Fall 2016 schedule of classes

EDUCATION

Start YOUR Journey Today!

Allied Health
Computer Skills
Creative Arts
Emergency Services
Equine Studies
Hobbies
Hospitality & Tourism
Literature
Massage Therapy
Music
Online Classes
Safety
Workforce Development

Learn New SKILLS

www.isothermal.edu/learnstuff
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INSTRUCTOR SPOTLIGHT

Connie Brown

Connie Brown has been a licensed massage therapist for 21 years. She began her career as a massage therapist for horses, now known as “Equissage”. The year after she was certified as an equine massage therapist, she went back to school to become a licensed massage therapist for people as well. When she discovered massage therapy, she found her niche and a fulfilling career. Over the years, she has taken advantage of many continuing education classes, and has become certified in several additional modalities, such as ETPS, electronic acupuncture therapy, and laser therapy.

Connie shares, “I have enjoyed very much helping people and horses over the years. I have thought about teaching and sharing my experience and knowledge for a long time, and am looking forward to working with the local massage therapy community at Isothermal Community College starting this fall.”

Connie also has a passion for miniature horses and established Green Creek Miniature Horse Farm where she offers Minis for sale to approved homes, driving lessons, tours and demonstrations. Check out her website at www.greencreekminis.com.

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

Continuing Education Division Hours of Operation

Monday through Thursday, 8 AM - 6 PM
Friday, 8 AM - 4:30 PM
Summer Hours
Monday through Thursday, 7:30 AM - 5:30 PM
Massage Therapy
Our 660 hour massage therapy program combines lecture time with hands-on practice of massage techniques. Coursework includes anatomy and physiology, kinesiology, nutrition, business practices, ethics and specific massage modalities. Students will gain hands-on experience working with the public in a clinic setting through the program’s student massage clinic.

Our day program meets three days a week (Tues/Wed/Thurs) from 8 a.m. to 5 p.m. (with 1 hour lunch break) for approximately 28 weeks. Our evening program meets three days a week (Tues/Wed/Thurs) from 5 - 9 p.m. for approximately 51 weeks. This course includes an online component. Upon completion of the program graduates may sit for the MBLEx (Massage and Bodywork Licensing Exam) and may apply to NCBMBT (North Carolina Board of Massage and Bodywork Therapy) for their license to practice massage in the state of North Carolina.


Prerequisites: High School Diploma or GED. College Transcripts or CASAS Reading Test Scores Student must be at least 18 years of age by first day of class.
Registration Fee: $180
Books (approximate): $450
Black Scrubs (approximate): $50

Day Class:
T/W/Th, 8 AM – 5 PM
November 8 – June 20, 2017
Polk Center

Evening Class:
T/W/Th, 6-10 PM + online.
Starts January 2017. Dates to be announced.
Hybrid class, Polk Center

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

Massage and the Lymphatic System
Instructor: Connie Brown
This is a refresher (and beyond) course about the lymphatic system, what it does, what can go wrong with it, and the role of massage therapy in working with it. The immune system is the primary defense system that keeps us well by fighting off foreign pathogens that can be harmful to us. Whether you are an expert in lymphatic drainage or are brand new to the massage field, this course will help every therapist who wants to improve the health of their clients.

Goal: Upon completion of this course, students will be able to define what the lymphatic system does, in conjunction with our immune system, articulate special contraindications and considerations for massage due to conditions affecting the lymph system and list various routines and treatment options for massage therapists and their clients.

Upon successful completion, this course offers 6 hours of recertification CEU credits, accepted by both North and South Carolina massage therapy boards.

#46521
Friday, 9 AM – 4 PM (1 hr lunch)
Oct 14, Polk Center, Room 117, $60

"I am looking forward to a bright and happy future because of the special training I received at ICC."

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

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

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

**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 I by the N.C. Division of Facility Services. CLASS DATES ARE SUBJECT TO CHANGE. Please call 828-395-1675 to confirm course dates.

