Continuing Education

SUMMER 2015
SCHEDULE OF CLASSES
INSTRUCTOR SPOTLIGHT

Michele Parsons is a member of the International Association of Pyrographic Artists (IAPA). She is one of the few pyrography (woodburning) instructors in the North Carolina area, and has taught pyrography classes from South Carolina to Wisconsin. Michele has been a published author for Pyrography Magazine for the past three years and was a participant in the historic 20th Century Pyrography Exhibition at the Andrews Art Museum in Andrews, NC.

Michele will be teaching at the 2015 Fox Chapel Publishing Open House in Pennsylvania this May and will also be teaching at the Southeastern Woodcarving School in Alabama this July.

Michele earned a Bachelor of Fine Arts degree from Western Carolina University and, after a successful corporate career, has spent the last ten years woodcarving, creating pyrography and studying under renowned instructors such as Fred Cogelow, Paul Rolfe, Tom Wolfe, Vic Kirkman, Desiree Hajny, and Rosalyn Daisey.

Michele is very active in national and local woodcarving and pyrography clubs and founded the North Carolina Woodcarving Association. She currently runs Parsons Wood Artistry (www.ParsonsWoodArtistry.com), sells her artwork in regional galleries, does commission work, and teaches pyrography. Michele is teaching a class, “Drawing with “Fire”: An Introduction to Pyrography (Woodburning)” starting June 1. Check out the class description on page 12.
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CANCELLATION POLICY
If we cancel a class, you will be notified. If you would like to cancel your place in a class, please notify us as soon as possible before the class meets for the first time.

REGISTRATION FEE
REFUND POLICY
If you need a refund or transfer, contact the Polk Center 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.

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

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

Include suggested class title, a brief description of class content, and your qualifications to teach the class.
MASSAGE THERAPY PROGRAM
Kate Barkschat, Coordinator

NEW! Introduction to Massage Therapy
In this three day, twelve hour class you will learn about fundamental principles of massage therapy and some basic hands-on techniques. You’ll also touch on anatomy, terminology and the health sciences that professional massage therapists need to know. You’ll learn about career opportunities and pathways within the field and what it takes to get started as a massage therapist. Successful completion of this course is a requirement for admission into the Massage Therapy program.

#40863
12 hours, T/W/Th: June 2,3,4
Instructor: Melinda Kirby
8 a.m. – 12 p.m.
Polk Center, Room 117
Registration Fee: $50

Massage Therapy
Our 660 hour program combines class time with hands-on practice of massage techniques. Coursework includes anatomy and physiology, kinesiology, nutrition, business practices, ethics and specific massage modalities. Upon completion graduates of the program may apply for the MBLex exam to practice therapeutic massage in the state of North Carolina. Prerequisite: High School Diploma or GED and successful completion of Introduction to Massage Therapy.

660 hours, Polk Center, Room 117
Registration Fee: $180
Day Class:T/W/Th: June 23 – Dec 17
8 a.m. – 5 p.m.
Instructor: Melinda Kirby

Evening Class:
Instructor: Jennifer Chason
Hybrid class 5-9 p.m. + online
Meets in classroom:T/W/Th
Starting January 2016

*Financial aid opportunities are available for the Massage Therapy courses for qualifying students.

Nurse Aide & Allied Health Programs
Betsy Cuthbertson, Coordinator

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

#40761
Monday, Tuesday, Wednesday, and Thursday; 8:00 AM – 3:30 PM
June 1, 2015 – July 20, 2015
Room 116, Polk Center, $180
Instructor: Carla Wist, RN

#40763
Monday, Tuesday, Wednesday, and Thursday; 8:00 AM – 3:30 PM
Room 116, Polk Center, $180
Instructor: Carla Wist, RN

*Financial aid opportunities are available for the Massage Therapy courses for qualifying students.

Nurse Aide II
This 192-hour course is designed to prepare graduates to perform more complex skills for patients or residents regardless of the setting. A skill/competency evaluation is required for documenting student competency. 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 II by the North Carolina Board of Nursing Nurse Aide Registry. In all employment settings, the listed Nursing Assistant II will work under the direction and supervision of licensed personnel. PREREQUISITE: High School Diploma or GED and listed on the NC Nurse Aide I Registry. CLASS DATES ARE SUBJECT TO CHANGE. Please call 828-395-1675 to confirm course dates.

#40764
Monday, Wednesday, and Friday; 5:15 PM – 9:15 PM
July 6, 2015 – October 30, 2015
Room 114, Polk Center, $180
Instructor: Susan Davis, RN

*Financial aid opportunities are available for the Nurse Aide Level II courses for qualifying students

"I feel well equipped to open my own practice and would highly recommend this program to anyone interested in pursuing a career in massage therapy."

CLASS DATES ARE SUBJECT TO CHANGE.
Please call 828-894-3092 to confirm course dates.

NEW! Introduction to Massage Therapy
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Evening Class:
Instructor: Jennifer Chason
Hybrid class 5-9 p.m. + online
Meets in classroom:T/W/Th
Starting January 2016

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"I feel well equipped to open my own practice and would highly recommend this program to anyone interested in pursuing a career in massage therapy."

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POLK CENTER classes
PLEASE NOTE: Medical class costs will include registration fee(s), mandatory textbooks and workbooks, required immunizations, scrubs for clinical rotations (where applicable), and other incidental costs for personal supplies.

To Register for POLK CENTER classes call 828-894-3092
(Medical) Office Practices
This 230-hour course provides instruction related to office practices: 1) interacting with co-workers 2) public communication, 3) financial and informational documents, and 3) typical office functions. This course places emphasis on medical office training in topics which may include but are not limited to preparation of medical records, scheduling appointments, health insurance and financial records of patients, understanding medical terminology, body systems, diseases and clinical procedures used in a medical office, preparation of medical reports, and handling front office operations. CLASS DATES ARE SUBJECT TO CHANGE. Please call 828-395-1675 to confirm course dates.

#40765
Monday, Tuesday, Wednesday, Thursday and Friday; 9:00 AM – 2:30 PM
August 26, 2015 – October 29, 2015
Room 118/124, Polk Center, $180
Instructor: Nicole Burnette

Phlebotomy
This 225-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 828-395-1675 to confirm course dates.

Phlebotomy course scheduled to begin in early November, 2015

Medical Assisting Review
This 53-hour course is designed to review the three aspects of Medical Assisting; Clinical, Administrative, and Laboratory for the student to begin to prepare for the National Certification Exam. Emphasis will be placed on assisting with examinations/treatments, performing routine laboratory procedures, and ethical/legal issues associated with patient care. A student who successfully completes this course in addition to the (Medical) Office Practices course and the Phlebotomy course will have the knowledge base to apply for national certification as a Medical Assistant. CLASS DATES ARE SUBJECT TO CHANGE. Please call 828-395-1675 to confirm course dates.

#40771
Monday, Wednesday, and Thursday 8:30 AM – 2:30 PM
July 9, 2015 – July 30, 2015
Room 118, Polk Center, $180
Instructor: Nicole Burnette

*Please note: Only students who have successfully completed all three courses (Medical Office Practices, Phlebotomy, and Medical Assisting) are eligible to sit for the National HealthCareers Association (NHA) Certified Clinical Medical Assistant (CCMA) exam.

Healthcare Billing and Coding
This 150-hour course prepares an individual for entry level healthcare billing and coding positions. Course topics can include but are not limited to the roles and responsibilities of this position, managed health care, life cycle of an insurance claim, legal and regulatory considerations, coding regulations, reimbursement issues, claim instructions, medical terminology, filing commercial claims, insurance plans, Medicare, Medicaid, Tricare, and Workers’ Compensation. Upon completion, students should also be able to utilize MS Windows and the Internet to effectively retrieve billing-related information and updates. Online Class to Start Late Summer

Dates and times are subject to change.
Please call 828-894-3092 or visit www.isothermal.edu/learnstuffpolk for updates, additional information, class dates and times.

EKG Technician
This 44-hour course is designed to prepare the student to become a certified EKG technician. Students will have knowledge of cardiac terminology, understand the structure and function of the heart, and understand the anatomy and physiology of the heart. Students will have a basic understanding of the electrical conduction system and how it affects heart function. Based upon this knowledge, students will know why an EKG is done. They will understand the cardiac cycle, be able to identify common artifacts, and demonstrate patient prep as well as proper placement of EKG leads. Students will be able to operate the equipment, run a strip accurately, and mount it properly. Upon successful completion of the course, students will be prepared to take the national certification examination.

#40802
Monday, Tuesday, Wednesday, Thursday, and Friday; 8:30 AM – 2:30 PM
August 10, 2015 – August 20, 2015
Room 118, Polk Center, $125
Instructor: Nicole Burnette

*Financial aid opportunities are available for the Nurse Aide Level I, Nurse Aide Level II, (Medical) Office Practices, and Phlebotomy courses for qualifying students

To Register for POLK CENTER classes
call 828-894-3092
Nurse Aide Level I
This 188-hour course is designed to prepare graduates to provide personal care and perform basic nursing skills for the elderly and other adults. Emphasis on aging process including mental, social and physical needs of the elderly, patient’s rights, nutrition management, elimination procedures, safe environment, restorative services, personal and special care procedures and activities, human body structure and function and related common disease/disorders, communication and documentation, death and dying, and roles of the nursing assistant and health team members. A skill/competency evaluation is required. The course includes class, laboratory and clinical learning experiences. Upon satisfactory completion of the course and skill/competency evaluation, the graduate is eligible to apply for listing as a Nurse Aide I by the N.C. Division of Facility Services. CLASS DATES ARE SUBJECT TO CHANGE. Please call 828-395-1675 to confirm course dates.

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

Healthcare Billing and Coding
This 150-hour course prepares an individual for entry level healthcare billing and coding positions. Course topics can include but are not limited to the roles and responsibilities of this position, managed health care, life cycle of an insurance claim, legal and regulatory considerations, coding regulations, reimbursement issues, claim instructions, medical terminology, filing commercial claims, insurance plans, Medicare, Medicaid, Tricare, and Workers’ Compensation. Upon completion, students should also be able to utilize MS Windows and the Internet to effectively retrieve billing-related information and updates.

Phlebotomy
This 225-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 828-395-1675 to confirm course dates.

Phlebotomy course scheduled to begin in early November, 2015
SELF-SUPPORT COMPUTER CLASSES

Email Explained (Email 101)
E-mail allows you to send a message to anyone with access to the web. Additionally, you can “attach” other files to that message, allowing you to send photographs, music, videos, to anyone. With a little effort you can also create lists of people so that a group of friends, colleagues or relatives can instantly receive the same message. Learn how to send/receive safe and virus-free email, how to attach files and how to create contacts.

#40892
1 week/1 session/4 hours
Wed: May 13, 1 - 5 p.m.
Polk Center, Room 124, $20
Instructor: Alicia Knighten

NEW! Internet Calling-101
This course will cover the basics using your internet connection to make “phone calls”. Topic covered will include: Skype, Facetime, Vonage, iChat, and more to make phone calls with low or no cost. Learn how to make voice and video calls, make online conference calls, send text messages, and share files -- all at no cost. There are great tools out there for working on projects with colleagues or for staying in touch with family.

#40893
1 week/1 session/4 hours
Wed: May 20, 1 - 5 p.m.
Polk Center, Room 124, $20
Instructor: Alicia Knighten

I Hate My Computer Because….
This course will provide the frustrated computer user a place to ask questions about specific computer issues. Common problems will be addressed and resources for repair will be provided. Bring your list and try to stump the teacher!

