

CONTINUING EDUCATION

EDUCACIÓN CONTINUA

Spring 2024 Schedule of Classes
Horario de Clases



ADULT EDUCATION CLASSES INCLUDING ENGLISH AS A SECOND LANGUAGE!

Information inside on page 16 & 20!

¡Clases de educación para adultos que incluyen inglés como segundo idioma!

¡Información en el interior de la página 16 & 20!

ASK US ABOUT THE ISOTHERMAL WORKFORCE GRANT

See page 3

Pregúntenos sobre subvención para la fuerza laboral

Ver página 3



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Continuing Education Hours of Operation

Monday - Friday, 8 AM - 4:30 PM

Summer Hours

Monday - Thursday, 7:30 AM - 5:30 PM

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 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.

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

ISOTHERMAL WORKFORCE GRANT

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.

ALLIED HEALTH

Healthcare Billing and Coding

Instructor: Tiffany Cooper, CPC-I

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.

#67123

February 1 - April 30, 2024

ONLINE only, \$185

(Registration fee + \$5 Institution technology fee)

#67686

September 1 - November 30, 2024

ONLINE only, \$185

(Registration fee + \$5 Institution technology fee)

Phlebotomy

Instructor: Lisa White, PBT

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.

#67635

February 5 - May 3, 2024

ONLINE & Wednesdays 8 AM-4:30 PM

Rutherford Learning Center, Room 110, \$185

(Registration fee + \$5 Institution technology fee)

Pharmacy Technician

Instructor: Keith Hunt, RPh

This 208-hour totally online 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, outpatient 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 - 1405 to confirm course dates.

#67126

January 10 - April 30, 2024

ONLINE only, \$185

(Registration fee + \$5 Institution technology fee)

#67127

May 8 - August 31, 2024

ONLINE only, \$185

(Registration fee + \$5 Institution technology fee)

#67130

September 4 - December 31, 2024

ONLINE only, \$185

(Registration fee + \$5 Institution technology fee)



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.

ALLIED HEALTH

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

Medication Aide

Instructor: Loretta Whiteside, MSN, BSN, RN

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.

#67610
Thursdays, 8 AM - 2:30 PM
January 4, 11, 18, 25
Rutherford Learning Center,
Room 109, \$70

#67611
Thursdays, 8 AM - 2:30 PM
February 1, 8, 15, 22
Rutherford Learning Center,
Room 109, \$70

#67612
Thursdays & Friday, 8 AM - 2:30 PM
March 7, 8, 14, 21
Rutherford Learning Center,
Room 109, \$70

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.** (Registration fee + \$5 Institution technology fee for each online course)

#67690 *Instructor: Katie Edwards, RN, BSN*
ONLINE and Saturdays, 8:00 AM - 4:30 PM
January 13 - May 11, Polk Campus, Room 116, \$180

#67641 *Instructor: Cassidy Butler, RN, BSN*
ONLINE and Wednesday, 8:00 AM - 4:30 PM
January 8 - May 8, Rutherfordton Learning Center, Room 117, \$185

#67646 *Instructor: Carole Robbins, MSN, BSN, RN*
ONLINE and Fridays, 8:00 AM - 4:30 PM
February 26 - July 12, Rutherfordton Learning Center, Room 109/113,
\$185

#67647 *Instructor: Loretta Whiteside, MSN, BSN, RN*
ONLINE and Wednesdays, 8:00 AM - 4:30 PM
March 4 - July 3, Rutherfordton Learning Center, Room 109/113, \$185

#67648 *Instructor: Sonja Blanchette, RN, BSN*
ONLINE and Wednesdays 8:30 AM - 5:00 PM
April 8 - August 7, Rutherfordton Learning Center, Room 111, \$185

TRADITIONAL IN PERSON CLASSES:

#67643 *Instructor: June Steele, RN, BSN*
Tues/Thurs 9 AM - 3:30 PM
January 16 - May 7, Rutherford Learning Center, Room 116, \$180

#67642 *Instructor: Deobrah Ledbetter, RN*
Sat/Sun 8 AM - 4:30 PM
February 24 - June 8, Rutherford Learning Center, Room 116, \$180

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

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

ALLIED HEALTH

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 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.

According to the Bureau of Labor Statistics, employment of Massage Therapists is projected to grow 32% from 2020 to 2030, much faster than the average for all occupations. (Bureau of Labor Statistics, U.S. Department of Labor, Occupational Employment Statistics, 07/13/2022 www.bls.gov/oes/)

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

***NEXT SESSION STARTING Late Spring!
Call for more information!**

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

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

Isothermal Community College Nurse Educator Professional Development (45 Hours)

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

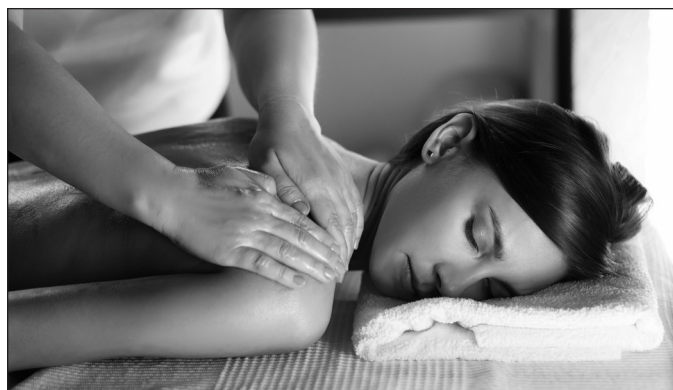
Type/Location: Online using Moodle/ Isothermal Community College

Cost: Please Call (includes tuition and a certificate upon completion of the course), plus textbooks cost.

Textbooks: Caputi, L. (Ed.). (2010). Teaching nursing: The art and science (Vol. 1 & 2). Glen Ellyn: College of Dupage Press. (ISBN 978-1-932514-24-7; 978-1-932514-25-4)

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.

Isothermal Community College / Moodle



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

COMPUTER SKILLS & TECHNOLOGY

iPhone for Beginners

Instructor: Amy Carroll

Do you feel like your Apple iPhone is smarter than you are? Want to learn what all those buttons do? This class teaches you how to make the most of your iPhone's features. You will learn these essential skills:

- How to take pictures
- How to download apps for social media
- When and how to update your phone's software
- How to send and receive email on your device
- How to text
- How to manage your contacts
- How to integrate your contacts with Facebook
- How to send pictures using text
- And more...