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

**#TBD**
Monday, Tuesday, and Wednesday  
5 – 9 PM October 3 – February 1, 2017  
Rutherfordton Learning Center, Room 112, $180  
Instructor: Patti Sappenfield, RN, BSN, MSN

**#45009**
Monday, Tuesday, Wednesday, and Thursday  
8 AM – 12 NOON  
October 24 – February 1, 2017  
Rutherfordton Learning Center, Room 112, $180  
Instructor: Judy Baynard, RN

**#45199**
Monday, Tuesday, Wednesday, and Thursday  
8 AM – 2:30 PM  
October 24 – December 20  
Polk Center, Room 116, $180  
Instructor: Carla Wist, RN, BSN

**#46527**
FAST-TRACK!  
Monday, Tuesday, Wednesday, and Thursday  
10 AM – 4:30 PM  
September 20 – December 15  
Rutherfordton Learning Center, Room 113, $180  
Instructor: June Steele, RN, BSN

**Nurse Aide II**  
Instructor: Susan Davis, RN, BSN  
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.

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

**#45338**
Tuesday and Thursday, 3:30 PM – 8:30 PM  
September 6 - February 14, 2017  
Polk Center, Room 116, $180  
Instructor: Susan Davis, RN, BSN

**Pathways to C.N.A. I**  
This interactive and informative class will take students through a person self-exploration process and an occupation exploration, laying the foundation to a successful career decision and occupation preparation path. Using their personal assessment information, students will determine their compatibility with the industry and identify any education or skill gaps they can sharpen for a successful employment in the healthcare field. Other topics covered in this course include soft skills and communication, conflict resolution, team work, and professionalism. This MANDATORY 12-hour class is a pre-requisite for the Nurse Aide Level I course and is typically offered one week PRIOR to the beginning of the Nurse Aide I class. In most cases, the cost for this course can be fee waived for qualifying students.

**#45260**
Monday, Tuesday, Wednesday, and Thursday  
8:30 AM – 12:30 PM, October 17 - 20  
Polk Center, Room 116, $70  
Instructor: Terri Toney

**#TBD**
Monday, Tuesday, Wednesday, and Thursday  
10 AM – 2 PM, September 12 - 15  
Rutherfordton Learning Center, Room 108, $70  
Instructor: Terri Toney
**Allied Health**

**Medication Aide**
Instructor: Rheta Merrell, RN
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.

Dates TBA, check website for dates https://www.isothermal.edu/academics/continuing-education/allied-health-programs/medication-aide.html

**NEW!! Medical Assistant**
Instructor: Nicole Burnette
This 375-hour course provides skills training in three competency areas related to the job performance for medical assistants: administrative office, laboratory, and clinical. Course work includes instruction in scheduling appointments, insurance coding and billing, medical transcription, computer operations, assisting with examinations/treatments, performing routine laboratory procedures, and ethical/legal issues associated with patient care. Upon completion, students will have the knowledge base to apply for national certification as a Medical Assistant. CLASS DATES ARE SUBJECT TO CHANGE. Please call 828-395-1675 to confirm course dates. *Financial aid opportunities may be available for qualifying students.

#45011
Mon/Tues/Wed/Thurs/Fri
August 16 - 29, 8:30 AM - 2:30 PM
Rutherford Learning Center, Rm 110, $180

*Please note: Only students who have successfully completed the Medical Office Practices, and Phlebotomy course are eligible to take this class.

**Medical Assisting Review**
Instructor: Nicole Burnette
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. *Financial aid opportunities may be available for qualifying students.