#40839
1 week/1 session/4 hours
Wed: May 27, 1-5 p.m.
Polk Center, Room 124, $20
Instructor: Alicia Knighten

NEW! The Mobile Professional – Working Without a Desk
Learn how to work on the go using your notebook, tablet, or phone. This course is designed for busy working professionals who want to save time and increase productivity on the job. Learn about mobile email, calendars, reminders, notes, inventory and client lists, and even more in this workshop. Additionally, the student will receive a list and short review of the latest products. Question and answer for the last part of the class, so bring in your device and your questions!

#40861
1 week/1 session/4 hours
Wed: June 3, 1-5 p.m.
Polk Center, Room 124, $20
Instructor: Alicia Knighten

Sold! How to Sell Online Using eBay, Amazon, and More
Learn how to use online selling sites to grab new customers, get traffic to your website, and develop a customer list. This workshop will provide an overview of exactly what is needed to begin selling online. We will explore marketing sites, tools for the beginner, shopping carts, and online payment methods.

#40797
1 week/1 session/4 hours
Wed: June 17, 1-5 p.m.
Polk Center, Room 112, $20
Instructor: Alicia Knighten

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

COMPUTER SKILLS & TECHNOLOGY

OCCUPATIONAL EDUCATION
COMPUTER CLASSES

Word I
Discover how to make Word work for you. This class will teach you how to create, edit, save, open and close documents. You'll also learn how to apply formatting options, copy and paste, preview, print and much more.

#40826
6 weeks/6 sessions/12 hours
Thurs: May 14 – June 18
10 a.m. – 12 p.m.
Polk Center, Room 124, $70

NEW!
Search Engine Optimization
This class explores methods of optimizing a web site for improved visibility on search engines and directories using “natural” or un-paid search results. SEO integration with current marketing will be discussed, as well as methods for getting indexed and preventing crawling. Stats/analytics will be offered.

#40846
8 weeks/8 sessions/16 hours
Fri: May 15 – July 10
11:30 a.m. – 1:30 p.m.
No class July 3
Polk Center, Room 124, $70
Instructor: Alicia Knighten

NEW!
Introduction to Microsoft Office
Are you interested in learning to use Windows 8? This course will teach you how to successfully navigate the operating system and gain the knowledge and experience to be able to personalize your computer for your needs. *Bring your own laptop with Windows 8 or instructor will guide you through demonstration.

#40824
8 weeks/8 sessions/24 hours
Tues: May 19 – July 7, 7 - 9 p.m.
Polk Center, Room 124, $70
Instructor: Alicia Knighten

How to Have Your Own Website and Not Be a “Geek”
Having a website is a “given” in today’s business culture. Learn how to create and maintain a website in as little as one day without having to use HTML, CSS, or any of the other confusing things you’ve heard frustrated website owners complain about. This course is designed for the “non-techie”, but all are welcome! Get your site up and going with content management tools that are free and easy to set up. Topics include: CMS products such as WordPress and Joomla, blogging methods, integrating widgets, apps and social media, SEO, and performance testing with Google.

#40846
8 weeks/8 sessions/16 hours
Fri: May 15 – July 10
11:30 a.m. – 1:30 p.m.
No class July 3
Polk Center, Room 124, $70
Instructor: Alicia Knighten

NEW!
Social Media for Professionals
As social media continues to grow, conversations with individuals and businesses are now taking place instantly… and globally. Learn how this unprecedented reach is changing the very nature of company/customer relationships, creating virtually limitless opportunities for feedback, promotion, brand-building and monetization. You will learn about the tools and strategies required to successfully navigate social networks in today's business culture. You’ll also receive expert guidance on how to define goals and measure these interactive marketing efforts against the goals. Topics include the “Big Three”—Twitter, Facebook, and LinkedIn and much more.

#40832
8 weeks/8 sessions/16 hours
Wed: May 20 – July 8, 6-8 p.m.
Polk Center, Room 124, $70
Instructor: Alicia Knighten

Excel I
Whether on the job, at home, with clubs or volunteer work, learning what a spreadsheet is and knowing how to make electronic spreadsheets can simplify any task! This is your chance to learn the basics. You’ll learn when and how spreadsheets are used, data entry, formatting, sorting and filtering data, performing calculations, making charts and graphs, adding borders and shading to highlight key information. If you’re working on a special project, bring it along to get that extra help you need to finish it up.

#40806
8 weeks/8 sessions/16 hours
Tues: May 19 – July 7, 4:30 – 6:30 pm
Polk Center, Room 124, $70
Instructor: Alicia Knighten

Tablet Computing Explained--(iPad edition)
This course is for iPad beginners on any version of the iPad. The student will receive an overview of their device and learn the basics of operating it. Topics include: apps, email, wireless settings, notifications, Safari, iTunes, videos and notes. See for yourself why the iPad is the fastest growing market out there for today's home computer user!

#40806
8 weeks/8 sessions/16 hours
Tues: May 19 – July 7, 4:30 – 6:30 pm
Polk Center, Room 124, $70
Instructor: Alicia Knighten

To Register for POLK CENTER classes call 828-894-3092
Visit the Polk Center website at www.isothermal.edu/learnstuffpolk
NEW! Building Your Dream Computer
In this class we will be looking at best practices for building the ultimate computer. We will look at several different levels of computer building. These include spec’ing out the ultimate gaming system, home theater media computer, and production level server. We will look at various ideas to inspire the build and price for preferred components and we will create a list of components. This class will involve a lot of hands on work and we will actually build several systems. Students will complete the class knowing how to buy components for a computer system and how to build a computer.

#40840
8 weeks/8 sessions/32 hours
Thurs: May 28 – July 23, no class July 2
5:30 – 9:30 p.m.
Polk Center, Room 122, $125
Instructor: Tom Christensen

Computer Basics, Part I
Are you new to using computers? Perhaps you would just like to know more about how computers work? This course has all the basic concepts covered. You’ll learn how operating systems work, keyboarding basics, Windows tips and how to use the internet/email.

#40805
8 weeks/8 sessions/16 hours
Wed: June 3 – July 22, 10 a.m. – 12 p.m.
Polk Center, Room 124, $70
Instructor: Alicia Knighten

PowerPoint Presentation
PowerPoint adds pizzazz to every presentation and gives your audience a visual connection to what you are saying. Whether for work, school, or community service, you can make a great impression with a well-designed PowerPoint presentation. And just think what it could add to a special occasion at home! Learn the basics or further develop the skills you already have.

#40796
4 weeks/4 sessions/8 hours
Thurs: June 25 – July 23, 10 am – 12 pm
Polk Center, Room 124, $70
Instructor: Alicia Knighten

NEW! Introduction to Windows 8
Are you interested in learning to use Windows 8? This course will teach you how to successfully navigate the operating system and gain the knowledge and experience to be able to personalize your computer for your needs. *Bring your own laptop with Windows 8 or instructor will guide you through demonstration.

#40779
8 weeks/8 sessions/16 hours
Wed: July 15 – Sept 2, 6-8 p.m.
Polk Center, Room 124, $70
Instructor: Alicia Knighten

Computer Basics, Part 2
This is a continuation of Computer Basics Part I. Learn how to find files and copy and paste. Email is further explained and you’ll learn some word processing.

#40812
8 weeks/8 sessions/16 hours
Wed: July 29 – Sept 16
10 a.m. – 12 p.m.
Polk Center, Room 124, $70
Instructor: Alicia Knighten

NEW! Mac for Beginners
Instructor Alicia Knighten will cover the basics of a Mac including an introduction to the Mac hardware and software. She’ll instruct you on using your keyboard, trackpad or mouse, working with menus, navigating your computer, word processing applications and more.
*You must bring your own Mac laptop to this class.

#40844
8 weeks/8 sessions/24 hours
Thurs: Aug 27 – Oct 15, 10 am – 12 pm
Polk Center, Room 124, $70
Instructor: Alicia Knighten

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

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

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

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COMPUTER SKILLS & TECHNOLOGY

RUTHERFORD CAMPUS CLASSES

Computer Fundamentals I
Are you baffled by computers? They're EASY and FUN to work with. Explore how computers work, learn their terms, and discover what they can do for you. The instructor will tell you about hardware and introduce you to programs that are available for personal and professional use. You’ll learn how to use the mouse, navigate through various programs, change your desktop and screensaver, and learn how to write letters using basic Notepad, WordPad and Microsoft Word. Students will work with Windows 7 and be introduced to Microsoft Office Suite 2010.

# 40686
Monday & Wednesday, 6PM-8:30PM
June 10th – July 1st
Rutherford Campus, Willow Room, Foundation Building, $70
Instructor: Justin Conner

Justin Conner is the Director of Information Technology for Rutherford County Schools. He has several years’ experience teaching and using Microsoft and Apple products. Justin is also well-versed in the field of Distance Education and has worked with several different learning management systems over the years, designing courses and using the latest Web 2.0 tools to enhance learning in the virtual classroom. He has worked with several businesses and organizations, guiding them to use technology more effectively in their field. Justin received his Master of Arts in Education Media from Appalachian State University and a BS in Information Technology from Limestone College.

To Register for
RUTHERFORD CAMPUS classes
call 828-286-3636,
option 2 then option 1

To Register for
RUTHERFORD LEARNING CENTER classes
call 828-286-3636,
option 2 then option 1

Visit the Rutherford Campus website at
www.isothermal.edu/learnstuff

RUTHERFORD LEARNING CENTER CLASSES

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

# 40702
Tuesday and Thursday, 5:45 PM – 8:15PM
June 9th – June 30th
Rutherford Learning Center, 134 Maple St., Rutherfordton, Room 109, $70
Instructor: Dan Thomas

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

“Alicia Knighten is very professional, helpful, clear in her descriptions, very smart and generous with her knowledge. Please have her back, often, to teach more classes!”

To Register for
RUTHERFORD LEARNING CENTER classes
call 828-286-3636,
option 2 then option 1
**NEW! Nature Journaling**

In this class you will create your own blank journal during the first class then explore historical forms and different aspects of nature journaling during subsequent classes. This is an opportunity to create a lasting keepsake, as well as deepen your observational skills, creativity, and ability to de-stress and connect to your natural self. Open to all levels. There are no prerequisites and no drawing/sketching experience is needed.

#39722
4 weeks/4 sessions/8 hours
Wed: April 29 - May 20, 1 – 3 p.m.
Polk Center, Room 108, $40
Instructor: Annette Wells

**Beginning Drawing**

No matter what medium you work in, drawing is important. It provides the underlying structure, the base of support, for your final product. This class will focus on “seeing” as an artist sees. That means learning to process visual information in a way that allows you to convincingly represent objects that exist in 3-dimensions on a 2-dimensional surface. You will use setups and models to investigate one, two and three point perspective, foreshortening, proportion and shading. These are the tools you have to create convincing 3 dimensional images on a 2 dimensional surface.

#40795
8 weeks/8 sessions/24 hours
Thurs, May 28 – July 23, no class July 2
9 a.m. - 12 p.m.
Polk Center, Room 108, $90
Instructor: Jeanne Parsons

**NEW! Equine Art: Creating a Painted Portrait of Your Best Friend**

Bring a favorite photo of your equine bestie to class - or learn tips in the first class on how to take a great portrait photo. We will use acrylic paints or multimedia to transform your photograph into a lasting work of art. We will explore the differences between a “likeness” and a “portrait” and learn tips and tricks for building personality into your paintings. This class is open to seasoned artists who are seeking to expand their skills with a master painter; or people who have never painted or even drawn, but would love to learn painting basics and create a portrait. Annette is an exhibiting artist who has taught students of all levels for nearly 40 years, nearly 20 as a tenured professor of fine art. She brings her experience and enthusiasm to the classroom and teaches each student at their own level, helping all to reach their goals for the course and have fun along the way. Supplies list will be given upon registration for the course.