#67745

Tuesday, 9 AM - 11 AM

January 23 - February 20

Polk Campus, Room 110, \$50

Android Phones for Beginners

Instructor: Amy Carroll

Do you have an Android smartphone but sometimes you feel it is smarter than you are?! This class teaches you the basics of using your Android smartphone. You will learn the basic functions such as texting (including texting pictures, audio and video), taking pictures, managing your phone's storage, using voice mail, as well as setting up and using email with your phone. You will learn how to set up accessibility options that make your phone easier to use such as larger text size, using voice commands to dictate texts, emails and other tasks. You will also learn the most helpful apps to download. By the end of this class, students will feel confident and at ease with using their smartphones.

#67746

Tuesday, 12 PM - 2 PM

January 23 - February 20

Polk Campus, Room 110, \$50

Beginning Excel

Instructor: Amy Carroll

Learn the basic skills needed to feel comfortable and confident using Microsoft Excel. Students will learn basic terms and practice navigating the Excel environment, including streamlining common processes and using formulas. Learn how to use and customize spreadsheets, as well as sorting, finding and editing tables. By the end of the class, students will be proficient in Excel's basic functions.

#67747

Wednesday, 9 AM - 11 AM

January 24 - February 21

Polk Campus, Room 110, \$35 + \$5 tech fee

Basic Computing

Instructor: Amy Carroll

In this hands-on class, learn how to use a computer for email, social media, internet surfing, online shopping and other common tasks. Learn how to fix a slow computer and maintain your computer so it doesn't get bogged down again. Different antivirus software will be discussed as well as the most useful programs to install and how to use them. You'll also learn when it's time to upgrade to a newer computer and what specs to look for when shopping for a computer. For consistency, all students will use the computers provided in the classroom.

#67748

Tuesday, 12 PM - 2 PM

January 24 - February 21

Polk Campus, Room 110, \$70 + \$5 technology fee

C++ Programming

Instructor: Jack Stephens

This fully online course introduces computer programming using the C++ programming language with object-oriented programming principles. Emphasis is placed on event-driven programming methods, including creating and manipulating objects, classes, and using object-oriented tools such as the class debugger. Upon completion, students should be able to design, code, test and debug at a beginning level. Please check the Isothermal Bookstore online at (<https://bookstore.isothermal.edu/>) for required textbook information.

#67834

January 16 - March 5

ONLINE, \$185

(Registration fee + \$5 Institution technology fee)

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RUTHERFORD CAMPUS OR RLC - 828-395-1405**

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COMPUTER SKILLS & TECHNOLOGY

How to Hobby Blog

Instructor: Amy Carroll

Do you have a hobby or are a creator passionate about the things you create and want to share it with the world? Whether you want to make money with what you create or you simply want to educate and inspire others who want to do what you do, today's creator economy has made it possible to share that passion and potentially earn a living doing work that uniquely combines your passions and skills.

This class will teach you the basics needed to achieve this. You will learn the best options for creating your online presence or website, the skills needed and the cost involved. You will learn which formats are best for your particular content - blog (written), podcast (audio) or video (visual). You will also learn where your potential audience is and how to reach them. By the end of the class, you will have the information needed to share your passion and skills with those eager to learn about them.

#67750

Tuesday, 5:30 PM - 7:30 PM

March 5 - March 26

Polk Campus, Room 110, \$35 + \$5 tech fee

#67749

Tuesday, 2 PM - 4 PM

March 5 - March 26

Polk Campus, Room 110, \$35 + \$5 tech fee

Advanced C++ Programming

Instructor: Jack Stephens

This fully online course is a continuation of CSC 134 using the C++ programming language with standard programming principles. Emphasis is placed on advanced arrays/tables, file management/processing techniques, data structures, sub-programs, interactive processing, sort/merge routines, and libraries. Upon completion, students should be able to design, code, test, debug and document programming solutions. Please check the Isothermal Bookstore online at (<https://bookstore.isothermal.edu/>) for required textbook information.

#67835

ONLINE, March 12 - May 7

\$185 (Registration fee + \$5 Institution technology fee)

JAVA Programming

Instructor: Katie Anders

This course introduces computer programming using the JAVA programming language with object-oriented programming principles. Emphasis is placed on event-driven programming methods, including creating and manipulating objects, classes, and using object-oriented tools such as the class debugger. Upon completion students should be able to design, code, test, debug JAVA language programs. Please check the Isothermal Bookstore online at (<https://bookstore.isothermal.edu/>) for required textbook information.

#67836

ONLINE, January 16 - March 5

\$185 (Registration fee + \$5 Institution technology fee)

Advanced JAVA Programming

Instructor: Katie Anders

This course is a continuation of CSC 151 using the JAVA programming language with object-oriented programming principles. Emphasis is placed on event-driven programming methods, including creating and manipulating objects, classes, and using object-oriented tools such as the class debugger. Upon completion, students should be able to design, code, test, debug, and implement objects using the appropriate environment. Please check the Isothermal Bookstore online at (<https://bookstore.isothermal.edu/>) for required textbook information.

#67837

ONLINE, March 12 - May 7

\$185 (Registration fee + \$5 Institution technology fee)

Online Safety Fundamentals

Instructor: Katie Anders

Discover essential online safety techniques that will empower you to protect yourself in the digital world. Whether you're an everyday internet user or just starting to explore the online realm, this hands-on class will equip you with the tools to identify and thwart common cyber threats, create robust passwords, choose effective antivirus software, shop securely online, and maintain your digital privacy on social media. Find out when it's time to upgrade your devices and how to stay protected in today's ever-evolving digital landscape. Start protecting yourself online now!

#67800

Thursday, 6 PM - 7:30 PM

April 11

Rutherford Campus, Foundation Bldg., Hickory Room, \$10

Katie Anders is an Information Technology/Cybersecurity Instructor at Isothermal Community College. Katie received her Master of Science in Cybersecurity with a concentration in Secure Software Development from UNC Charlotte. Katie not only has a passion for the dynamic field of cybersecurity but also for teaching her passion to anyone interested. Her dedication lies in imparting knowledge about cybersecurity and its vital role in today's technologically advanced world to her students.

CREATIVE/VISUAL ARTS

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 list of supplies that are available at the ICC Polk Center office (828) 894-3092.