#45024
Monday through Friday
8:30 AM – 2:30 PM
September 6 – December 15
Rutherford Learning Center, Room 110
$180

**Phlebotomy**
Instructor: Nicole Burnette
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.

Will be offered Spring, 2017

**Cardiovascular Technician/Monitor**
Instructor: Nicole Burnette
This 120-hour course is designed and approved to prepare the student to become a certified EKG (ECG) and Technician/ Monitor. The course will cover the anatomy and physiology of the heart, principles of EKG, dysrhythmia recognition of sinus, junctional/atrial rhythms, heart blocks and bundle branches and ventricular ectopy rhythms. Skills will include operating EKG equipment, running and mounting strips as well as reading and interpreting 22 types of cardiac lead tracings produced from 12 and five lead monitors and to understand the basics of capnography as it relates to heart function. Upon successful completion of the course, students should be able to begin to prepare for the national certification examination. CLASS DATES ARE SUBJECT TO CHANGE. Please call 828-395-1675 to confirm course dates. *Financial aid opportunities may be available for qualifying students.

#TBD
Mon-Fri, 8:30 AM – 2:30 PM
January 4 – February 6, 2017
Rutherford Learning Center, Rm 110, $180

**Healthcare Billing and Coding**
Instructor: Michele Wilson
This 150-hour course prepares an individual for entry level healthcare billing and coding positions. Course topics can include but are not limited to the roles and responsibilities of this position, managed health care, life cycle of an insurance claim, legal and regulatory considerations, coding regulations, reimbursement issues, claim instructions, medical terminology, filing commercial claims, insurance plans, Medicare, Medicaid, Tricare, and Workers’ Compensation. Upon completion, students should also be able to utilize MS Windows and the Internet to effectively retrieve billing-related information and updates. CLASS DATES ARE SUBJECT TO CHANGE. Please call 828-395-1675 to confirm course dates. *Financial aid opportunities may be available for qualifying students.

#45010 ONLINE ONLY!
September 6 – November 30
Polk Center, $180

“Very informative class. Made you very well prepared for a job in the health care field.”
NEW CLASS!!
Pharmacy Technician
Instructor: Keith Hunt, RPh
This 140-hour hybrid course is designed to provide instruction in the technical procedures for preparing and dispensing drugs in the hospital and retail settings under supervision of a registered pharmacist. Topics include drug packaging and labeling, outpatient dispensing, hospital dispensing procedures, controlled substance procedures, inventory control, and non-sterile compounding. Upon completion, students should be able to perform basic supervised dispensing techniques in a variety of pharmacy settings. Students who successfully complete this training program will be eligible to sit for the Pharmacy Technician Certification Exam (PTCE) offered through the Pharmacy Technician Certification Board (PTCB). CLASS DATES ARE SUBJECT TO CHANGE. Please call 828-395-1675 to confirm course dates.

*Financial aid opportunities may be available for qualifying students.

#43152
Monday from 5–9 PM plus weekly online assignments through Moodle October 31 – January 30, 2017
Rutherford Campus, Foundation Building, Maple Room, $180

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

“Informative and fun”
Computer Skills & Technology

PLEASE NOTE: Computer courses are now divided into two sections based on the focus and intent of the course and the student. The first section is classified as courses that are taken for personal enrichment. They are offered as what we call “self-support” meaning that the students’ fees must pay for the entire cost of the class. No state money supports these classes. The second section is made up of classes that are more specifically focused toward enhancing a person’s job skills. These classes are called Occupational Education courses because they are specifically designed and offered for job training; however, you are not required to be working or seeking work to take these classes.

All computer classes must be preceded by Computer Basics or the equivalent knowledge. This includes being able to use the mouse, recognition of menus and tools, ability to properly start and shut down a computer, knowledge of the basic keys such as control, alt, delete, backspace, enter, arrows, and window controls. All computer classes are limited to 15 participants each, so call early to reserve your spot.

