students

Contact Information
828-395-1686 chardin@isothermal.edu
828-395-1429 slackner@isothermal.edu
828-395-1404 dhood@isothermal.edu
828-395-4164 jsmcelan@resnc.org

TO REGISTER FOR CLASSES CALL:
POLK CAMPUS - 828-894-3092
RUTHERFORD CAMPUS OR RLC - 828-395-1405
Italian I  
Instructor: Giuliana Riley  
A practical approach to learning conversational Italian. The class will cover correct Italian pronunciation, grammar, vocabulary, common expressions, and essential phrases related to: exchanging proper greetings, traveling, asking for directions, ordering at a restaurant, and shopping.

Participants will be provided with handouts to practice the material in class with instructor’s assistance, and to take home to study.

#66271  
Mon, 6PM - 9PM  
July 3 - July 24  
Rutherford Campus, Foundation Bldg., Hickory Room, $70

Instructor Giuliana Polinari Riley is a native of Verona, Italy, where she lived for over 20 years, including four years of residence in Rome to study at the “Istituto Magistrale G. Carducci”.

TO REGISTER FOR CLASSES CALL:  
POLK CAMPUS - 828-894-3092  
RUTHERFORD CAMPUS OR RLC - 828-395-1405

The Campus Bookstore  
Located in the Student Center Building

Go to bookstore.isothermal.edu for most up-to-date information. Most all materials can be ordered through the website.

Summer Hours  
Monday - Thursday  9 a.m. - 3:30 p.m.  
Closed Friday  
Hours are subject to change without notice.

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.

Don’t forget to check out our CLEARANCE Books!

Certified EMS, Fire Fighter, and Law Enforcement courses  
American Heart Association Training Center  
Basic Law Enforcement Training (BLET)

FOR MORE INFORMATION, CONTACT  
Marnie Beaver  
EMS Program Support  
(828) 395-1532, mbeaver@isothermal.edu

John Splawn  
Fire Services Training Specialist  
(828) 395-1766, jsplawn@isothermal.edu

Jason Wilson  
Emergency Medical Services Specialist  
(828) 395-4345, jwilson@isothermal.edu

Brenda McFarland  
Administrative Assistant II HPS/BLET  
(828) 395-1668, bmcfarland@isothermal.edu

Please contact us at 828-395-1633 with any questions or concerns.
General Contractor Continuing Education Renewal Course
Instructor: Neel Hudson
This class is a Continuing Education course designed for NC Licensed General Contractors. The course includes the 2-hour mandatory course plus 6-hours of elective courses approved by the NC Licensing Board for General Contractors. This course will allow NC Licensed General Contractors to complete the mandatory 8 hours of Continuing Education, in one day, in an in-person setting.

#66289
Saturday, 8 AM - 5 PM
August 19
Rutherford Campus, ETWD, Room 215

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.

#66250
Mon/Tues 8:30 AM - 5:30 PM
May 29 & 30
Rutherford Campus, Foundation Bldg., Maple Room, $70

#66252
Mon/Tues 8:30AM - 5:30PM
August 28 & 29
Rutherford Campus, Foundation Bldg., Maple Room, $70

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.

#65084
Wed/Thurs, 6PM -10PM
May 10 & 11
Rutherford Campus, Business Sciences, Red Room 137, $70

#66274
Wed/Thurs, 6PM -10PM
June 7 & 8
Rutherford Campus, Business Sciences, Red Room 137, $70

#66275
Wed/Thurs, 6PM -10PM
July 12 & 13
Rutherford Campus, Business Sciences, Red Room 137, $70

#66276
Wed/Thurs, 6PM -10PM
August 2 & 3
Rutherford Campus, Business Sciences, Red Room 137, $70
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 Tuesday 12 PM (noon) 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 Continuing Education 828-395-1405 or 828-395-1476 Monday through Friday, 8 AM to 4:30 PM for registration information.
As part of the Isothermal Culinary Arts program, short-term, specialized trainings will be offered Summer 2023.

These trainings will be themed based and give everyone a chance to explore specific areas of interest.

CALL TODAY for our workshop schedule!

“My daughter and I took the breadmaking class together and had a wonderful time. We loved the hand-on learning and the professional tips shared by the chef. We will definitely be taking more culinary workshops!”

“SKILLS TO SUCCEED
Being Workplace Savvy to Survive & Thrive

What every new graduate should know!