#67714

Tues, 9 AM - 3 PM

January 16 - March 5

Polk Campus, Room 103, \$90

#67715

Tues, 9 AM - 3 PM

March 16 - May 7

Polk Campus, Room 103, \$90

No class on 4/30.

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 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 skylscapes, landscapes, animals, dreamscapes, and abstracts. She also has experimented with different art mediums through 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.vanvyncktfineart.com or contact her at (828) 859-6758 for more information about her artwork or classes.

Creative 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.

#67713

Thurs, 1 PM - 4 PM

January 25 - February 22

Polk Campus, Room 103, \$75

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.

#67794

Mon, 6 - 9 PM

April 8 - 29

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.

TO REGISTER FOR CLASSES CALL:

POLK CAMPUS - 828-894-3092

RUTHERFORD CAMPUS OR RLC - 828-395-1405

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

CREATIVE/VISUAL ARTS

Introduction to Printmaking

Instructor: Alaina Carnahan

Join 2 Dimensional artist Alaina Carnahan for this 6-week course introducing the basics of printmaking. A brief discussion of materials, techniques and artists is followed by hands-on projects in both additive and reductive processes. For better accessibility, this course welcomes late arrivals by caregivers and working students with projects able to be taken home to accommodate necessary early departures.

#67817

Sunday, 3 PM - 5 PM

Mar 10, Mar 24, Apr 14, Apr 28, May 12, & May 26.

Polk Campus, Room 105, \$60

Printmaking Workshops - Additive Processes

Instructor: Alaina Carnahan

Join 2-Dimensional artist Alaina Carnahan for this workshop introducing the basics of additive printmaking processes. A discussion of materials, techniques and artists is followed by a brief demonstration and hands-on projects. We will celebrate student learning with a show of work created during these workshops and the 6-week class – participation by workshop students is welcome but not required.

#67818

Sunday, 3 PM - 6 PM

January 28

Polk Campus, Room 105, \$25

#67819

Sunday, 3 PM - 6 PM

February 25

Polk Campus, Room 105, \$25

Wildflowers & Waterfalls Workshop

Instructor: Alaina Carnahan

Join photographer and 2-D artist Alaina Carnahan for a fall photo workshop at Pearson's Falls in Saluda, NC. This fun learning opportunity may be taken to complement enrollment in the Fundamentals of Photography course or as a simple 1 day intro course covering basic composition, lighting concepts, and motion photography in nature. Pearson's Falls is an easy trail well suited for all ages with stairs and some narrow areas. Service dogs are welcome at the site but no pets are allowed on the property. The course will include a break time between shooting the 2 main trail loops; participants are welcome to bring a light snack and beverage (all trash, packaging and containers must be carried out). Boots and shoes with good tread recommended as the trail can be damp.

*\$5/adult entrance fee for Pearson's Falls. Bringing a snack and drink for break time is advised.

#67813

Saturday, 10:30 AM - 2:30 PM

March 9 (March 30th rain date)

Polk Campus, Room 105, \$25

#67815

Saturday, 10:30 AM - 2:30 PM

April 13 (April 20th rain date)

Polk Campus, Room 105, \$25

#67816

Saturday, 10:30 - 2:30 PM

May 11 (May 18th rain date)

Polk Campus, Room 105, \$25

Visit the Continuing Education website
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RUTHERFORD CAMPUS OR RLC - 828-395-1405



CREATIVE/VISUAL ARTS

Art Appreciation

Instructor: Alaina Carnahan

In these workshops, students learn how to better understand art with discussion of related topics including geography, history, and culture. Hands-on beginner projects incorporating various mediums and techniques will complement lecture and discussion. Successful completion of these courses is finishing with a better sense of perhaps not liking a particular piece of art but understanding its significance at creation, how to respectfully discuss and critique art, and expanded knowledge of a variety of artforms. Lectures and discussions will be based on a variety of free, accessible sources. No textbook required. For better accessibility, this course welcomes late arrivals by working/caregiver students and will feature optional, but encouraged, hands-on projects to accommodate necessary early departures.

- Understand the basic elements of art and Abstraction
- First People's work from around the world and Portraiture throughout history
- Contemporary Trends, Issues, and Effects on Society

Understanding Basic Elements of Art & Abstraction
#67802

Saturday, 11 AM - 2 PM, January 20
Polk Campus, Room 105, \$25

Understanding Basic Elements of Art & Abstraction
#67803

Sunday, 2 PM - 5 PM, January 28
Polk Campus, Room 105, \$25

First People's Work from Around the World & Portraiture
Throughout History
#67804

Saturday, 11 AM - 2 PM, February 3
Polk Campus, Room 105, \$25

First People's Work from Around the World & Portraiture
Throughout History
#67805

Sunday, 2 PM - 5 PM, February 11
Polk Campus, Room 105, \$25

Contemporary Trends, Issues, & Effects on Society
#67806

Saturday, 11 AM - 2 PM, February 17
Polk Campus, Room 105, \$25

Contemporary Trends, Issues, & Effects on Society
#67807

Sunday, 2 PM - 5 PM, February 25
Polk Campus, Room 105, \$25

Understand the Basic Elements of Art & Abstraction
#67808

Sunday, 11 AM - 2 PM
March 10
Polk Campus, Room 105, \$25

First People's Work From Around the World & Portraiture
Throughout History

#67809
Sunday, 11 AM - 2 PM
March 24
Polk Campus, Room 105, \$25

Contemporary Trends, Issues, & Effects on Society
#67810

Sunday, 11 AM - 2 PM
April 14
Polk Campus, Room 105, \$25

Understand the Basic Elements of Art & Appreciation
#67811

Sunday, 11 AM - 2 PM
April 28
Polk Campus, Room 105, \$25

First People's Work From Around the World & Portraiture
Throughout History

#67812
Sunday, 11 AM - 2 PM
May 12
Polk Campus, Room 105, \$25

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

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

CULINARY ARTS

Basic Culinary Skills

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 skills the principles of food preparation. Additionally, students will learn how one taste effects another by proper pairing 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.

Cost for course includes \$180 course registration fee, \$140 culinary text book, \$100 professional culinary uniform.