#40837
6 weeks/6 sessions/18 hours
Wed: May 13 – June 17, 9 a.m. - 12 p.m.
Polk Center, Room 108, $75
Instructor: Annette Wells

**NEW! Poly Clay Fairy Garden**

Design a mini garden with a fairy and flowers on a 4-6 inch dish of your choice. Learn how to create shapes using toothpicks and plastic utensils and then fire them in a toaster oven. You’ll also learn to blend and combine colors to create different effects.

#40838
4 weeks/4 sessions/12 hours
Thurs, May 14 – June 4, 4:30 – 7:30 p.m.
Polk Center, Room 108, $60
Instructor: Dot Pearce

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“I felt like an accomplished artist by the end of this course!”

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**Open Studio**

Instructor Don Blackwell will share techniques and guide students on any projects they are currently working on.

#40772
8 weeks/8 sessions/24 hours
May 15 – July 10
Friday, 9:00 a.m.- 4 p.m.
Polk Center, Room 108, $90
Instructor: Don Blackwell

#40830
8 weeks/8 sessions/24 hours
July 17 – Sept 4
Friday, 9:00 a.m.- 4 p.m.
Polk Center, Room 108, $90
Instructor: Don Blackwell

#40831
8 weeks/8 sessions/24 hours
Sept 11 – Oct 30
Nov 6 – Jan 15, 2016
(No class Dec 25 – Jan 4)
Friday, 9:00 a.m.- 4 p.m.
Polk Center, Room 108, $90
Instructor: Don Blackwell

Born in Hendersonville, North Carolina, Don Blackwell spent 25 years in Alaska and considers it his other home. His work now reaches far points of the world with his originals and prints in three museums, the Ministry of Defense in Winnipeg, Canada, the Ministry of Defense in Moscow, Russia, the Pentagon and more. After a 25 year Air Force career, Don is enjoying civilian life and being a college art teacher. He and his wife, Phoebe, have raised five kids and are enjoying five beautiful grandchildren. They live in the Blue Ridge Mountains but covet their time spent in their “dream cabin” on an island near Homer, Alaska. A versatile artist, Don’s works are done in pen and ink, watercolor, airbrush, oil, and colored pencil. Don also creates in wood. He teaches beginning drawing, intermediate drawing, pen and ink, multimedia drawing and woodcarving classes at ICC’s Polk Center.

To Register for POLK CENTER classes
call 828-894-3092
Multimedia Painting
Enjoy painting whatever you choose in Dale’s course, under his expert guidance. Choose morning or afternoon session. Class size is strictly limited.

#40833
10 weeks/10 sessions/30 hours
May 19 – July 21, Tues: 9 a.m.-12 p.m.
Polk Center, Room 108, $90
Instructor: Dale McEntire

#40835
10 weeks/10 sessions/30 hours
July 28 – Sept 29, Tues: 1 p.m. – 4 p.m.
Polk Center, Room 108, $90
Instructor: Dale McEntire

Watercolor Painting II
Improve your existing watercolor skills and explore new possibilities for this exciting medium. Concepts learned in Beginning Watercolor will be added to and expanded on. New techniques and projects will be presented. These include painting from set ups, handling specific subject matter and principals of composition. Students may bring their own projects to work on as well as class projects. Beginning Watercolor or equivalent training is a prerequisite.

#40792
8 weeks/8 sessions/24 hours
Mon: June 1 – July 20
9:30 a.m. – 12:30 p.m.
Polk Center, Room 108, $90
Instructor: Dale McEntire

Beginning Watercolor Painting
Have you wanted to try painting with water colors but didn’t know where to start? This class is for you! You will be introduced one step at a time to materials, the mixing of colors, a variety of techniques and much more. No experience is necessary. Join us for a fun time painting and discover the artist within you. A materials list will be furnished at the first class. Class size is limited so sign up early!

#40792
8 weeks/8 sessions/24 hours
Mon: June 1 – July 20
9:30 a.m. – 12:30 p.m.
Polk Center, Room 108, $90
Instructor: Dale McEntire

NEW! Drawing with “Fire”:
An Introduction to Pyrography (Woodburning)
In this beginners class you will learn basic pyrography (woodburning) techniques. This is not woodburning like you may have learned in scouts. Instead, it is very detailed like a pen and ink drawing, yet easy to learn. If you can trace lines, you can create a drawing. This class will cover different types of equipment, basic pen tips and how to use them, safety, selecting and preparing your wood, transferring a pattern, working on rounded surfaces, coloring and finishing. Sign up early as class is limited to 8 students. Bring your enthusiasm, variable temperature woodburning equipment and pens (some equipment is available for loan on a first-come basis), and a pencil/pen.

#40789
4 weeks/4 sessions/12 hours
Tues: June 9 – 30, 4:30 – 7:30 p.m.
Polk Center, Room 108, $60
Instructor: Dot Pearce

#40789
4 weeks/4 sessions/12 hours
August 4 -25, 4:30 – 7:30 p.m.
Polk Center, Room 108, $60
Instructor: Dot Pearce

NEW! Marquetry Jewelry
By using a jeweler’s saw or coping saw and the “sandwich” method, you can create beautiful wood jewelry out of thin veneer woods. Learn to use the hand saw and choose woods that complement or contrast for unique one of a kind jewelry.

#40798
4 weeks/4 sessions/12 hours
August 4 -25, 4:30 – 7:30 p.m.
Polk Center, Room 108, $60
Instructor: Dot Pearce

To Register for
POLK CENTER classes
call 828-894-3092
FOUND OBJECTS SCULPTURE SERIES
The Found Object in art, or Objets Trouves (French) is an ordinary item or combination of items transformed by putting them into an art context, such as Marcel Duchamp’s first Readymade, a bicycle wheel on top of a kitchen stool… or think of Picasso's Bull, created by attaching handlebars to a bicycle seat. Found object sculpture making and assemblage allows us to see the human-made world in new ways and create visual puns with materials that are not bought, but discarded by someone else. Creative recycling with a spirit of playfulness, while we work towards good craftsmanship and aesthetic value.

The elements and principles of sculptural design will be taught and explored through the classes that follow. You don’t need fancy equipment and expensive materials, complexity, a lot of time and energy, or art experience/talent to enjoy expressing yourself through sculpture. Ideas and inspiration will arise through the process of working with the materials at hand and the synergy of the group.

Course fee for each class is $25. Class materials are provided.

Found Objects Sculpture One:
In the Footsteps of Joseph Cornell
Brief audio-visual presentation and demonstration with hands-on workshop to follow. Together we will explore the use of found objects displayed in vignettes. Each person will create a shadow box sculpture that can be wall mounted or displayed on a horizontal surface. Explorations of tableau, visual storytelling and puns, and how context changes meaning. Materials are provided or you may bring your own objects both 2-D and 3-D for work within a cigar box.

Wed: June 3, 12:30 to 4:30 p.m., Polk Center, $25

Found Objects Sculpture Two:
In the Footsteps of Louise Nevelson
Brief audio-visual presentation and demonstration with hands-on workshop to follow. We will create engaging monochrome (one color) painted wall relief sculptures with odd pieces of wood, carpentry scraps and broken furniture in the format of a rectangular frame. Explorations of light and shadow will be emphasized. Bring interesting wood scraps with you, and there will also be construction tools and materials provided in the classroom. No carpentry or art experience/skills required.

Wed: June 10, 12:30 to 4:30 p.m., Polk Center, $25

Found Objects Sculpture Three:
In the Footsteps of Andy Goldsworthy
The found objects in this case are natural, not man-made. We will begin by viewing the award-winning film on Andy Goldsworthy, Rivers and Tides. Then we will create Goldsworthy-inspired temporal works outside, using whatever natural materials are ready to hand, on or near campus. Once completed, we will document our sculptures, then either destroy them or let them biodegrade. Be prepared to spend 3 hours outdoors.

Wed: June 17, 12:30 to 4:30 p.m., Polk Center, $25
Rain date: June 24, Instructor: Annette Wells

NEW! Strategic Art Command: A Simple, But Elegant Means for Understanding the Visual and Performing Arts
Never be at a loss for words when someone asks you what you think of a painting, a play, or anything created by a human being! Go beyond “I like it” and “I hate it.” In this fun interactive multimedia class, we will learn and apply tools that enhance observational skills, expand critical vocabulary and demystify the language of aesthetics. Students of this method say that it opens their eyes to their world in a pleasurable way, and even helps with such activities as rearranging a room/home decorating. Note: This course may lead to the formation of a group of “Culture Vultures” who meet at local exhibitions and cultural events from time to time to enjoy then have lively/enlightening discussions afterward.

1 weeks/1 sessions/3 hours
Wed: June 24, 9 a.m. - 12 p.m.
Polk Center, Room 112, $15
Instructor: Annette Wells

1 weeks/1 sessions/3 hours
Wed: July 22, 6 – 9 p.m.
Polk Center, Room 112, $15
Instructor: Annette Wells

“I was impressed with the professionalism and knowledge of the instructor and the rigor of the program.”

To Register for POLK CENTER classes call 828-894-3092
NEW! Life Drawing
Like to draw but think drawing people/faces/hands/feet is hard? Did you know that if you can draw a person from life well, you can draw anything? This is the foundation of academic art of all kinds, and even the key to creating convincing abstractions. Instructor, Annette Wells was trained by internationally acclaimed masters Stanley Lewis, Wilbur Niewald, Warren Rosser, and Richard Mattson, and has taught life/figure drawing for over 30 years. You will have a fun and lively time learning this basic skill, and you will only be competing with yourself. You may even experience the (scientifically documented) stress reduction that happens when one spends extended time drawing. An introduction to drawing clothed models with an emphasis on human proportion, human anatomy, and composition. Students will work with various drawing materials, such as charcoal, chalk pastel, graphite, and ink. You will learn or review gesture drawing, contour drawing and chiaroscuro techniques. Hands, feet, faces, proportion/measurement, perspective and foreshortening, and human anatomy and structure. Everyone who would like to learn how to draw people is encouraged to join the class—all levels of art experience are welcome and will benefit. Coursework will be adjusted to your experience level and goals, when appropriate. Supplies list available before the class, or during the first class.

8 weeks/8 sessions/24 hours
Wed: July 1 - Aug 19, 9 a.m. - 12 p.m.
Polk Center, Room 112, $125
Instructor: Annette Wells

Woodcarving ~
A Heritage Crafts Class
Whether you’re a beginner who wants to learn the basics of carving or an experienced carver who wants to improve your skills and learn new ones, this class is for you! Instructor; Don Blackwell will guide you step-by-step through design, technique, skill building, tool sharpening and more, all with a strong emphasis on safety. Supply lists are available in the front office of ICC’s Polk Center. However, it is strongly advised that students attend the first class before purchasing supplies.

8 weeks/8 sessions/24 hours
Thurs: Aug 6 – Sept 24, 9 a.m. – 12 p.m.
Polk Center, Room 108, $90
Instructor: Don Blackwell

Advanced Woodcarving ~
A Heritage Crafts Class
This class is a continuation of our woodcarving class with an emphasis on larger pieces.