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

#46469
Tuesday and Thursday, 5:45 – 8:15 PM
September 6–22
Rutherford Learning Center, Room 109
134 Maple St., Rutherfordton, $70

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

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

#46445
Tuesday & Thursday, 6 - 8 PM
September 6-29
Rutherford Campus
Foundation Building, Willow Room, $70

Basic Office Computing
Instructor: Alicia Knighten
This course provides training in fundamental computer skills you’ll need for today’s workplace. You’ll learn practical applications for the software most commonly used in the workplace and gain technological literacy to help you succeed in your career.

#46533
Tuesday, 1 - 3 PM, Sept 13 – Nov 1
Polk Center, Room 124, $70

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.

#45065
Thursday, 10 AM – 12 PM
Sept 15 – Nov 3
Polk Center, Room 124, $70

Tablet Computing 2--
(iPad edition)
Instructor: Alicia Knighten
This class is a continuation of Tablet Computing Explained.

#46322
Thursday, 3 – 5 PM, Sept 22 – Nov 10
Polk Center, Room 122, $70

Intro to Computers
Instructor: Alicia Knighten
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.

#46531
Wednesday, 10 AM – 12 PM
Sept 28 – Nov 16,
Polk Center, Room 124, $70

“Very accessible and thorough instructor.
An asset to the community and valuable to the students.”

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

Visit the Continuing Education website www.isothermal.edu/learnstuff
Social Media for Professionals
Instructor: Alicia Knighten
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.

#46530
Thursday, 12:30-2:30 PM
Sept 29 – Nov 17
Polk Center, Room 124, $70

Tablet Computing Explained--(iPad edition)
Instructor: Alicia Knighten
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!

#45049
Thursday, 3 – 5 PM
Nov 17 – Jan 26, 2017
no class 11/24, 12/22, 12/29/00
Polk Center, Room 124, $70

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

Beginning Drawing
Have you always wanted to learn how to draw and do it well? This course will teach you the basic skills needed to draw well—but to also tap into your natural artistic abilities and creativity. You can do this by learning to “see” as an artist sees. That is, learning to process visual information in the same was as artists. Class size is limited. Sign up today!

#45231
Thursday, 1 – 4 PM
Aug 18 – Oct 6
Polk Center, Room 108, $90

Watercolor Painting for Intermediate and Beyond
Instructor: Jeanne Parsons
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.

#46364
Monday, 9:30 AM – 12:30 PM
Sept 12 – Oct 31
Polk Center, Room 108, $90

Beginning Watercolor Painting
Instructor: Jeanne Parsons
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!

#46365
Monday, 1:30-4:30 PM, Sept 12 – Oct 31
Polk Center, Room 108, $90

“...I loved everything about this class. Don was positive, encouraging, informative, motivational and inspirational!”
Painting in Oils
Instructor: Vicki Van Vynckt
Take your paintings to a new level (beginners also welcome) and learn valuable techniques in oil painting. Students will learn color mixing, composition, creating more depth in your work, and more. You choose what you want to paint (no portraiture, please), and Vicki will help you on an individual basis. Previous drawing experience is helpful. Class size is limited to eight students, so sign up early. Materials list will be provided.

#46337
Tuesday, 6-9 PM, Sept 13 – Oct 18
Polk Center, Room 108, $80

#46338
6-9 PM, Oct 25 – Nov 29
Polk Center, Room 108, $80

#46339
6-9 PM, Dec 5 – Jan 24, 2017
no class 12/27 & 1/3
Polk Center, Room 108, $80

Crochet
Instructor: Dot Pearce
Would you like to have a hobby you can do while watching tv? Learn to crochet! Instructor Dot Pearce will guide you through all the steps in this beginners’ class. You’ll start by learning the chain and single crochet stitches to create a “dish” or pot holder. You’ll progress to your choice of toboggan or ditty bag where you’ll learn more stitches and how to increase and decrease. Then you’ll learn to read patterns and create the well-known “Granny Square”. This is a relaxed class with instruction up front and individual help as needed while you create your projects. The last few weeks are devoted to patterns of your choice. Maybe a sweater, an afghan or a shawl?