#67850

Monday - Thursday, 1 PM - 5 PM

January 22, 2024

ICC Culinary Training Center

140 Old Caroleen Rd., Forest City
(Rutherford Opportunity Center)



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

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

GENERAL INTEREST & HOBBIES

NEW! Let's Play Mahjong

Instructor: Wendy West

Mahjong is a tile-based game similar to the card game Rummy. It was developed in 19th century China. It has spread throughout the world and is now very popular in the United States. Mahjong is the perfect game for people of all ages who want to challenge their mind AND have fun! Students will learn to play according to the National Mahjong League rules and will utilize the American Mahjong Strategy Guide to develop their skills. This game is usually played with four players, however it can be played with three. Meet new friends or bring your own!

*Participants need to bring their own Mahjong game set

Wednesday, 1 PM - 3 PM
February 21 - March 20
Polk Campus, Room 116, \$45

Wednesday, 1 PM - 3 PM
March 27 - April 24
Polk Campus, Room 116, \$45

Small Engine Repair

Instructor: John Womack

Keep those mowers, chainsaws, 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. We will go from basic to advanced in 8 weeks of class. One night per week, 3 hours per night. This class is a consolidated course from previous small engine and advanced small engine course offerings. 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.

#67781
Monday, 6 - 9 PM
February 26 - April 15
Rutherford Campus, Autobody Repair AUB 116B, \$70

#67667
Tuesday, 6 - 9 PM
March 26 - May 14
Polk Campus, Room 105/PCHS, \$70

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.

NEW! Healing Through Color and Sound

Instructor: Autumn Singleton

In this exciting, interactive class you will learn how the colors and their corresponding musical frequencies can support and balance your energy centers. Sometimes these energy centers get out of tune - just like musical instruments - creating a range of symptoms from feeling out of sorts to a serious illness. In this class you will learn how to use color and sound to benefit your physical, emotional, mental and spiritual well-being. You will learn how color and sound can support your home and work environments as well as your children, parents and yourself! Class will include practicing various self-help techniques including acupuncture points, T'ai Chi and Yoga.

Mondays, 1 PM - 2:30 PM
March 4 - March 18
Polk Campus, Room 105

Tuesdays, 4 PM - 5:30 PM
April 9 - April 23
Polk Campus, Room 105

Involved in holistic healthcare for the last 45 years, Autumn Singleton is a Color & Sound Therapist and T'ai Chi instructor at the Adawehi Healing Center in Columbus, NC. With a background in art, music and Oriental therapeutic massage, she combines what she loves most into one healing modality. She received a B.S. in Constructive Design from Florida State University in 1972 and a diploma in Massage Therapy from The New Center for Holistic Health Education and Research in 1983.



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

GENERAL INTEREST & HOBBIES

Ensemble

Instructor: Jonathan Jones

This course provides an opportunity to perform live music as part of a performing group, culminating in a public concert on the stage of the Foundation Performing Arts Center on campus, as well as an open mic event during Sports Day. All instruments and voices are welcome to participate. Specific musical selections will depend on the composition of the ensemble, but may include music from the Classical, Jazz, Blues, Rock, Country, Folk, Pop, and other similar genres. Participants should be proficient on their instrument or voice, and be able to read music written in standard notation, tab, or lead sheet (chords).

#67848

Tuesday/Thursday, 2:40PM - 3:35PM

January 16 - May 7

No class on April 2 & 4

Rutherford Campus, Foundation Bldg., Maple Room, \$60

Cake Decorating: Beyond the Icing Beginners Class

Instructor: Cassandra McClung

Cake decorating goes further than just making a cake. The beginner's class is about learning a new skill, while having fun with new friends and engaging in conversation. Escape from the hustle and bustle of the real world and let your imagination take you to places you didn't know existed. Students will learn how to smoothly ice a cake in buttercream, add drips, borders, and other décor. We will also learn how the cake board can add extra flare to any cake design. Whether you want to make elegant cakes or fun cakes for kids, this class will provide you with the techniques you need to know. Come join in on the fun!

#67771

Fridays, 6 - 7:30 PM

January 12 - February 9

No class on 2/2

Rutherford Campus, Foundation Bldg., Maple Room, \$35

Cake Decorating: Beyond the Icing Advanced Class

Instructor: Cassandra McClung

The purpose of this class is to teach about cake and treat decorating beyond the beginning fundamentals. Getting friendly with fondant/chocolate opens up a whole world of amazing decorating possibilities and it doesn't have to be intimidating. Learn how to smoothly cover that cake in fondant as well as add other decorations for that perfect themed custom cake. By the end of this five-week class, you will have completed your very own custom cake design, you will have decorated your own dessert bar with the chocolate techniques learned, and will have dabbled in cookie decorating. Come join in on the fun!

#67772

Fridays, 6 - 8 PM

April 5 - May 3

Rutherford Campus, Foundation Bldg., Maple Room, \$45

Poetry Workshop

Instructor: Greg Lobas

In this poetry workshop we will explore the narrative poem, writing your own experience into poetry, and writing nature poetry, which lends itself to the lyrical. We will look at ways to heighten the impact of language in order to shine a light on the emotional content of a poem. We will look at illustrative examples from established authors, and we will critique one another's poetry in class. This workshop is suitable for all levels of experience.

#67855

Wednesdays, 1 PM - 3 PM

March 20 - May 8

Polk Campus, Room 103, \$60

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

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



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.

#67211

Tues/Thurs, 4:45 - 5:45 PM

November 28 - March 28

Rutherford Campus, Student Center, Pool, \$60

#67796

Tues/Thurs, 4:45 - 5:45 PM

April 2 - July 25

No class on 7/2, 7/4

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.

#67209

Mon/Wed/Fri, 7 - 7:50 AM

December 1 - March 1

No class on 1/15, 2/2

Rutherford Campus, Student Center, Pool, \$60

#67798

Mon/Wed/Fri, 7 - 7:50 AM

March 4 - May 20

No class on 3/29, 4/1

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.

#67211

Mon/Wed/Fri, 1 - 1:50 PM

December 1 - March 1, No class on 1/15, 2/2

Rutherford Campus, Student Center, Pool, \$60

#67799

Mon/Wed/Fri, 1 - 1:50 PM

March 4 - May 20, No class on 3/29, 4/1

Rutherford Campus, Student Center, Pool, \$60

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!

#67773

Thurs, 6 - 7 PM

January 18 - February 22

Rutherford Campus, Student Center, Gym, \$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!"

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

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



LANGUAGE ARTS & CULTURE

Italian I

Instructor: Giuliana Riley

A practical approach to learning conversational Italian, taught by Giuliana Polinari Riley who was born in Verona, Italy, lived there for over twenty years, and studied in Rome for four years. 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.