8 weeks/8 sessions/24 hours
Thurs: Oct 1 – Nov 19
9 a.m. – 12 p.m.
Polk Center, Room 108, $90
Instructor: Don Blackwell

Equine Art: Drawing
This course may take us from studio to stable and places in-between. We will explore multi-media methods, styles and techniques of equine drawing and sketching, as well as horse anatomy and movement. Whether you want to create a realistic and meaningful portrait of your horse(s) or would simply like to expand your drawing skills, the techniques taught will enable you to do both. Annette will share her skills gained while studying with Betty Edwards, the author of “Drawing on the Right Side of the Brain”, and other powerful methodologies. This is not just a course for artists and the artistically inclined; but for people who work with horses and love them. No art experience necessary. This course is also open to those who have taken this course before and want to continue with equine projects in the studio with us. No supplies needed for the first few classes

#40900
8 weeks/8 sessions/24 hours
Wed: July 15 – Sept 2, 1 – 4 p.m.
Polk Center, Room 108, $90
Instructor: Annette Wells

"Dr. Pfingsting has a wonderful ability to weave culture, history and philosophy into his art history course, affording the student an immersed understanding of the historical times."

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

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

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

Include suggested class title, a brief description of class content, and your qualifications to teach the class.
NEW! Groom Elite 101
This flagship 40 hour course focuses on important horse care skills including: equine behavior, grooming basics, equine anatomy, digestion and feeding guidelines, horse health evaluation, applying bandages, safety, barn management and much more. The course is geared to horse care workers and horse owners with some experience who desire to have a deeper more comprehensive knowledge of the horse and working with horses. Originally designed for the racing industry, this nationally recognized groom certification curriculum has been modified for Isothermal Community College to address the needs of the show horse industry. Training will combine lecture and hands on learning in the barn. At the end of the course students will have the opportunity to be tested for competency and knowledge in equine care and receive their “Certified Groom Elite” certification. The course is available in English and Spanish. Financial assistance may be available.
5 weeks/10 sessions/40 hours
Starting in June 2015
Please call 828-894-3092 for course dates.
*Financial aid opportunities are available for the Groom Elite courses for qualifying students

NEW! Equine Art: Creating a Painted Portrait of Your Best Friend
Please see class description on page 11 under “Creative Arts” listing.

#40837
6 weeks/6 sessions/18 hours
Wed: May 13 – June 17
9 a.m. - 12 p.m.
Polk Center, Room 108, $80
Instructor: Annette Wells

Equine Art: Drawing
Please see class description on page 14 under “Creative Arts” listing.

#40900
8 weeks/8 sessions/24 hours
Wed: July 15 – Sept 2, 1 – 4 p.m.
Polk Center, Room 108, $90
Instructor: Annette Wells

Basic Grooming- Covers the basics of equine grooming. Students completing the course receive a certificate of completion.

Groom Elite 201- An advanced certification course for certified Groom Elite Graduates

Equine Nutrition- This course will cover the many factors involved in establishing and maintaining a healthy diet and solid equine nutritional program. You will be guided through an overview of the equine digestive system, basics of nutrition, feeding management practices, critical nutrients, legumes and grasses, grains, supplements, feeding guidelines and much more.

Barn Management- This course covers all areas of barn and stable management including maintenance of horses including basic medical treatments and nutrition, supervision of employees, handling the business side of the stable and developing and maintaining strong relationships with clients.

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

Spanish 5
During this eight week section short videos, word games and short conversations will be used to expand vocabulary and correct grammatical usage. Cultural awareness and politeness will be stressed in dealings with Spanish speaking employees or in traveling in Spanish speaking countries. Suggested prerequisite for this course is one year of high school or college Spanish, or equivalent exposure.

#40851
8 weeks/8 sessions/16 hours
Tuesday: May 26 – July 21
10:00 a.m.-12 noon
Polk Center, Room 122, $70
Instructor: Doug Morris


Doug Morris is an adult learner of the language who had previously taught economics at a community college in upstate NY. He has been teaching Spanish at ICC for the past seven years. His background includes traveling in Spain and in Latin America, including attending Academia Latinoamericana de Espanol in Quito, Ecuador
Advanced Small Engine Repair
John will cover the internal workings of 2 and 4 cycle engines and related systems (carburetors, ignition, compression, etc.) in this class. Students will have hands on experience working on their own equipment.

NEW! Fly Fishing
Here is a great way to enjoy the outdoors and relax. Michael Lewis, a NC Licensed Fishing Guide, will teach you the basics of how to tie all kinds of flies for fresh water fishing. It's easier than you think. You'll learn about fly fishing, tackle, terminology, "reading" a lake or river, safety, where to find fish, and where the best fishing spots are. You can bring your own fly rod if you have one, but if not, Michael has some to practice with in class, and will make recommendations for your first purchase. You'll spend a Saturday at a local river to put to use what you've learned. A North Carolina fishing license is not required for the class, but may be necessary for fishing.

NEW! Joy of Learning Series - The Science of Happiness
Why are some people always happy, even though their circumstances are "bad"? Why is the "poor little rich girl" always sad? These questions may be explained through science. This workshop will explore those questions and more regarding happiness in general. The student will receive a list of study resources. Thoughtful questions and discussion are expected.

NEW! Joy of Learning Series - The Science of Music
What is music? Why does it affect us so? Why do some songs get stuck in your head? Questions and theories regarding music and its effect on our emotions, thoughts and desires will be examined. Several theories will be discussed and the student will receive a list of study resources. Thoughtful questions and discussion are expected.

NEW! Prepping for Tomorrow on a Budget, Part I
Learn the basics of preparedness, homesteading, and survival on a budget. This course will focus on prepping for weather emergencies or extended power outages. Food preparation and storage will also be discussed. You'll craft your own emergency plan of action during class and will receive a list of resources to help become more reliant during extreme conditions.

NEW! Online Genealogy Basics
Learn how to trace your family history through online resources. This course will guide you through a variety of sites. Learn where to find census, military, birth/death, marriage certificates, etc. and keep your family tree info stored digitally.

NEW! The Foxfire Kitchen-Preserving the Culture of Southern Appalachia
The Foxfire books chronicle mountain culture and are used as a guide to traditions grown from necessity. This class is ideal for those wanting to learn how to make their own delicious meals from scratch and those wanting to create a "traditional" southern kitchen environment. Recipes, cooking/preserving techniques, southern traditions and holidays will be discussed.

NEW! How to Identify and Sell Your Antiques
Learn how to choose a market and determine a fair asking price for antiques and collectibles you want to sell.
Wild Food 101
Wild edible plants, tips and tricks for foraging and gathering native WNC edibles, and recipes will be studied in this class. Learn how to take a wild food walk, seasonal recipes, and more.

#40849
8 weeks/8 sessions/16 hours
Tues: July 14 – Sept 1, 9 – 11 a.m.
Polk Center, Room 122, $80
Instructor: Alicia Knighten

NEW! Joy of Learning Series - Critical Thinking Explained
Learn how to make your point in a discussion or debate using critical thinking skills. Critical thinking will be defined and methods to becoming an effective critical thinker will be discussed. If you are in Sales/Marketing, any kind of customer service field, or in the public eye for business or pleasure, this workshop can give you the tools and skills necessary to appear polished, calm and professional in public.

1 week/1 session/4 hours
Wed: July 29, 1 - 5 p.m.
Polk Center, Room 122, $20
Instructor: Alicia Knighten

NEW! Joy of Learning Series - The Science of Creativity
When you hear someone say “the Muse hit me”, what does that mean? Can creativity be “on demand”? Is it possible to make yourself more creative? Is it genius or something that can be learned? These and other questions will be examined in this thought-provoking workshop. The student will receive a list of study resources. Thoughtful questions and discussion are expected.

1 week/1 session/4 hours
Wed: July 15, 1 - 5 p.m.
Polk Center, Room 122, $20
Instructor: Alicia Knighten

NEW! Joy of Learning Series - The Science of Zen
Can meditation help my memory? Can you really lower blood pressure with Yoga? This series will attempt to examine these questions, but it’s up to you the student to decide on the answers! The student will receive a list of online resources, in order to figure out those answers on their own. Expect a lively discussion of various methods trending today that claim to help you reach your own state of zen.

1 week/1 session/4 hours
Wed: July 22, 1 - 5 p.m.
Polk Center, Room 122, $20
Instructor: Alicia Knighten

NEW! Build a Better Bug-Out Bag
In this class you’ll learn how to create your own bug-out bag, a self-contained 72 hour disaster preparedness kit to get you out of an emergency and help you survive an extreme weather/disaster situation. You’ll receive a bug-out bag checklist and images and explanation for every item needed as well as a list of resources for finding specific items. Protect yourself and your family by building your bug-out bag today.

1 week/1 session/4 hours
Wed: Aug 5, 1 - 5 p.m.
Polk Center, Room 122, $20
Instructor: Alicia Knighten

Automotive “Awareness”
Would you like to know more about how your car works? Learn how to check your oil, brake fluid, power steering fluid, tire air pressure, and much more in this exciting new class. Our instructor will go over emergency situations such as flat tires, dead batteries, locked out conditions, and answer any questions you have regarding your vehicle. As an added bonus, the class will also explore what questions to ask when taking your vehicle to a repair shop so that you always what your car or truck needs.

I week/2 sessions/5 hours
Tues/Thurs: Aug 4 & 6
6 p.m.-8:30 p.m.
Polk Center, $30
Instructor: John Womack

“The small engine repair class was great! It would have cost me far more to have my engine repaired than it cost me to take the course. Now I can fix things on my own.”

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

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

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

RUTHERFORD CAMPUS CLASSES

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

# 40689 Monday, 6 PM- 9 PM
May 25th – June 29th 2015
Chase High School AG Room
$60, Instructor: John Womack

# 40719 Monday, 6 PM- 9 PM
July 13th – August 17th 2015
Chase High School AG Room
$60, Instructor: John Womack

Automotive “Awareness”
Would you like more information on your automobile? Learn how to check your oil, brake fluid, power steering fluid, tire air pressure, and much more in this exciting new class. Our instructor will go over emergency situations such as flat tires, dead batteries, locked out conditions, and answer any questions you have regarding your vehicle. As an added bonus, the class will also explore what questions to ask when taking your vehicle to a repair shop so that you always know what your car or truck needs. Instructor: John Womack

# 40721
Wednesday & Thursday, 6 PM- 8 PM
July 8th and July 9th
Rutherford Campus, Maple Room, $30

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.

HEALTHLY LIVING

POLK CENTER CLASSES

Tai Chi for Health
Are you interested in your health and well-being? It doesn’t matter your age—including seniors and baby boomers—you can start to learn the basic and easy postures of the Yang-style Tai Chi and discover the many benefits of the slow, deliberate, graceful and continuous movements emphasizing the relaxation of body and mind. The basic theme of the exercise is “RELAX”. Long term daily practice can improve circulation, digestion and the immune system as well as reduce stress, enhance balance and coordination. You can repeat this class many times to continue the exercise or move on to the higher levels to complete the Yang Style 37 short form.

13 weeks/13 sessions/19.5 hours
Mon; June 1 – Aug 31; no class July 6; 6:30 – 8 p.m.
Polk Center, Room 112, $90

Edward Kan was born in Guijou Province, China during World War II. After completing high school in Hong Kong, he received his bachelor’s degree at Tunghai University in Taiwan before coming to the United States and completing his Master’s degree at California State University at Fresno. Ed teaches several courses about China and the Chinese Language as well as Tai Chi for Health and Qi Gang for Health at the Polk Center of Isothermal Community College. He and his family now live in Columbus where he is very active in the community.

NEW! Forage in the Forest
Well, you won’t actually be collecting a lunch of edible plants, but you will be identifying and discussing them, and tasting a few. Learn some survival uses and medicinal lore as herbalist June Ellen Bradley takes you on a journey that will change the way you look at your surroundings. No rain date for this class, this adventure goes on rain or shine. So come prepared with appropriate shoes, clothing and your own water.