Rutherford Campus
June 12, 13, 14, 8:30 AM—4:30 PM
Maple Room, Foundation Building
Hour lunch break on your own

Polk Campus
June 19, 20, 21, 8:30 AM—4:30 PM
Auditorium, Polk Campus
Hour lunch break on your own

NO TESTS! NO HOMEWORK! NO GRADES!
Just valuable information and skill development for your success!

Activities, guest speakers, learning games, individualized resources and personalized tools to take home. Topics covered include:

• Successful job search skills, tools, tips
• Resume’ writing
• Time management
• Preparing for an interview
• Practice interviews
• Getting the most from a job fair
• Teamwork
• Communication
• Money management basics
• Smooth transition to the workplace
• Building a positive workplace reputation
• Professionalism for any job

Registration for the full 3-day workshop is FREE to all graduates.

For more information contact Karen Marshall, HRD Coordinator, 828-395-1163 or kmarshall@isothermal.edu

To join our culinary e-mail list, contact Dee Spurlin at 828-395-1416, dspurlin@isothermal.edu

Summer 2023 Schedule of Classes
Free ESL Classes
Clases gratuitas de ESL

ESL classes at Isothermal Community College are open to all who are interested in building their English language skills.
Las clases de ESL en el Isothermal Community College están abiertas a todos los que estén interesados en mejorar sus conocimientos de inglés.

Classes in Rutherford and Polk County
Clases en los condados de Rutherford y Polk

Open Enrollment
Matrícula abierta
New students can join everyday
Los nuevos estudiantes pueden incorporarse todos los días

Easy to Start
Fácil de comenzar
Walk in to class and say “hi”
Entrar en clase y decir “hola”

Free
Gratis
No cost to participate, all materials provided
La participación es gratuita, se proporcionan todos los materiales

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Days</th>
<th>Times</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rutherford Campus</td>
<td>Foundation building, Pine room 286 ICC Loop Rd 28160</td>
<td>M, T, W, Th</td>
<td>5:30pm–8pm</td>
<td>Childcare provided for free</td>
</tr>
<tr>
<td>Polk Center</td>
<td>Room 124 1255 W Mills St Columbus, NC 28722</td>
<td>M</td>
<td>6pm–8pm</td>
<td>Childcare provided for free</td>
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<tr>
<td>ESL Online</td>
<td>Online</td>
<td>MTWTHFSSU</td>
<td>12:00am-11:59pm</td>
<td>Distance Learning Class classes online</td>
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<td>TBD</td>
<td>New classes can be opened any time.</td>
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</tbody>
</table>

For more information contact Amy Galla 828-395-1361
(no text messages) agalla@isothermal.edu
Para más información, llame o envíe un correo electrónico
Amy Galla 828-395-1361 [no mensajes de texto] agalla@isothermal.edu
Free Computer Class for Beginners!
Explore and learn

I. Basic Computer Skills
• Turning on and navigating a new device
• Troubleshooting basic computer challenges
• Setting up user preferences on a computer

II. Internet Basics
• Navigating an internet browser to complete a personal goal
• Identifying specific search terms to produce a successful internet search
• Differentiating between safe websites and those with possible malware or viruses

III. Using Email

Call to Learn More!

828-395-1631

NEW

CLASSES PROVIDED AT THE POLK CAMPUS AND RUTHERFORD CAMPUS.
WHAT IS THE SBC?
The Small Business Center is a part of the NC Community Colleges Small Business Network. We are the state’s largest state-supported small Business Assistance incentive. Over 30 years old, we were started back in 1984. The Small Business Center Network has at least one Small Business Center at each of our Community Colleges.

WHERE CAN I FIND IT?
The Small Business Center is located at Isothermal Community College and serves both Polk and Rutherford County. The office is in the Engineering Technology Workforce Development Building.

WHAT CAN IT DO FOR ME?
The Small Business Center focuses on entrepreneurship, Small Business and economic development with emphasis on assisting start-ups and existing businesses seeking disaster assistance or referral information all free.
Confidential Counseling
Webinars and Seminars
Starting your Business
Developing your Business Plan
Marketing your Business
Financing your Business
Selling to the Government
Expanding your Business

There are many free online webinars available at: https://www.ncsbc.net click on training and scroll down to SBCN State Office.

Check the website for a complete list of webinars and seminars for the Small Business Center. Online registration is preferred at: https://www.ncsbc.net//center.aspx?center=75260

For more information call Dee Spurlin at 828-395-1416 or e-mail dspurlin@isothermal.edu

Co-sponsored by Isothermal Community College Small Business Center
Career and Employment Resource Center  
*Training People for Success in the Workforce*

Whether 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. Human Resource Development (HRD) classes are geared toward equipping job seekers with information, skills, self-awareness and insight into workplace expectations.