#67793

Mon, 6PM - 9PM

March 4 - 25

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".

Introduction to Mandarin Chinese

Instructor: Shirley PuYajie Holycross

This course introduces students to the standard Mandarin Chinese language. This is a beginners' course therefore, no prerequisite is required. It uses lectures, short plays, interactive exercises and cultural tips to help learners build a fundamental capability of oral Chinese in real-life situations. This course will also touch on, and provide insight to, the Chinese culture and value. At the end of the 6-week course, the learners will reach the following proficiency: Daily words, basic language points, development of intercultural competence. With enough student interest, continuation of Mandarin Chinese language classes will be offered.

#67738

Mon, 5:30 - 7 PM

April 8 - May 13

Polk Campus, Room 116, \$45

Instructor Shirley PuYajie Holycross, M.A., holds a Bachelor of Art degree in English Language and Literature from Lanzhou University and a Master of Intercultural Communication from Shanghai International Studies University. She lives in Forest City now and is working as a senior health insurance professional. She was formerly a Language instructor in Xi'an Shiyou University for 12 years and had worked as an adjunct mandarin instructor in North Greenville University in South Carolina and a cross-cultural trainer in Isothermal Community College in North Carolina. Shirley has presented at the 2nd International Conference of Psychology in Health Educational Social and Organizational Settings in 2015 on Multi-perspective Visualization of Chinese University Students' Values and at the 10th Biennial Congress of the International Academy for Intercultural Research in 2017 on Rediscovering Value Clusters with Social Network Analysis Methods. Her research interests include Language Studies and Cross-Cultural Studies, Human Values and Group Identities; Social Network Analysis and Visualization.

Contact	Population Served	Contact Information
Charity Allen , Title IX Coordinator	Employees, Community Members, and Coordinates all Title IX Issues	828-395-1686 callen@isothermal.edu
Sandra Lackner , Title IX Deputy Coordinator	Curriculum Students	828-395-1429 slackner@isothermal.edu
Donna Hood , Title IX Deputy Coordinator	Continuing Education Students	828-395-1404 dhood@isothermal.edu
Jeremiah McCluney , Title IX Deputy Coordinator	REaCH Students	828-395-4164 jsmclun@rcsnc.org

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

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

OCCUPATIONAL TRAINING & PROFESSIONAL DEVELOPMENT

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

#67782

Wed/Thurs, 6PM -10PM

January 10 & 11

Rutherford Campus, Business Sciences, Red Room 137,
\$70

#67783

Wed/Thurs, 6PM -10PM

February 7 & 8

Rutherford Campus, Business Sciences, Red Room 137,
\$70

#67784

Wed/Thurs, 6PM -10PM

March 13 & 14

Rutherford Campus, Business Sciences, Red Room 137,
\$70

#67795

Wed/Thurs, 6PM -10PM

April 3 & 4

Rutherford Campus, Business Sciences, Red Room 137,
\$70

#67785

Wed/Thurs, 6PM -10PM

May 8 & 9

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 for 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.

#67786

Wed/Thurs, 6PM -10PM

February 21 & 22

Rutherford Campus, Business Sciences, Red Room 137,
\$70

#67787

Wed/Thurs, 6PM -10PM

April 10 & 11

Rutherford Campus, Business Sciences, Red Room 137,
\$70

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. 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.

#67788

Wed, 8 AM - 5 PM (1 hour lunch)

March 6

Rutherford Campus, Foundation Bldg., Hickory Room,
\$70

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

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

OCCUPATIONAL TRAINING & PROFESSIONAL DEVELOPMENT

Notary Public

Instructor: Stephanie Herndon

Become a Notary Public! You will learn about the most current legal and ethical procedures and notary laws on how to obtain a notary commission 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, live or work in NC, have a valid non-expired government ID, and be able to read, write and speak English. All students must pass the test given at the end of the class with an 80%. All students must bring a black ink pen to complete the notary application in class. Students MUST purchase the 2016 Notary Public Manual 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. This book is available at the college bookstore and has an estimated cost of \$30. See the list of requirements below.

- All students must be at least 18 years of age with a high school diploma or GED
- All students must show a valid unexpired Government ID
- All students must have the 2016 Notary public manual on the day of class
- All student must live or work in NC and be a legal US resident
- All students must be able to read, write, speak English
- All students must have a black ink pen to complete the notary application in class
- All students will need paper to take notes
- All students must pass the class with an 80%

#67774

Friday, 8:30AM - 3:30PM, January 19
Rutherford Campus, Foundation Bldg., Hickory Room,
\$70

#67775

Thursday, 8:30AM - 3:30PM, February 22
Rutherford Campus, Foundation Bldg., Hickory Room,
\$70

#67777

Friday, 8:30AM - 3:30PM, March 15
Rutherford Campus, Foundation Bldg., Hickory Room,
\$70

#67778

Friday, 8:30AM - 3:30PM, April 19
Rutherford Campus, Foundation Bldg., Hickory Room,
\$70

#67779

Wednesday, 8:30AM - 3:30PM, May 15
Rutherford Campus, Foundation Bldg., Hickory Room,
\$70

*Instructor **Stephanie M. Herndon** has been a Notary Instructor for 20 years and an Electronic Notary Instructor for 6 years. Ms Herndon loves teaching the 10B Notary Law and is one of 80 Notary Instructors teaching for the Secretary of State Office.*

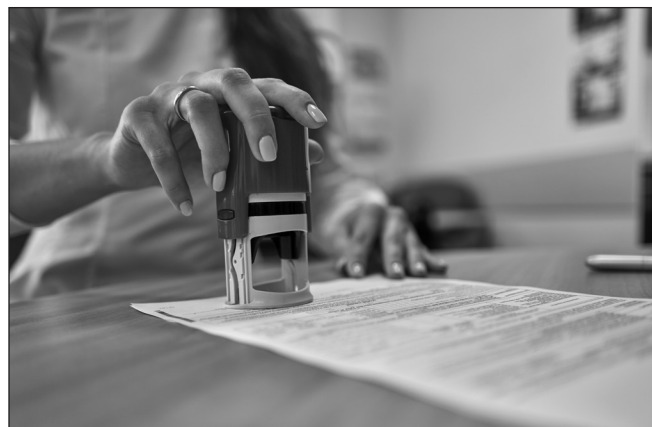
Electronic Notary Certification

Instructor: Stephanie Herndon

Participants are required to have a valid commission as a notary public in NC in order to qualify for the electronic notary certification this course instructs individuals in procedures required to exercise electronic notarial acts as set forth by the NC Secretary of state the course will cover NC Electronic notary acts and electronic notary procedures. Participants must have a valid ID, Notary Manual and Electronic Manual for class. Students will also need their notary commission number.