1 week/1 session/4 hours
Fri: May 22, 8 a.m. - 12 p.m.
Polk Center, $20
Instructor: June Ellen Bradley

NEW! Beyond Fibromyalgia: A Holistic Approach
Do you have chronic health problems which may include but are not limited to fatigue, low energy, insomnia, pain, digestive problems and depression? Would you like to learn more about how self-care can help you to manage, minimize, and reverse the symptoms of fibromyalgia and other chronic health challenges? Living with chronic health challenges can leave you feeling discouraged and disempowered. In this workshop, you will learn an out-of-the-box approach to managing and reclaiming your health and well-being. This 12 step approach will offer you ways to empower yourself, learn to take care of your body, heart, mind and soul and discover a whole new level of health and inner peace.

1 week/1 session/1.5 hours
Tues: May 26, 1-2:30 p.m., Polk Center, Room 112, $10
Instructor: Bindu Johnson
HEALTHLY LIVING

POLK CENTER CLASSES

NEW! Planting the Future
Come take a virtual plant walk with herbalist June Ellen Bradley, and discover the wealth of medicinal and nutritious plants that grow in our local habitat. Many of these important plants are also endangered in our area, and awareness helps! A slide show presentation with a question and answer session will follow.

1 week/1 session/2 hours
Tues: May 26, 6:30 – 8:30 p.m.
Polk Center, $10
Instructor: June Ellen Bradley

NEW! Kitchen Love: Teas
In this informal class Annette will share over 30 recipes for herbal teas and infusions culled from a lifetime of avid herb tea drinking for all reasons and seasons. Learn how to make your own nutritious tea blends that help support your diet; help to soothe the tummy; help to unwind/de-stress; help cool hot flashes; help soothe a head cold or allergies; help get you through the summer heat more comfortably, help you to energize without caffeine; and fill in some of the nutrition ‘gaps’ in a not so healthy diet. You might even find ways to deliciously use up some of those herbs that are taking over your flower beds! An audio-visual presentation will precede a discussion, a tea tasting, exploration of various natural sweeteners and guided creation of your own recipes.

1 week/1 session/4 hours
Wed: May 27, 1 – 5 p.m.
Polk Center, Room 108, $20
Instructor: Annette Wells

Qi Gong
Qi Gong (pronounced Chee-Gong) is an easy to learn exercise program that combines simple stretching movements with slow and deep breathing. Originally it was used daily for stretching after sitting for a long time reading or studying. Today Qi Gong is practiced everyday by millions of people worldwide. It is also being taught by traditional medical practitioners in China as illness prevention and is a required course in many Chinese medical schools. The emphasis is on the health of internal organs as each movement targets a specific area of the body and the muscles connected to the organs. Because most of the exercises do not require moving the feet, it can be practiced sitting in an armless chair. It does not require any special clothing or equipment and can be practiced as a group or individually. Each movement is repeated four to eight times and the entire series takes only 20 - 30 minutes. This class is suitable for seniors and those who are not ready for the more vigorous movements of Tai Chi for Health.

13 weeks/13 sessions/19.5 hours
Mon: June 1 – August 31, no class July 6
Polk Center, Room 112, $90
Instructor: Ed Kan

Eat Right for Your Blood Type
Learn about the evolution of blood types and why it's important to know your blood type. You’ll discover how to achieve optimum health and lose weight by applying your knowledge about blood types. Bonnie Evans is certified by Dr. Peter D'Adamo, naturopathic physician and researcher and author of the bestselling book, “Eat Right 4 Your Type”.

#40822
2 weeks/2 session/3 hours
Mon: June 1, 6:30 – 8 p.m.
Polk Center, Room 107, $15
Instructor: Bonnie Evans

NEW! Mindful Flow
Mindful Flow is a class that focuses on the breath while stretching the body. The class uses modified yogic flows which center and relax the body, increasing flexibility. Mindful Flow is set to beautiful meditative music which helps the mind as well as the body relax. Please bring a yoga mat. A blanket is optional. Instructor: Jo Rytter

#40804
6 weeks/6 sessions/6 hours
Mondays, June 1 – July 6, 10 – 11 a.m.
Polk Center, Room 112, $30

#40808
6 weeks/6 sessions/6 hours
Mondays, July 13 – August 17, 10 – 11 a.m.
Polk Center, Room 112, $30

#40811
6 weeks/6 sessions/6 hours
Mondays, August 24 – Oct 5 (no class Sept 7), 10 – 11 a.m.
Polk Center, Room 112, $30

#40807
6 weeks/6 sessions/6 hours
Fridays, May 29 – July 10, 10 – 11 a.m. (no class July 3)
Polk Center, Room 112, $30

#40809
6 weeks/6 sessions/6 hours
Fridays, July 17 – Aug 21, 10 – 11 a.m.
Polk Center, Room 112, $30

#40810
6 weeks/6 sessions/6 hours
Fridays, Aug 28 – Oct 2, 10 – 11 a.m.
Polk Center, Room 112, $30

Jo Rytter, a Certified Kripalu Movement Instructor, has been teaching various exercise/movement classes for 15 years. In this area, she has taught classes for the Saluda Senior Center, Healthy Balance Yoga Studio in Tryon, The Pavilion’s extended women’s program, PRO Physical Therapy and Fitness Center in Columbus, Element Strength & Fitness in Landrum, and several classes at ICC. Jo currently teaches a Chair Yoga class at ICC.

To Register for POLK CENTER classes call 828-894-3092
Beyond Weight Loss: A Holistic Approach
Do you struggle with achieving or maintaining a healthy weight? Have you lost weight and then regained that weight again and again? Are you tired of diets that leave you feeling deprived and hungry? Join instructor, Bindu Johnson as you look at 5 weight loss myths that are keeping you stuck in the never ending cycle losing and regaining weight. You will explore 12 elements to reclaiming your health and achieving healthy natural weight loss. By adopting a lifestyle that generates balance and wholeness and nurtures your body, heart, mind and soul, you can end your struggle with your weight and discover a whole new level of inner peace and happiness. Through watching her mother struggle her entire life with weight loss and low esteem, Bindu set off at an early age to discover healthy ways to lose and maintain a healthy weight. She has successfully maintained her weight through her Integrative Wholeness™ approach to health and wellness.

I week/1 session/1.5 hours
Tues: June 9, 7 – 8:30 p.m.
Polk Center, Room 112, $10
Instructor: Bindu Johnson

What’s the Right Diet for Me?
Has this ever happened to you …
• You want to lose weight, so you try your best friend’s diet. She lost 35 pounds quickly, but you can’t seem to shed an ounce.
• Your friend, the vegetarian, thrives on pasta and vegetables and has boundless energy. But when you imitate his diet, your energy plummets and you can hardly drag yourself out of bed.
• You eat all the best foods, take quality supplements, exercise and lead a healthy lifestyle. Yet you still don’t feel well.
• It’s impossible to make sense of the confusing and contradictory information flooding the market about nutrition.

In this workshop, you will learn about metabolic typing, a unique process that cuts through all the confusion and helps you discover the diet that is uniquely suited to fit your body. Metabolic Typing is a blend between modern science and the age old wisdom of listening and tuning into your body. Complete a simple questionnaire to put you on the road to discovering the diet that is right for your body.

I week/1 session/1.5 hours
Tues: July 7, 7 – 8:30 p.m.
Polk Center, Room 112, $10
Instructor: Bindu Johnson

Bindu Johnson is an Integrative Wholeness Coach™ and assists individuals in achieving their health and wellness goals through diet and lifestyle modification, inner transformational work and meditation training. She gives her clients the personal attention they desire to move beyond their challenges and open to their full potential. Her multiple certifications include Wellness Coach, Metabolic Typing Advisor, Functional Diagnostic Nutrition Practitioner, Healing Codes Coach, Meditation Instructor, and Yoga Teacher.

NEW! Reiki 1 and 2 for Licensed Healthcare Providers ~ A One-Day Workshop
This class is a special offering at low cost, only for licensed healthcare providers. Reiki is an easy and effective Japanese technique for stress reduction/relaxation that can be practiced on self and/or others. It is not a treatment for disease or a diagnostic technique, nor is it a religion or belief system. It is very simple to learn and incorporate into your daily life, as part of your wellness self-care. Many healthcare providers use it as part of their positive coping system for dealing with job-related stress. It is gaining popularity as a complimentary modality in hospitals and wellness centers across the US, and the (new) scientific research into its effectiveness is promising. Annette Wells is member of the International Center for Reiki Training, and has taught Reiki to many nurses and other health professionals for nearly 10 years. She was a consultant and editor for 6 books on Reiki and energy medicine, published by Findhorn Press, Scotland, and is a certified Karuna(™) Reiki and Usui Reiki Master Teacher. Join her for an all-day Reiki 1 and 2 combined workshop, and learn how to use Reiki for the benefit of yourself and others. A wide variety of practical techniques will be explored, in this highly interactive, rewarding and fun workshop. A certificate will be given upon successful completion of the course. (No CEU’s.)

#40843
I week/1 session/8 hours
Sat: July 25
9 a.m. – 6 p.m. (1 hour lunch)
Polk Center, Room 112, $50
Instructor: Annette Wells

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

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

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

Include suggested class title, a brief description of class content, and your qualifications to teach the class.
NEW! The Healing Magic of Plants
Our relationships with plants span millennia. Let’s explore this relationship together in an informal group. To inform our session, we will first view multiple award-winning film, “Numen: The Healing Nature of Plants.” “Smart, engaging and thought-provoking”, this movie is sure to stimulate discussion and the sharing of personal stories and anecdotes.

1 week/1 session/2 hours
Tues: Aug 4, 6:30 – 8:30 p.m.
Polk Center, Room 112, $10
Instructor: June Ellen Bradley

NEW! Eating Well: Introduction to GMO’s, Food Safety, and the New Nutrition Guidelines
Join us for this interactive presentation that will give you the tools you need to better understand our present food system, and make intelligent, practical and healthy food choices for yourself and family whilst staying within your budget. Bring your shopping lists and we will go on a virtual shopping trip to local grocery stores and markets to find healthy choices in every aisle and food group. You will leave the workshop empowered with new knowledge and tips (recipes too!) from the experts for eating well in a time of great changes and challenges to our food system. This workshop is led by Annette Wells, a former caterer, who has been an avid foodie since 1970.

#40862
1 week/1 session/3 hours
Wed: Aug 5, 5:30 – 8:30 p.m.
Polk Center, Room 107, $20
Instructor: Annette Wells

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

#40673
Thursday, 6 PM - 7:15 PM
June 18th – July 23rd 2015
Rutherfordton Learning Center, Room 111
134 Maple St., Rutherfordton, $45

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

#40672
Tuesday, 6 PM - 7:15 PM
June 16th – July 21st 2015
Rutherfordton Learning Center, Room 111
134 Maple St., Rutherfordton, $45

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

Isothermal Community College Continuing Education
HEALTHLY LIVING

RUTHERFORD LEARNING CENTER CLASSES

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

# 40718
Tuesday, 6 PM - 7:15 PM
August 4th – August 25th 2015
Rutherfordton Learning Center, Room 111
134 Maple St., Rutherfordton, $30

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

# 40712
Thursday, 6 PM - 8 PM
August 6th – August 27th
Rutherfordton Learning Center, Rm 111
134 Maple St., Rutherfordton, $40

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

To Register for RUTHERFORD LEARNING CENTER classes call 828-286-3636, option 2 then option 1

HISTORY & CURRENT EVENTS

POLK CENTER CLASSES

The Art of the Baroque and Rococo
This six-week study of art history features a color slide survey of the rich range of art styles in 17th and 18th-century Europe. Dr. Pfingstag will highlight choice examples of painting, sculpture and architecture from the extravagant art of the Baroque style in Catholic Italy to the courts of Spain and Flanders, from the art of authority of the French monarchy to the middle-class realism of Protestant Holland, and from the lavish Rococo style of the later French Court to the politically inspired art on the eve of the 1789 revolution in France.