#46344
Wednesday, 1 - 4 PM, Sept 14 – Oct 5
Polk Center, Room 107, $60

#46336
Wednesday, 1 - 4 PM, Oct 12 – Nov 2
Polk Center, Room 107, $60

Hand Quilting–A Heritage Crafts Class
Instructor: Dot Pearce
Hand quilting has gone from a necessity to an art form. This class introduces you to the basics of quilting plus applique techniques. A list of supplies you should bring to the first class will be provided at the front office. Batting and finishing techniques will be discussed in class.

#46330
Monday, 9 AM - 12 PM
Sept 19 – Oct 10
Polk Center, Room 107, $60

#46332
Monday, 9 AM - 12 PM, Oct 17 – Nov 7
Polk Center, Room 107, $60

Art Projects Open Studio
Open studio is dedicated time once a week to get away from the hustle and bustle of life and create art. Instructor Zack Freeman will be available to assist students with any art project. This class is designed to be an open exchange of techniques, ideas and creativity with fellow artists. Open to the public as well as current and former students. Instructor: Zack Freeman, Advertising and Graphic Design Instructor – Isothermal Community College Applied Sciences and Engineering Technology

# 46468
Tuesday, 6 PM- 8 PM
September 20 – December 6
(No Class 11/01 or 11/29)
Rutherford Campus
Communications Building, Room 125
$50

Intermediate Drawing
Instructor: Don Blackwell
Want to further develop your drawing skills? Challenge the old myth that “you must have talent to draw.” Learn new methods and exercises to help you reach a higher level of proficiency in drawing. Become familiar with different types of media used in drawing and be ready to move on to the next level with pen & ink. Beginning Drawing or equivalent previous experience is a prerequisite for this class.

#45229
Thursday, 1 – 4 PM, Oct 13 – Dec 8
Polk Center, Room 108, $90

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

#45529
Friday, 9 AM - 4 PM
Sept 23 – Nov 11
Polk Center, Room 108, $90

Picture Framing
Instructor: Jeanne Parsons
Learn to frame your art work like a pro. Taught by retired professional framer, Jeanne Parsons, this hands-on course will cover framer’s tools and materials, how to use a mat cutter, how to size and cut single and double mats, what goes inside the frame, types of glass, hinging (mounting), finishing and wiring, conservation and sizing artwork to fit commonly available ready-made frame sizes. We will not build frames. Please bring 2 frames with glass and the artwork you wish to put in them. Everything else you need will be provided. Frames should not exceed 16” x 24”.

#46368
Wednesday, 9:30 AM – 12:30 PM
Oct 5 - 26
Polk Center, Room 108, $80

To Register for POLK CENTER classes
call 828-894-3092
The Joy of Visual Art: A Design Safari for Artists
Instructor: Annette Wells
Want to take your artwork to the next level? Or are you just starting out and feeling overwhelmed? Do color choices make your head spin? Would you like to learn tricks and tips to make your compositions more compelling and effective? Are you dependent on photographs for your work? Do you follow rules of perspective but think your work still lacks depth? Do you admire the quality of light in master paintings? Would you like to: Make your artwork more attractive to potential buyers? Be able to choose the perfect mat and frame for an artwork? Be able to develop a ‘good eye’? Be able to ‘read’ a painting like an art critic? Learn how in this fun, hands-on, interactive, studio project-based class. Bring your art challenges, problematic works in progress, or art supplies of your choice and together we will create and implement solutions and explore possibilities. Each week we will actively explore and apply a different element of form and principle of design. Media of your choice: acrylic or oil paint, pen and ink, watercolor/watermedia, pencil, pastels, charcoal, mixed media. All levels of experience welcome.

#46370
Wednesday, 1 - 4 PM
Oct 5 – Nov 9
Polk Center, Room 108, $25

Picture Framing Workshop
Instructor: Jeanne Parsons
Workshop sessions are limited to students who have previously taken the framing class. Please provide your own frames and glazing materials. Mat and backing boards can only be supplied in off-white and not exceeding 16”x24”. Each session is 3 hours. Class size is limited so sign up early. Get those holiday gifts framed!