#67780

Friday, 9AM - 1PM, April 26
Rutherford Campus, Foundation Bldg., Hickory Room,
\$70



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

OCCUPATIONAL TRAINING & PROFESSIONAL DEVELOPMENT

Intro to Horticulture

Instructor: Lisa Higgins

This fully online course covers the history, development, and basic techniques of horticulture. Topics include propagation techniques, planting procedures, watering and fertility, plant growth, pest and disease control, and garden design and history. Upon completion, students should be able to demonstrate an understanding of the basic principles of horticulture. Required textbook: North Carolina Extension Gardner Handbook (2018) ISBN: 9781469641256

#67840

March 12 - May 7

ONLINE, \$185

(Registration fee + \$5 Institution technology fee)

Equine Behavior

Instructor: Kim Wawzysko

This hybrid course covers the factors affecting equine behavior. Emphasis is placed on equine instincts and the influence of genes and nutrition; their perception and response to stimuli, including sexual and reproductive behaviors; and equine communication and the nature of their social organization. Upon completion, students should be able to explain how and why behavioral problems occur and how they can be prevented; and describe different approaches to equine learning in a training environment. Please check the Isothermal Bookstore online at (<https://bookstore.isothermal.edu/>) for required textbook information.

#67841

Tuesdays, 10AM - 12:30PM & Online

January 16 - March 5

Rutherford Campus, Barn & Online, \$185

(Registration fee + \$5 Institution technology fee)

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

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

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.

#67823

Mon/Tues, 8:30AM - 5:30PM

January 29 & 30

Rutherford Campus, Foundation Bldg., Maple Room, \$70

#67824

Mon/Tues, 8:30 AM - 5:30 PM

March 25 & 26

Rutherford Campus, Foundation Bldg, Maple Room, \$70



OCCUPATIONAL TRAINING & PROFESSIONAL DEVELOPMENT

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.



- ◆ 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

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

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



CAREER OR PASSION?

Come find out.

**CALL TODAY CLASS STARTING
JANUARY 22!**

ICC Culinary Training Center
140 Old Caroleen Rd., Forest City
(Rutherford Opportunity Center)

Basic Culinary Skills

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.

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, contact Dee Spurlin
at 828-395-1416, dspurlin@isothermal.edu



**33% of adolescents
in America are victim to
sexual, physical, verbal,
or emotional dating abuse.**

Join **STEPS TO HOPE** this February,
also known as Teen Dating Violence Awareness Month,
to learn what teen dating violence is, how big the problem is,
and what we can do to prevent teen dating violence.

**PARENTS, BRING YOUR TEENS! TEENS, BRING YOUR FRIENDS!
JOIN US FOR LIGHT REFRESHMENTS AND STRAIGHT TALK.**

**Wednesday, February 7
3:30 PM—4:30 PM**

OR

**Tuesday, February 13
5:30 PM—6:30 PM**

*Hosted by Isothermal Community College Polk Campus
1255 West Mills Street, Columbus, NC 28722*

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.

Hours

Monday 9 am – 6 pm, Tuesday – Thursday 9 am – 3:30 pm, Friday 9 am – 1 pm

Extended hours during the week before and two weeks after the first day of the semester:

Monday – Thursday 8:30 am – 6 pm, Friday 8:30 am – 3 pm

Hours are subject to change with out 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.

**Please contact us at
828-395-1633
with any questions
or concerns.**

Don't forget to check out our CLEARANCE Books!

Chat with Pat



Our new chatbot is available 24/7 at isothermal.edu to answer your questions about Isothermal.



Check out Career Coach!

Career Coach will allow you to discover majors, in-demand careers, and education based on your interests. Using this FREE tool, you can:

- ▶ Take a career assessment to learn about yourself and Career Coach will give you career suggestions based on your interests.
- ▶ Browse or search for careers and explore relevant data on wages, employment, and the training you need.
- ▶ Browse or search for programs at Isothermal that lead to the career you want.
- ▶ Build a professional resume.

When life takes a curve, make your own path!

Curriculum Registration open for Spring 2024 Semester!

Call today!

www.isothermal.edu/advising



Contact the Advising and Success Center at 828-395-1436.

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

New students can join everyday

Easy to Start

Walk in to class and say "hi"

Free

No cost to participate, all materials provided

Matrícula abierta

Los nuevos estudiantes pueden incorporarse todos los días

Fácil de comenzar

Entrar en clase y decir "hola"

Gratis

La participación es gratuita, se proporcionan todos los materiales



NOW OFFERING BURLINGTON ENGLISH, CALL FOR MORE INFORMATION!

Location	Address	Days	Times	Notes
Rutherford Campus	Foundation building, Pine room 286 ICC Loop Rd Spindale, NC 28160	M, T, W	10am – 1pm	
		M, T, W, Th	5pm – 8pm	
Polk Center	Room 124 1255 W Mills St Columbus, NC 28722	M, T, W	10am – 2pm	
		M	6pm – 8pm	
ESL Online	Online	MTWTFSSU	12:00am-11:59pm	Distance Learning Class Clases online
TBD	TBD	TBD	TBD	New classes can be opened any time. Se pueden abrir nuevas clases en cualquier momento.

For more information contact Lori Greene, Call 828-395-4191, Text 828-351-9924
or email lgreene@isothermal.edu

Para más información, llame o envíe un correo electrónico
Lori Greene 828-395-4191 lgreene@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

ISOTHERMAL
COMMUNITY COLLEGE

***Call to Learn
More!***

828-395-1631

NEW

**CLASSES PROVIDED AT THE
POLK CAMPUS AND RUTHERFORD CAMPUS.**



SMALL BUSINESS CENTER

WHAT IS THE SBC?

The Small Business Center is a part of the NC Community Colleges Small Business Network. We are our states 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.

WHAT CAN IT DO FOR ME?

Working with start-up and existing businesses, we offer help to ensure success. One part of this help is Free training through webinars and seminars. Below you will see some of our upcoming training for 2024.