#40813
6 weeks/6 sessions/12 hours
Thurs: May 7 – June 11, 10 a.m.-12 noon
Polk Center, Room 112, $60
Instructor: Dr. Ben Pfingstag

NEW! Studies in Ancient Medicine Part I
This course considers the medical traditions of ancient civilizations and is intended for students with interests in medicine and science. Series includes video, discussion and commentary on medical texts, theory and practice of public and private medicine, healing methods and philosophies through the ages, along with comparative analysis.

8 weeks/8 sessions/16 hours
Tues: May 12 – June 30
11:30 a.m. – 1:30 p.m.
Polk Center, Room 124, $80
Instructor: Alicia Knighten

NEW! History of Bluegrass in Appalachia
Did you know Bluegrass music is native to the Appalachian region and has roots in many types of traditional music? This class will not only explore our rich musical history with bluegrass music, but will also discuss where it’s going, and how to find “real” bluegrass around the region and online. You’ll receive a list of area venues and local talent to check out on your own after class.

#40909
1 week/1 session/4 hours
Wed: Aug 19, 1-5 p.m.
Polk Center, Room 118, $20
Instructor: Alicia Knighten

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

To Register for RUTHERFORD LEARNING CENTER classes call 828-286-3636, option 2 then option 1

Isothermal Community College Continuing Education
**NEW! Studies in Ancient Medicine Part 2**
This course focuses on the traditions and history of early medicine. The student will learn about the philosophies, methods, and items used to heal the sick. We will learn about Ayurvedic medicine—a 5,000 year old medical system which focuses more on healthy living than treatment of diseases. The early Vedas and Ashtangas (eight disciplines of treatment) will be studied in this course.

8 weeks/8 sessions/16 hours
Tues: July 7 - Aug 25, 11:30 a.m. – 1:30 p.m.
Polk Center, Room 124, $80
Instructor: Alicia Knighten

**Art and Revolution: The 19th Century**
This course is a series of six color slide presentations on the dramatic change in European Art, 1800-1900. We begin with the politically inspired art of the French Revolution, followed by the emotionally charged images of the Romantic movement in painting, as an alternative response to contemporary events. We then follow the quest for renewed observation of nature in urban and rural areas at mid-century, resulting in the “revolutionary” transformations of light, color and form in the works of the Impressionist painters. The course concludes with a brief assessment of the influence of these transformations on early 20th century art and thought.

#40815
6 weeks/6 sessions/12 hours
Thurs: July 9 – Aug 13, 10 a.m.-12 noon
Polk Center, Room 112, $60
Instructor: Ben Pfingstag

**Beginning Sign Language**
Have you ever wanted to learn a new language and communicate with someone who is hearing impaired? Have you ever wanted to use sign language? This class will focus on learning basic signs that can help you to communicate with someone, express yourself through sign and use music at the same time. Students will learn to sign the alphabet, learn to finger spell words, to sign words and make sentences. The class will involve games, music, handouts and group participation. Students are required to purchase “The Joy of Signing” by Dottie L. Riekehof. Handouts from “Signs of the Times” by Edgar H. Shroyer will also be used in class.

# 40671
Tuesday, May 12th – June 16th 2015, 5:30PM – 6:45PM,
Rutherford Learning Center, 134 Maple St., Rutherfordton, Room 110
Instructor: Lisa Mathis Courtney, $45

Lisa Courtney has been leading sign language teams, teaching classes and interpreting for the deaf for past fifteen years. She has an MA in Christian Education/Family Ministry and Pastoral Care from Southern Baptist Theological Seminary, BA from Gardner Webb University in Christian Education / Counseling, and Sign Language Training through Forsyth Technical Community College and Macon Community College.

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

# 40735
Wednesday, June 17th 2015, 6:30 PM – 9 PM
Rutherford Learning Center, 134 Maple St., Rutherfordton, Room 110, $30
Instructor: Voice Coaches Creative Voice Development Group

Voice Coaches - Creative Voice Development, LLC is a member of The Better Business Bureau, LERN, NCEA, The Voice and Speech Trainers Association and The American Society for Training and Development. In addition to training, they are currently producing voice-over recordings for Discovery, TLC, Woman’s Entertainment Network and HGTV.
NEW! Music Business 101 – How to Negotiate a Gig
What kinds of venues are you interested in playing -- clubs, concerts, festivals, schools? How big is your band and what do you want to get per member per night? What type of music do you do? Learn how to located a suitable venue, negotiate a fee and get a gig!

I week/1 session/4 hours
Thurs: July 16, 5 - 9 p.m.
Polk Center, Room 124, $20
Instructor: Alicia Knighten

NEW! Songwriter 101 – How Do They Do It
A well-crafted song is the ultimate expression of the songwriter, but consistency & creativity are often illusive in today's fast-paced world. Learn from successful music professionals how to get your message out with song. We include exclusive audio/video interviews with working musicians such as Darrell Scott, David Wilcox, Colonel Bruce Hampton and others on the methods they use to stay at the top of their game.

I week/1 session/4 hours
Thurs: Aug 6, 5 - 9 p.m.
Polk Center, Room 124, $20
Instructor: Alicia Knighten

NEW! Social Media and Marketing Basics for Music Professionals
Discover how to get the word out and develop a following using today’s social media. This workshop will explore the many options now available for musicians and how to use them in a practical way. Topics will include social media, email list development, and mobile marketing.

I week/1 session/4 hours
Thurs: Aug 20, 5 - 9 p.m.
Polk Center, Room 124, $19
Instructor: Alicia Knighten

Singing for Those Who Can’t Sing – Singing Karaoke
Peggy will give you the tools to help bring out the very best in your undiscovered voice! If you're up for doing the work it will take to discover your one and only true voice, she's the one who'll help get you there. Did you know that some experts say that only 1 in 20 people are truly “Amusia”? This is the technical term for “tone deafness.” There are more studies out there that claim an incredibly minute percentage of the entire population suffer from tone deafness. I'll help you learn how to break through. Don't get the wrong idea here potential students, you have to do the exercises as well as incorporate the simple techniques she'll explain and teach you to do that will help train your ears for carrying a tune. One of the best places to start is learning to sing Karaoke! You'll do some of that too! It'll be exciting, fun and a major confidence booster, we promise!!!

#40820
8 weeks/8 sessions/12 hours
Mon: July 6 – Aug 24, 7 - 8:30 p.m.
Polk Center, Room 124, $60
Instructor: Peggy Ratusz

Voice and Performance
Whether you are an aspiring professional or just love to sing, here is the class for you! Learn proper breathing, working with an accompanist, microphone technique, phrasing of a song, preparing an audition, and calming those performance jitters. Please bring two songs to work on for friends and family performance at the end of the course. Limit 8 students.

#40817
8 weeks/8 sessions/12 hours
Thurs: July 9 - Aug 27, 3:30 – 5:00 p.m.
Polk Center, Room 124, $60
Instructor: Peggy Ratusz

“A voice and performance was a great confidence builder and terrific support group for anyone who wants to learn to better use their voice.”

Alicia Knighten is a Western North Carolina native with expertise in Advertising and Marketing, Web Design, and Search Engine Placement. She co-owns and runs Action Digital Incorporated in Arden, North Carolina, a web technology company specializing in cutting edge web sites, ecommerce development, and graphic design. Alicia maintains several blogs, websites, and social media campaigns, both personal and for business. Music is a hobby and passion for Alicia. She has worked extensively with many musical acts, doing festival work and on radio. She and husband Randy live in Henderson County where they are building a real estate business together. In the little spare time she has, Alicia likes to camp and spend time by the lake.
Voice and Performance 2
If you’ve taken the Voice and Performance classes we’ve previously offered, you’ll want to take this more advanced class. Let Peggy help you find your inner star! She’ll continue teaching proper breathing and vocal techniques while offering guidance on stage presence, microphone techniques, phrasing of a song, preparing for an audition, and calming those performance jitters. Training will be geared to your personality and personal style. Limit 8 students.

NEW! Blues/Jazz Standards Singing Workshop
Interested in singing the blues or jazz? Join this exciting and fun new three day workshop to help you gain the confidence and vocal control to do it well. Peggy will instruct you on how to vocally improvise with some emphasis on beginner’s scatting, riffing, interpretation, phrasing and help you understand and read the standard chord progressions from both genres. There will be a focus on “talking down a song” and performance and stage presence with some emphasis on how it relates to overcoming stage fright as well as an introduction to singers from the Swing and Big Band era. You will have the opportunity to perform in a recital on the final day.

1 week/4 sessions/12 hours
Fri., Sat, Sun: Aug 28, 29, 30
6 – 9 p.m.; Sat: 12-5 p.m.; Sun: 12 – 2 p.m., Recital, 7 – 9 p.m.
Rooms 124 & 112, $125
Instructor: Peggy Ratusz

Peggy Ratusz, vocal coach, writer and songstress is a well-established presence in the Asheville music scene. Blues, Jazz, Soul and R&B Chanteuse, Peggy and her array of musical configurations (Daddy LongLegs/Swing Daddies/Lotion or Trio) perform an infectious, sultry, multi-layered brand of original, traditional and modern Blues, Soul, RandB and Jazz. while influences such as Ray Charles, Ella Fitzgerald, Etta James, BB King, Susan Tedeschi and Bonnie Raitt are evident, it can’t be denied that her unique soul and voice are one of a kind. You can learn more about Peggy at www.reverbnation.com/peggyratusz.

OCCUPATIONAL TRAINING & PROFESSIONAL DEVELOPMENT

Auto Dealers
Continuing Education For 2014
HB 432 established license renewal training requirements for used motor vehicle dealers and others involved in the sale and distribution of motor vehicles. This class will fulfill the annual six hours of required continuing education. Instruction covers new state regulations, licensing procedures, and ways to avoid lawsuits and other legal problems. This class has been approved by the State of North Carolina. You must be pre-registered and the fee must be paid before the day of the class.

# 40734
Wednesday, August 5th 2015
9 AM-4 PM (1 hour lunch)
Rutherford Campus, Hickory Room
Foundation Building, $75
Instructor: Arnold Craig, a retired DMV Inspector

Notary Public
Become a Notary Public! You will learn how to be one as you prepare for the required North Carolina test. To become a Notary, you must be at least 18 years old, have a high school diploma or GED, and pass the test given at the end of the class. The notary book, tenth edition, is available at the college bookstore and MUST be purchased prior to the first day of class. Estimated book cost $30. Instructor: TBA

# 40674
Wednesday, July 1st 2015
9AM – 4PM
Rutherford Campus Hickory Room, Foundation Building, $70

To Register for RUTHERFORD CAMPUS classes call 828-286-3636, option 2 then option 1
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

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.