#46397
Monday, 9:30 AM – 1:30 PM, Nov 7
Polk Center, Room 108, $25

Pen & Ink
Instructor: Don Blackwell
Would you love to learn how to create beautiful artwork using ink as your medium? You can learn basic pen techniques such as solid black lines, gray tones, parallel lines, value changes, cross-hatching, patterns, implied lines, stippling and spattering. Drawing strategies will be divergent and spontaneous. You will receive clear and concise instruction in the techniques and materials used in pen and ink drawings. You will complete at least two finished drawings before your class ends. Beginning and Intermediate Drawing or equivalent training are prerequisites for this class.

#445217
Thursday, 1 – 4 PM, Jan 5 – Feb 23, 2017
Polk Center, Room 108, $90

Annette Wells is an artist and educator, semi-retired tenured art professor with over 30 years’ college level studio arts and art theory teaching experience.
EQUINE STUDIES

GROOM ELITE PROGRAM-
Classes starting soon. Call for details: 828-894-3092

Instructors: Dr. Thann Boyum, Erin Gambrell, Lilia White, Anita Williamson

Intro to Horse Care and Horse Handling (Groom Elite 99)
This course provides an overview of the basic information a new worker or horse owner needs to start working with horses. Classes will cover the basics of equine behavior, terminology, major equine anatomy, safe horse handling, introduction to equipment, observation of horses for signs of injury and illness, bathing and more.

#45534
Aug 16, 18, 23, 1 – 5 PM
Polk Center, Room 112 & offsite at area barn locations
Course fee: $70

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.

#45537
Sept 8 – Oct 11, 1 – 5 p.m.
Polk Center, Room 112 & offsite at area barn locations, $125

Groom Elite 201-
An advanced certification course for certified Groom Elite 101 Graduates.

#45538
Tues/Thurs, 1 – 5 PM, Oct 13 – Nov 15
Polk Center, Room 112 & offsite at area barn locations, $125

Equine Courses
Under Construction

Equine Braiding for Competition

Equine Massage

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.

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

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, 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.
**Wild Food 101**
Instructor: Alicia Knighten
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.

#46380
Tuesday, 12:30 – 2:30 PM
Sept 8 – Oct 27
Polk Center, Room 122, $80

**Scrap Booking Open Studio**
Instructor: Jessica Freeman
A class for beginner to experienced. Set aside a little time to scrap a layout along with the class or work on your own project. Bring basic supplies such as page protectors, binders, adhesive, paper, any other supply's tools or embellishments you already have and of course your pictures. We will discuss some basic ideas and additional supplies available in the first class. Items you will need: 12x12 page protectors, paper/cardstock, double sided tape/glue dots, ruler, exact o knife/mini box cutter, scissors, pencil, any other tool or supply you may already have and want to use.

#46462
Monday, 6 PM-8 PM
September 19 – December 5
(No Class 10/31)
Rutherford Campus, Comm. Building, Room 102, $50

**Making Money with Your Voice**
Instructor: Voice Coaches-
Creative Voice Development Group
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.

#46408
Tuesday, 6:30 PM – 9 PM
September 27
Rutherford Learning Center, Room 108
134 Maple St., Rutherfordton, $30

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

**Wild Food 101**
Instructor: Alicia Knighten
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.

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Sept 8 – Oct 27
Polk Center, Room 122, $80

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#46462
Monday, 6 PM-8 PM
September 19 – December 5
(No Class 10/31 or 11/28)
Rutherford Campus, Comm. Building, Room 102, $50

**Cake Decorating - Beginner**
Instructor: Susan Owens
Learn the basics of cake decorating for seasons, holidays and special occasions. Find out how easy it is to create decorations from flowers to borders. This fun and hands-on class will get your creative juices flowing! A supply list will be provided the first night of class.