- How to Start a Business - Feb. 06, 6-8 pm WEBINAR
- How to Write a Business Plan - Feb.13, 6-8 pm WEBINAR
- Pitfalls of Employee Retention in a Restaurant - Feb. 19, IN PERSON, ETWD Building Room 215 A, 1-3 pm
- How to find your customers-Market Research - Feb 20, 6-8 pm, WEBINAR
- Selling Online Today- Market Research - Feb. 27, 6-8 pm, WEBINAR

If you are looking for specific training, please let us know as we continue to work on our schedule.

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

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) workshops are geared toward equipping job seekers with information, skills, self-awareness and insight into workplace expectations.

Time Management

Thursday, January 18

1 PM—3 PM

Learn to plan and schedule tasks to meet deadlines, get tips to allocate time and resources efficiently and learn to prioritize competing tasks.

Where Do I Fit In?

Thursday, January 25

1 PM—3 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 affect your success. Plan strategies to overcome your hurdles.

Communication Fundamentals

Wednesday, February 7

9 AM—11 AM

Learn the definition of communication; discuss the process and methods. Discover what factors affect communication. Explore strategies for enhancing communication.

Résumé Writing

Tuesday, February 20

3 PM—5 PM

Wednesday, March 20

9 AM—11 AM

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.

Mindset for Success

Monday, March 11

9 AM—11 AM

What is attitude and what does it look like? Why do employers across the job spectrum consistently identify attitude as a challenge among the workforce? Do you know how you come across to others? Are you negative or positive? How do you know?

Master the Interview

Tuesday, March 26

3 PM—5 PM

Wednesday, April 10

9 AM—11 AM

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

Friday, April 12

9 AM—11 AM

1 PM—3 PM

Come prepared with a sample job posting of your choosing and a copy of your résumé.

Strategic Job Search

Tuesday, April 23

1 PM—3 PM

Monday, May 13

9 AM—11 AM

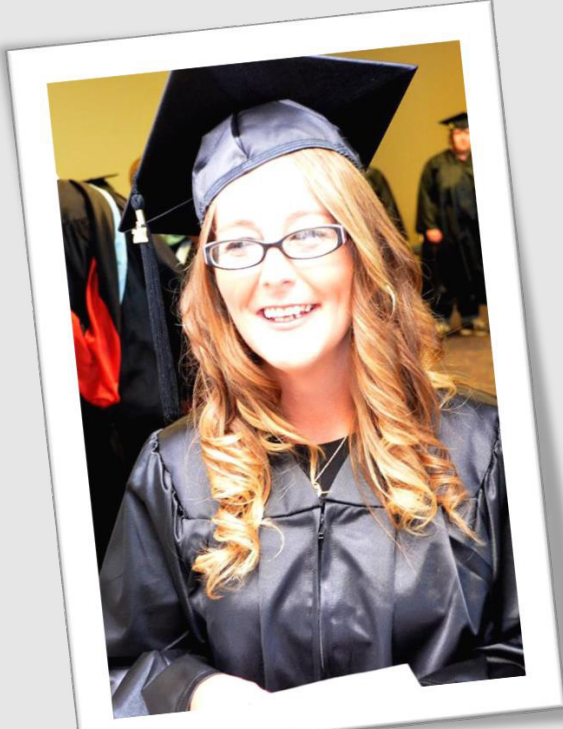
Assess your job search attitude/aptitude and develop a plan to overcome your weak areas. Learn how to network and use proven strategies for a successful job search. Receive tips and tools to stay organized and on track for employment.

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.

ISOTHERMAL
COMMUNITY COLLEGE

For more information or to reserve a seat,
contact Karen Marshall, 395-1163 or
kmarshall@isothermal.edu

It's never too late!



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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

Lori Greene
828-395-4191
lgreene@isothermal.edu

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



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.

**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**

ISOTHERMAL
COMMUNITY COLLEGE

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

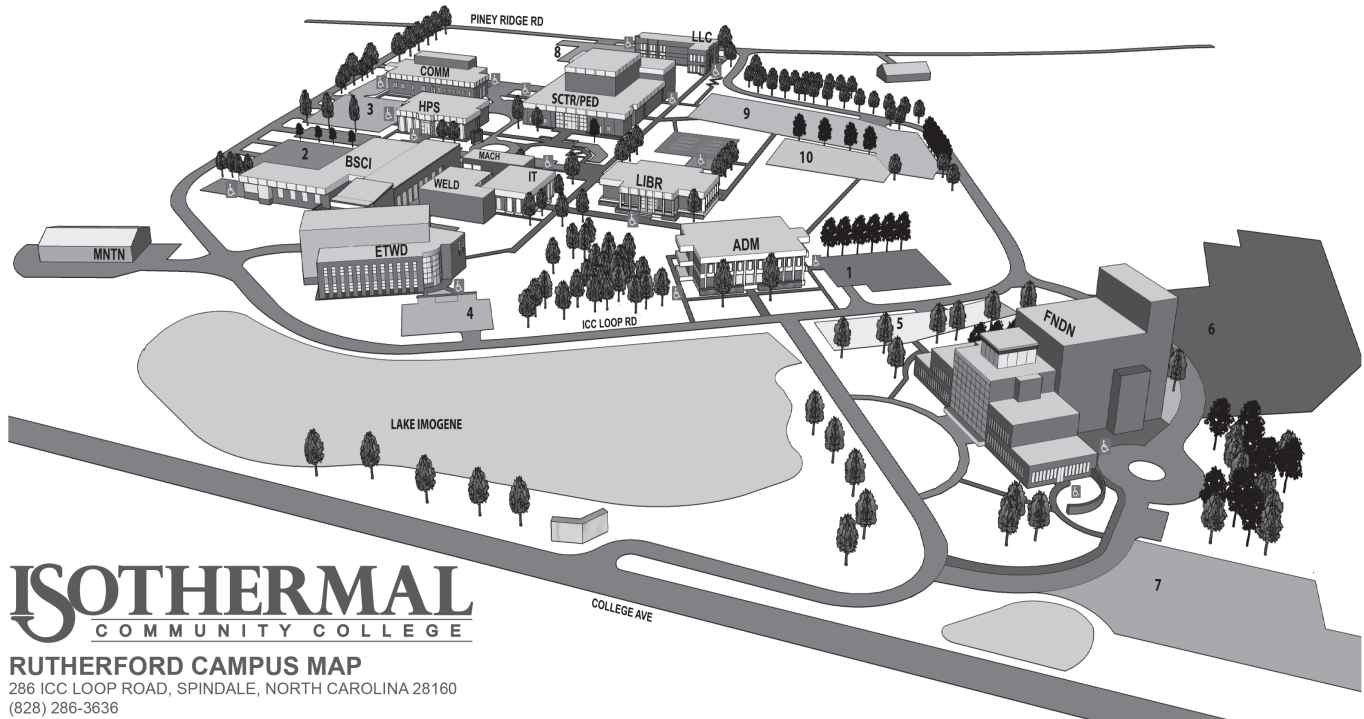
- Course Orientation
- Physical Fitness Training
- Ethics for Professional Law Enforcement
- Arrest, Search, and Seizure/Constitutional Law
- Elements of Criminal Law
- Communication Skills for Law Enforcement Officers
- Law Enforcement Radio Procedures and Information Systems
- Field Note taking and Report Writing
- Interviews: Field and In-Custody
- Subject Control/Arrest Techniques
- Juvenile Laws and Procedures
- Fingerprinting and Photographing 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