# 40753
Module I Online
June 1st – July 9th
Isothermal Community College / Moodle, $70

# 40756
Module II Online
July 20th – August 31st
Isothermal Community College / Moodle, $70

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

# 40737
Monday & Tuesday, 8:30 AM – 5:30 PM
June 8th and June 9th 2015
Rutherford Campus
Maple Room, Foundation Building, $70

# 40738
Monday & Tuesday, 8:30 AM – 5:30 PM
August 3rd and August 4th 2015
Rutherford Campus
Maple Room, Foundation Building, $70

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

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

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

To Register for RUTHERFORD CAMPUS classes call 828-286-3636, option 2 then option 1
Vehicle OBD II Emissions Inspection Certification
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 certification to earn 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. To renew the emission inspection mechanic license, you must successfully complete the four-hour course and pass the 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. Regulations manuals will be provided for use in the classroom.
Instructor: Larry Bailey

Initial
# 40705
Wednesday & Thursday
6 PM-10 PM
June 17th and June 18th
Rutherford Campus
Red Room #137, Business Sciences, $70

# 40715
Wednesday & Thursday
6 PM-10 PM
August 19th and August 20th
Rutherford Campus
Red Room #137, Business Sciences, $70

Renewal
# 40675 Thursday, 6 PM-10 PM
May 7th 2015
Rutherford Campus
Red Room #137, Business Sciences, $70

# 40711 Thursday, 6 PM-10 PM
July 9th 2015
Rutherford Campus
Red Room #137, Business Sciences, $70

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

# 40703
Wednesday & Thursday, 6 PM-10 PM
June 10th and June 11th
Rutherford Campus
Room #137, Business Sciences, $70

# 40714
Wednesday & Thursday, 6 PM-10 PM
August 12th and August 13th
Rutherford Campus
Room #137, Business Sciences, $70

Visit the Rutherford Campus website at
www.isothermal.edu/learnstuff

3 Easy Ways To Pre-Register
For better customer service, ALL classes now require prepayment.

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

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

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

To Register for RUTHERFORD CAMPUS classes
call 828-286-3636,
option 2 then option 1
NEW! Become a Digital Artist Part 1
Learn how to use your laptop, computer, or device to create stunning images. You’ll learn about many types of effects and how to use them. How to share your images with the world using social media, online galleries (both public and private) and copyright issues will be discussed. Bring your laptop or device and any material you would like to work on during class.

8 weeks/8 sessions/16 hours
Thurs: May 21 – July 16
(No class July 2), 12:30 – 2:30 pm
Polk Center, Room 124, $80
Instructor: Alicia Knighten

NEW! Walk Along the Trail-Easy Digital Nature Photography
Learn how to take and edit nature images with your device and upload them to a digital gallery. Simple and creative techniques for digital post processing will make your photos “pop” with color and interesting details. Whether planning a vacation, or simply taking pictures of your garden, this class will teach you how to take and publish stunning nature photos without leaving the trail. Bring your walking shoes, we’ll go outside (weather permitting) and start publishing pictures right away!

#40902
8 weeks/8 sessions/24 hours
Tues: July 14 – Sept 1, 2 – 5 p.m.
Polk Center, Room 124, $90
Instructor: Alicia Knighten

NEW! Digital Photo Editing
Learn how to organize and edit digital photos using the free software application, Picasa. This class covers uploading photos and sharing them with others, as well as creating a digital photo album and slide show.

8 weeks/8 sessions/16 hours
Tues: July 14 – Sept 1, 7-9 p.m.
Polk Center, Room 122, $80
Instructor: Alicia Knighten

NEW! Become a Digital Artist Part 2
A continuation of Part 1, this course will teach more advanced effects and methods to take your digital photography to the next level. Learn how to monetize your creations after uploading, and how to strategically place images. Bring your laptop or device and any material you would like to work on during class.

8 weeks/8 sessions/16 hours
Thurs: July 23 – Sept 10, 12:30–2:30 pm
Polk Center, Room 124, $80
Instructor: Alicia Knighten

PHOTOGRAPHY, DIGITAL PHOTOGRAPHY & IMAGE EDITING

To Register for Polk Center Classes
Call 828-894-3092

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

RUTHERFORD CAMPUS CLASSES

Photography: Evaluating and Editing Photographs
Participants will be directed to critique their photographs, and will be instructed in correcting problems related to camera work and poor planning. Students will download their successful photographs to a computer. They will learn basic image editing and will prepare their work for output such as printing. A Data Storage device such as a USB Flash Drive or Thumb Drive is recommended for saving work processed in class.

# 40724
Monday 5:30PM – 9:00PM
June 15th – June 29th 2015
Rutherford Campus, Student Center / GYM, Room 19C
$55, Instructor: Giuliana Polinari Riley

To Register for Rutherford Campus Classes
Call 828-286-3636, option 2 then option 1

Visit the Rutherford Campus website at www.isothermal.edu/learnstuff
PHYSICAL EDUCATION

RUTHERFORD CAMPUS CLASSES

Zumba Basics I
Come learn the moves and be on your way in this popular and FUN way to get moving! If you like music and having fun, then this is the class for you! This is an interval/cardio workout dance class that incorporates dance steps from the Salsa, Merengue, Cumbia and Reggaeton. Prior dance experience is not needed. Students will follow the lead of the instructor. Be prepared to sweat!
Instructor: Wavelyn Norville

# 40780
Wednesday, 5:45PM-6:45PM
June 3rd – July 22nd
Rutherford Campus
Gym, Student Center
$45 per student

Wavelyn Norville is an experienced Zumba instructor, certified in Zumba Basics I. Prior to Zumba, she taught aerobics for over six years. She loves having fun in her class and enjoys showing students how to tone up and get fit the Zumba way!

Family Swim/Adult Learn to Swim
This class now combines Adult Learn to Swim and Family Swim. Here is an ideal opportunity for any non-swimming adult to learn how to swim and enjoy the excitement of the water. Emphasis is placed on developing your confidence in the water and teaching you to float on your back, tread water, and use basic swimming strokes. Personal safety skills are added to make you comfortable in and around water. Here, too, is a great opportunity for everyone in your immediate family to enjoy the water. Although the family swim aspect of the class is not designed as a learn-to-swim program, our qualified instructors are willing to assist with swimming skills for anyone at any age. Learn to swim in a year-round family setting. Family swim includes a maximum of 2 adults and 4 children within immediate family.
Instructor: Dani Janulis

# 39501
Monday/Wednesday/Friday
7AM – 7:50AM
March 2nd – May 18th 2015
(No Class 04/03 and 04/06), $60

# 40692
Monday/Wednesday/Thursday
7AM – 7:50AM
May 27th – August 8th 2015, $60

# 40691
Monday/Wednesday/Friday
7AM – 7:50AM
August 17th – November 2nd 2015
(No Class 09/07 and 10/14), $60

Fitness Swim (Lap Swim)
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.
Instructor: Deborah Gerard

# 39505
Monday & Wednesday, 7 PM- 8:15 PM
May 4th – July 29th 2015
(No Class 04/03), $60
Instructor: Dani Janulis

# 40687
Monday & Wednesday, 7 PM- 8:15 PM
August 10th – November 16th 2015
(No Class 08/17, 09/07, 10/14), $60
Instructor: Dani Janulis

Water Exercise / Lap Swim
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. Instructor: Deborah Gerard

# 39504
Monday/Wednesday/Friday
1PM – 1:50 PM
March 2nd – May 18th 2015
(No Class 04/03 and 04/06), $60

# 40690
Monday/Wednesday/Thursday
1PM – 1:50 PM
May 27th – August 8th 2015, $60

# 40688
Monday/Wednesday/Friday
1PM – 1:50 PM
August 17th – November 2nd 2015
(No Class 09/07 and 10/14), $60

Water Exercise
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.
Instructor: Ruth Hils

# 39503
Tuesday & Thursday, 4:45PM-5:40PM
March 24th – May 14th 2015, $30

# 40701
Tuesday & Thursday, 4:45PM-5:40PM
May 26 – July 16th 2015, $30

# 40693
Tuesday & Thursday, 4:45PM-5:40PM
July 28th – September 17th 2015, $30

ALL SWIM CLASSES ARE HELD ON THE RUTHERFORD CAMPUS, POOL, STUDENT CENTER.

To Register for RUTHERFORD CAMPUS classes call 828-286-3636, option 2 then option 1

Visit the Rutherford Campus website at www.isothermal.edu/learnstuff
**SAFETY**

**RUTHERFORD CAMPUS CLASSES**

**NC Handgun Concealed-Carry Certification**
Take your first step to a concealed-carry handgun permit. This 12-hour class provides the training and certificate needed to apply for the permit at any Sheriff’s Department in North Carolina. You must be at least 21 and a North Carolina resident. Also, you are required to obtain your criminal history from the Clerk of Court of your county and submit it to the instructor at the beginning of the first class session. To attend class, you cannot have been convicted of any felonies or misdemeanor violent crimes. Bring 100 rounds of ammunition, a handgun, and a holster to the second night of class. The following Saturday, class will be held at the firing range.

Instructor: Philip Bailey, Detective Sergeant, Rutherford County Sheriff’s Department
# 40676
Thursday, Friday, Saturday
July 23rd and July 24th, 5pm – 9pm
Rutherford Campus
Hickory Room, Foundation Building
Saturday, July 25th
8 AM -12 noon, Firing Range
$75

**Advanced Concealed Handgun - New NC Concealed handgun laws updates and skill development**
The student must be 21, a NC Resident, and previously taken the NC Concealed handgun class in order to take this class. This class will cover the new gun laws in NC and legal updates concerning concealed handguns and deadly force. Then students will work on live fire drills that improves conceal handgun carry and use during a deadly force incident. Students need a handgun, 300 rounds of ammo. If students have semi-automatic; they need 2 magazines. If students have a revolver, a speed loader would be useful for drill exercises.

Instructor: Philip Bailey, Detective Sergeant, Rutherford County Sheriff’s Department
# 40816
Saturday, 8AM – 2PM
August 29th 2015
Note: Forest City Firing Range
8AM – 2PM, Firing Range, $60

**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 noon for the Wednesday class or Wednesday, 12 noon for the Saturday class. Fee: $50

**Defensive Driving 8-hour class** is offered the last Saturday of each month. You must pre-register and pay no later than Wednesday, 12 noon the week of the class. Fee: $75

**Alive at 25 class** is for any student between the ages of 16 and 21 years. This 4-hour class is offered on select Thursdays of each month. You must pre-register and pay no later than Tuesday, 12 noon the week of the class. Fee: $50

**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.**

**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.

Visit the Rutherford Campus website at www.isothermal.edu/learnstuff or Call 828/395-1405 to register!

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

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

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

To Register for RUTHERFORD CAMPUS classes call 828-286-3636, option 2 then option 1

**To Register for RUTHERFORD CAMPUS classes call 828-286-3636, option 2 then option 1**

“The Massage Therapy program at ICC has been a wonderful experience. I took the MBLEX and passed it with flying colors! Thanks ICC for preparing me for my future career!!”

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Isothermal Community College Continuing Education
Basic Law Enforcement Training (BLET)
The Basic Law Enforcement Training Program (BLET) taught at Isothermal Community College is a 640-hour program that prepares students to become certified law enforcement officers. With a staff of more than 40 instructors, the BLET includes 33 topics that cover virtually every basic task that an inexperienced officer should know. The BLET meets from 6:00 pm to 10:00 pm Monday through Thursday evenings, with Friday and Saturday training included. The program lasts approximately nine months. Students in BLET are exposed to a broad array of training including both classroom lecture, and hands-on skill training (driver training, firearms, etc.) The BLET program is regulated by the NC Criminal Justice Training and Standards Commission. As such, the BLET must meet the highest standards as it trains each class of future law enforcement officers. Exciting, challenging, demanding, and rewarding, the BLET program is your entry into a career like no other!

Call today, and begin...
A Career That Makes A Difference!

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

Attention High School Seniors!!

Isothermal Community College will be hosting a
6-WEEK EMT-BASIC
JUMP-START PROGRAM!
June 22nd- August 4th 2015.