**Skills to Succeed Workshop– Being workplace savvy to survive and thrive**
June 12, 13, 14, 8:30 AM—4:30 PM  Spindale Campus  
June 19, 20, 21, 8:30 AM - 4:30 PM  Polk Campus
Geared toward new high school graduates, the workshop will cover job search skills, résumé writing, interviewing skills, money management basics, communication, time management and successful transition to the workplace. Activities, guest speakers, learning games, individualized resources and personalized tools to take home.

**Résumé Writing**  June 27, 10 AM—12 PM
Students will learn how to take inventory of their skills, education, experience and attributes, and present this information in the format most beneficial to them individually.

**Strategic Job Search**  July 13, 10 AM—12 PM
Assess your job search attitude/aptitude and develop a plan to overcome your weak areas. Learn how to network and use proven strategies for a successful job search. Receive tips and tools to stay organized and on track for employment.

**Master the Interview**  July 25, 10 AM—12 PM
Students will learn how to prepare mentally, physically and emotionally for an interview. Learn what HR directors say are their biggest complaints when interviewing.

**Mock Interviews**  July 31, 10 AM—12 PM
Come prepared with a sample job posting of your choosing and a copy of your résumé.

**Where Do I Fit In? Pathways to MY Future**  August 22, 10 AM - 12 PM
Exploration and assessment for self-awareness. Complete an individual compatibility analysis to your prospective career field. Learn where you already have match points and where you may have weaknesses that could effect your success. Plan strategies to overcome your hurdles.

**Time Management**  August 30, 10 AM—12 PM
Learn to plan and schedule tasks to meet deadlines, get tips to allocate time and resources efficiently and learn to prioritize competing tasks.

**Classes are open to anyone in our community.** Fees for these courses can be waived if the person qualifies, including those unemployed, underemployed, or who have received notice of layoff.

For more information or to reserve a seat, contact Karen Marshall, 395-1163 or kmarshall@isothermal.edu
It’s never too late!

Earn your diploma at ICC!

FREE CLASSES
✓ Complete your high school diploma
✓ Prepare for High School Equivalency exams (GED® and HiSET®)
✓ Improve ASVAB Scores
✓ Prepare for college
✓ Prepare for employment

START TODAY!

MORE INFORMATION
Barbara Callahan
828-395-1631
bcallahan@isothermal.edu

Foundation Building, Oak Room
286 ICC Loop Rd
Spindale, NC 28160

CLASES GRATIS DE ESL

Aprende a hablar inglés para...
✓ Trabajo
✓ Participación en la comunidad
✓ Ayudar a los niños con la tarea
✓ Mejore al hablar, leer, escribir y escuchar

¡¡¡Únete hoy!!!

Más información
Amy Galla
828-395-1361
agalla@isothermal.edu

Foundation Building, Oak Room
286 ICC Loop Rd
Spindale, NC 28160
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.

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 schedule a test date, contact Karen Marshall, 828-395-1163, or kmarshall@isothermal.edu

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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 Friday with some weekend trainings. 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 Arreestees
- 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

Admission Criteria
- A U.S. Citizen
- Possess a valid driver’s license
- Be a high school graduate (or GED)
- Be at least 20 yrs. old (in some cases, 19)
- Have no serious criminal or traffic violations
- Be in good physical health

Call Brenda McFarland (828)-395-1668 to sign up for classes today!
Rutherfordton Learning Center  
134 Maple Street, Rutherfordton, NC 28139  
(828) 286-3636

Polk Campus  
1255 West Mills St., Columbus, NC 28722  
(828) 894-3092

Isothermal Community College Continuing Education
DO YOU HAVE A PASSION, SKILL OR KNOWLEDGE YOU WOULD LIKE TO SHARE?

We are always looking for new ideas and instructors.

Contact Karen Marshall at kmmarshall@isothermal.edu, 828-395-1163 or Katie Canipe at kcanipe@isothermal.edu, 828-395-1484.
START YOUR PLANNING NOW FOR THE 2024 CLASS

Professional Truck Drivers are in high demand!

Complete our program in 8.5 weeks. Scholarships are available to those who qualify.

Call Today 828-395-1416

This program is consistent with the standards of practice held by the North Carolina Board of Massage and Bodywork Therapy.

Massage THERAPY

Classes Starting November 2023!

For more information contact Polk Campus at 828-395-1098.

For course details see page 6.