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

**Next Class
Starting
JAN 2024!**

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



ISOTHERMAL COMMUNITY COLLEGE

RUTHERFORD CAMPUS MAP
 286 ICC LOOP ROAD, SPINDALE, NORTH CAROLINA 28160
 (828) 286-3636

- PARKING LOT LEGEND**
- 1 Administration
 - 2 Business Sciences
 - 3 Communications/ Health & Public Services
 - 4 Engineering Technology and Workforce Dev. Center
 - 5 The Foundation
 - 6 The Foundation
 - 7 The Foundation
 - 8 Lifelong Learning Center
 - 9 Student Center/PED
 - 10 Student Center/PED
 - Wheelchair Accessible Entrances

- Administration - ADM**
 Academic Development
 Arts and Sciences
 Assessment, Planning and Development
 Business Office
 Human Resources
 Math Lab
 Marketing and Community Relations
 Presidential Office Suite
 Tutoring Center
 Writing Center

- Business Sciences - BSCI**
 Accounting and Finance
 Agribusiness Technology
 Autobody
 Blue Room 112
 Business Administration
 Building Construction Technology
 Career Readiness Certification
 Chocolate Room 136
 Entrepreneurship
 Equine Business
 Information Technology
 Medical Office Administration
 Red Room 137
- Communications - COMM**
 Advertising and Graphic Design
 Broadcasting and Production Tech
 Campus Print Shop
 Electrical Systems Technology
 WNCW

- Engineering Technology and Workforce Development - ETWD**
 Computer Engineering Technology
 Customized Training & Development
 Electronics Engineering Technology
 Industrial System Technology
 Manufacturing Technology
 Mechanical Drafting Technology
 Mechanical Engineering Technology
 Small Business Center
- The Foundation - FNDN Ground Floor**
 Adult High School/GED
 Allied Health - CNA, Med Aid
 College and Career Readiness
 Continuing Education
 Defensive Driving
 Emergency Services
 Visitor Information

- The Foundation - FNDN Second and Third Floor**
 Performing Arts and Conference Center
 Box Office
 Seminar A and B
 Stage
- Health and Public Services - HPS**
 RLEI/Criminal Justice
 Early Childhood/School Age
 Emergency Services
 Human Services Technology
 Occupational Technology
 IT Department
- Library - LIBR**
 Arts and Sciences Computer Lab
 Library Auditorium
 Old Tryon Room

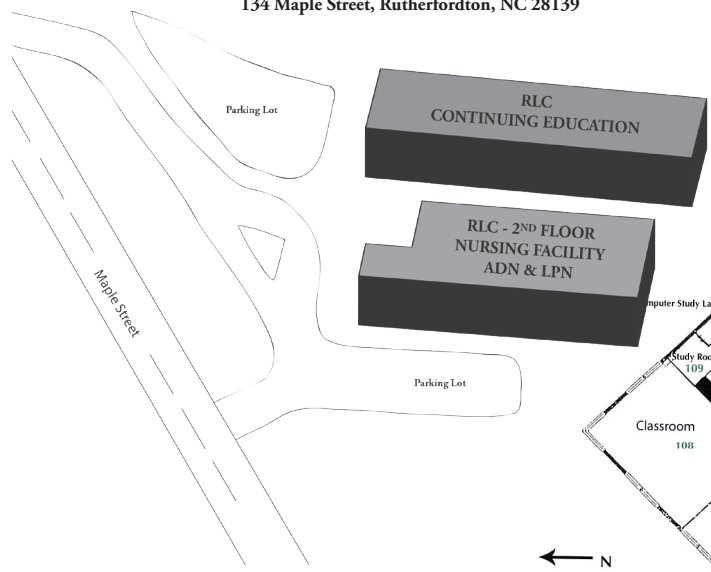
- Lifelong Learning Center - LLC**
 Arts and Sciences Classrooms
 REaCh
- Library - LIBR**
 Library Auditorium
 Old Tryon Room
- Machining - MACH**
 Computer Integrated Machining
- Maintenance - MNTN**
 College Vehicle Reserve
 Shipping and Receiving

- Physical Education Dept - PED**
 Advising and Success Center
 Arts and Sciences Faculty
 Career Counseling and Personal Asst.
 Career and Promise offices
 Cosmetology
 Disability Services
 Employee Fitness Center
 Esthetics
 Gym
 Intramural Sports
 Physical Education
 Placement/HS Equivalency Testing
 Pool
 Pre-Health Sciences Advising

- Student Center - SCTR**
 Admissions Office
 Campus Bookstore
 Campus Enforcement
 Financial Aid Office
 Help Desk
 Student Activities
 Student Center Lobby
 Student Records
 Student Services
 Veterans Affairs
 Visitor Information
- Welding - WELD**
 Welding Technology

Rutherfordton Learning Center

134 Maple Street, Rutherfordton, NC 28139



Polk Campus

1255 West Mills St., Columbus, NC 28722
 828-894-3092



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 kmarshall@isothermal.edu, 828-395-1163
or Katie Canipe at kcanipe@isothermal.edu, 828-395-1484.

START YOUR PLANNING NOW FOR THE 2024 CLASS STARTING JANUARY 9.

*Professional Truck Drivers
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Complete our program
in 8.5 weeks.

Call Today 828-395-1416

Massage THERAPY

For course details see page 6.

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

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