• Advice and Planning
• Student centered learning
• Lab and Classroom Experience
• State Certification
• Clinical Internship
• Enter Fire/EMS agency

“Plan your career in the exciting field of Emergency Medical Services with a quick 6 week jumpstart EMT-Basic program!

Get ahead of the game with a course specifically designed for pre and post-graduation high school seniors.

“We adore chaos because we love to produce order”
--M.C. Escher

Learn the fundamentals of airway management, CPR, patient assessment, medical and trauma care, pharmacology, pediatric assessment and care, cardiology, EMS operations, hazardous materials, and terrorism!

Please call for more information
Isothermal Community College EMS Education
286 ICC Loop Rd, Spindale, NC 28160
(828) 395-4203 or email cstclair@isothermal.edu
DUKE CERTIFICATE PROGRAM IN NONPROFIT MANAGEMENT

The Polk Campus is pleased to present courses in the Duke University Certificate Program in Nonprofit Management. This fall we will host the following:

**Strong Boards for the Long Haul**
**Wednesday, May 6, 2015, 10 a.m. – 4 p.m.**
**Polk Center**
**Allison Jordan, Session Leader**

Nonprofit Boards of Directors are often viewed as a necessary evil when in fact the opposite is true—they are a “necessary good.” Active and engaged Boards of Directors are volunteers who are both accountable and involved. In this course you will learn: the roles and responsibilities of a Board of Directors; who should be on a Board of Directors and why; how to recruit board members; the importance of the Board Development Committee; and tips for Board appreciation.

Instructor: Allison Jordan is the Executive Director at Children First/Communities In Schools of Buncombe County, and has served the Asheville community both professionally and personally since 1997. She holds a Masters of Science in Community Leadership and a Bachelor of Arts in Psychology.

Sponsor: Duke Nonprofit Management Program WNC Nonprofit Pathways

Participants (staff or volunteer) affiliated with a nonprofit serving at least one of the 18 western counties of North Carolina are eligible for a 50% discount scholarship, supported by WNC Nonprofit Pathways. Go to www.nonprofitpathways.org/scholarship to submit a Scholarship Request (limit one scholarship per student, per semester).

Sponsor: Duke Nonprofit Management Program WNC Nonprofit Pathways

**HELP WANTED**

We are always looking for new course ideas and instructors.

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

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

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 Center 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.

3 Easy Ways To Pre-Register

*For better customer service, ALL classes now require prepayment.*

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

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

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

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

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

To Register for RUTHERFORD CAMPUS classes
call 828-286-3636, option 2 then option 1

Visit the Rutherford Campus website at www.isothermal.edu/learnstuff
The Small Business at Isothermal Community College is a community-based provider of education and training, counseling, information and referral for persons who are currently in business or those seeking to start a new business in Rutherford or Polk County. The Small Business Center conducts seminars and training throughout the year that are designed to provide you information on various small business topics.

**Business Structure**
Harry Ponder
Thursday, May 5, 2015

**Cash Flow—Essential in the Survival of Your Small Business** – Tim Dannelly
Tuesday, May 12, 2015, 1-4 pm

**Fast Track to Sustain Positive Cash Flow**
Tim Dannelly
Tuesday, May 12, 2015, 6-9 pm

**Take Photos Like a Pro to Market Your Business**
Martin Brossman
Tuesday, May 19, 2015, 6-9 pm

**How to Sell on Etsy - Turn Your Passion Into A Business on Etsy!!!!**
Nick Hawks
Tuesday, June 9, 2015, 6-9 pm

To see a complete listing of the Small Business Center Seminars for Summer 2015. Please visit the following sites.
http://www.isothermal.edu/academics/small-business/seminars.html

Online registration is preferred at:

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

Co-sponsored by Isothermal Community College Small Business Center

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**COMMERCIAL TRUCK DRIVER TRAINING**

Training at ICC is provided through a partnership with Caldwell Community College and Technical Institute, Hudson NC. Isothermal only offers full-time day classes requiring 8.5 weeks to complete.

Isothermal has been awarded the Job Driven Initiative Grant that will provide tuition assistance for individuals that meet the grant qualifications and are interested in taking the CDL Class. Those individuals who qualify for the Grant must attend a Pathways to Truck Driving class the week prior to the start of the CDL class.

Upcoming classes are scheduled to begin on August 18, 2015 and January 7, 2016.

There is a mandatory orientation prior to each class, for more information go to http://www.isothermal.edu/academics/continuing-education/truck-driving/index.html or call 828-395-1416.
Finish up the Past and Work Toward Your Future
Adult High School Diploma or Equivalency

What we offer:

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

We offer traditional face-to-face and self-paced with individualized instruction.

Where we offer:

- Spindale Campus 828-395-1631
- Polk Campus 828-894-3092
- Mother Learn 828-247-0366
- English as a Second Language 828-395-1489

We offer morning and evening classes all year.
Call to find out more! 828-395-1631

A High School Diploma can open up new opportunities — start a new career, go to college, earn more money!
Instructor-Facilitated
Online Courses

Continuing Education at Isothermal

Introduction to Microsoft Excel
Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

Introduction to Microsoft Access
Store, locate, print, and automate access to all types of information.

Introduction to Microsoft Word
Learn how to create and modify documents with the world’s most popular word processor.

Introduction to PowerPoint
Build impressive slide presentations filled with text, images, video, audio, charts, and more.

Creating Web Pages
Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Accounting Fundamentals
Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Speed Spanish
Learn six easy recipes to glue Spanish words together into sentences, and you’ll be speaking Spanish in no time.

A to Z Grantwriting
Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Introduction to QuickBooks
Learn how to quickly and efficiently gain control over the financial aspects of your business.

Grammar Refresher
Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Real Estate Investing
Build and protect your wealth by investing in real estate.

Computer Skills for the Workplace
Gain a working knowledge of the computer skills you’ll need to succeed in today’s job market.

Introduction to PC Troubleshooting
Learn to decipher and solve almost any problem with your PC.

Discover Digital Photography
An informative introduction to the fascinating world of digital photography equipment.

Learn More...

- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 6 Weeks of Instruction

New course sessions begin monthly. Please visit our Online Instruction Center to see exact start dates for the courses that interest you.

Enroll Now!
Visit our Online Instruction Center today!
www.ed2go.com/isothermal or call:
(828)286-3636, ext 316-ask for Marnie

Courses Start as Low as:
$65—some classes Free for Senior Citizens!

Requirements:
All courses require Internet access, e-mail, and the Microsoft Internet Explorer or Mozilla Firefox Web browser.
Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

How to Get Started:
1. Visit our Online Instruction Center:
   www.ed2go.com/isothermal

2. Click the Courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.

3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

MORE COURSES AVAILABLE
AT OUR ONLINE INSTRUCTION CENTER
www.ed2go.com/isothermal

Learn More from the comfort of home!
Hair Care Services
- Basic Dry Hair Cut ................. $6.00
- Beard/Mustache Cut ................. $5.00
- Shampoo/Style .................... $5.00 & up
- Shampoo/Wrap/Style .............. $10.00 & up
- Shampoo using
  - Wave/Flat/Crimping Irons ....... $14.00
  - Conditioner ...................... $4.00 - $8.00
  + Scalp Massage ................. $12.00
- Color Rinse/Treatment .......... $2.00 & up

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

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

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

Permanent Wave Services* prices may increase depending on the amount of product used for time involved. Prices subject to change.

Deep Conditioner
- Treatment ...................... $25.00 & up

Shampoo/Style ................... $5.00 & up

Shampoo/Style
- Wrap Perm ....................... $45.00 & up
- Spiral or Piggyback

Hair Color
- Perm/Semi Perm ................ $20.00
- Hair Lightening - Cap Application -
  - Bleach, Tint .................. $35.00
- Foil Application
  with Basic Style ............... $10.00
  plus $3.00 each Foil

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

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

IMPORTANT INFORMATION
Sexual harassment shall be deemed a form of discrimination based on sex as prohibited by section 703 of Title VII of the Civil Rights Act, and North Carolina General Statute 126-16 (in the case of employees) and Title IX of the Education Amendments Act of 1973 (in case of students).

Isothermal Community College students who have a complaint or grievance regarding sexual harassment should contact one of the following:

<table>
<thead>
<tr>
<th>Contact</th>
<th>Population Served</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cindy Moore, Title IX Coordinator</td>
<td>Employees, Community Members, and Coordinated all Title IX Issues</td>
<td>828-395-1294 <a href="mailto:cinmoorec@isothermal.edu">cinmoorec@isothermal.edu</a></td>
</tr>
<tr>
<td>Karen Jones, Title IX Deputy Coordinator</td>
<td>Curriculum Students</td>
<td>828-395-1429 <a href="mailto:kjones@isothermal.edu">kjones@isothermal.edu</a></td>
</tr>
<tr>
<td>Donna Hood, Title IX Deputy Coordinator</td>
<td>Continuing Education Students</td>
<td>828-395-1404 <a href="mailto:dhood@isothermal.edu">dhood@isothermal.edu</a></td>
</tr>
<tr>
<td>Laura Thomas, Title IX</td>
<td>REaCH Students</td>
<td>828-395-4164</td>
</tr>
</tbody>
</table>

Human Resource Development (HRD) Courses
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. The Continuing Education Department offers an assortment of classes geared toward equipping job seekers with information, skills, self-awareness and insight into workplace expectations.

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

- Preparing for the Job Search, Résumé Writing, Interviewing Skills
- Employability Skills—Soft Skills Employers Want to See
- Technology Awareness for the Workplace
- Skill Development for North Carolina Career Readiness Certification

For detailed course information, contact Karen Marshall, HRD Coordinator, at 828-395-1408 or kmarshall@ Isothermal.edu. HRD courses are free to those who qualify.

North Carolina Career Readiness Certification

Do you have it?

If you are looking for a way to be more competitive in the job market, give yourself every opportunity by earning this great, self-paced credential.

Let that potential employer know YOU have what it takes to do the job!

Call Human Resources Development in the Continuing Education Department at 828-395-1408 or 828-395-1405 today!

Fee may be waived for those who qualify.
The Campus Bookstore

Located in the
Student Center Building

Regular Hours
Monday: 9 a.m. - 3:30 p.m.
Tuesday: 9 a.m.- 6 p.m.
Wednesday: 9 a.m. - 3:30 p.m.
Thursday: 9 a.m. - 3:30 p.m.
Friday: 9 a.m. - 1 p.m.
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 15-30% below retail. There are many books about Rutherford County and surrounding areas sold in the bookstore.

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

Don't forget to check out our CLEARANCE Books!

• Develop Successful Students!
• Enrich Your Lesson Plans!
• Learn Effective Motivation Tools!

Online Courses for Teachers

Visit us at www.ed2go.com/isothermal to learn more.

May 01, 2015
Awards Day
May 11, 2015
Last Day of Classes
May 15, 2015
REaCH Graduation
May 19, 2015
Curriculum Graduation
May 19, 2015
AHS/GED Graduation
May 19, 2015
Last Chance Registration for Summer
May 20, 2015
First Day of Class/Schedule Adjustment
May 25, 2015
Holiday College Closed
June 08, 2015
Registration Open for Fall 2015
July 29, 2015
Last Day of Classes
August 17, 2015
Faculty Staff Convocation/College Closed
August 18, 2015
Last Chance Registration
August 20, 2015
First Day of Class Fall 2015

Visit http://www.isothermal.edu or stop by Student Services for event details!

A Quest for Excellence
Rutherfordton Learning Center
134 Maple Street, Rutherfordton, NC 28139

Polk Center
1255 West Mills St., Columbus, NC 28722
828-894-3092
Contact Karen Marshall at 828-395-1408 or kmarshall@isothermal.edu for more information.