#46398
Monday, 6 PM –8PM
September 26 – November 7
(No Class 10/31), Rutherford Campus
Maple Room, Foundation Building, $50

**Automotive “Awareness”**
Instructor: John Womack
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.

#46340
Wed/Thurs, 6 - 8:30 PM
Sept 28 & 29, Polk Center, $30

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**Notary Public**
Instructor: Rhonda Davis
Become a Notary Public! You will learn how to be one as you prepare for the required North Carolina test. To become a Notary, you must be at least 18 years old, have a high school diploma or GED, and pass the test given at the end of the class. A book is required and will be available for purchase at the first class. This course is being run as Occupational Education. North Carolina Senior Citizen residents 65 and above are fee exempt, but still must purchase book.

#46540
Day/ date
9 AM - 4 PM
Polk Center, Room 124, $70

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“I love taking this class!
She is positive, uplifting and fun!”
Yoga – Beginners/Level I
Yoga is an ancient form of exercise uniting breath with movement. It is a fun, gentle, no impact, non-competitive way to improve you well-being physically and mentally. Yoga practice improves breathing, relaxation, posture alignment, flexibility, muscle tone, core strength, balance, and coordination. It also includes restorative components. This is a level I class appropriate for beginners and returning students, and those who need a refresher to reacquaint with yoga. Existing yoga practitioners are welcome. Basic poses with variations and flow sequences will be introduced and reviewed. Poses can be practiced at different levels to accommodate various abilities and mild joint issues. This class is suitable for anyone in general good health including seniors who have been active. No previous yoga experience is necessary. Be prepared to practice in bare feet. Wear comfortable clothing that will not restrict movement. Daily personal practice is encouraged. Students must be in good enough physical condition to perform moderate exercises. 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

#46435
Thursday, 6 - 7:15 PM
September 15 – October 27
(No Class 10/13)
Rutherfordton Learning Center, Room 111
134 Maple St., Rutherfordton, $45

#46436
Thursday, 6 - 7:15 PM
(NOTE: Short Session, only 4 classes)
November 3 – December 1
(No Class 11/24)
Rutherfordton Learning Center, Room 111
134 Maple St., Rutherfordton, $35

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 to class 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

#46509
Tuesday, 6:7:15 PM
July 12 – August 16
Rutherfordton Learning Center, Rm 111
134 Maple St., Rutherfordton, $45

#46437
Tuesday, 6 - 7:15 PM
September 13 – October 18
Rutherfordton Learning Center, Rm 111
134 Maple St., Rutherfordton, $45

#46438
Tuesday, 6 PM - 7:15 PM
November 1 – November 29
(NOTE: Short Session, only 5 classes)
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/Postnatal 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

Qi Gong
Instructor: Ed Kan
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 30 - 40 minutes. This class is suitable for seniors and those who are not ready for the more vigorous movements of Tai Ji for Health.

#45213
Monday, 2 - 3:30 PM
Aug 22 – Nov 14
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 Tai Chi for Health and Qi Gong at the Polk Center of Isothermal Community College. He and his family now live in Columbus where he is very active in the community.

*It has given me more confidence in my movements and in keeping my center of gravity. *

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

Continuing Education Schedule of Classes
Tai Ji
Instructor: Ed Kan
This class is suitable for seniors as well as anyone who wants to start learning the graceful and gentle Tai Ji boxing movements for health maintenance. The class includes the first 17 basic Tai Ji movements to be practiced for both physical and mental health. The class meets for 1-1/2 hours with a short break after 40 minutes. The basic theme of the exercise is “RELAX”. Once learned, long term regular daily or weekly practice is encouraged to achieve the benefits. 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.

#45211
Tuesday, Aug 9 - Oct 25
2-3:30 PM
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 Tai Chi for Health and Qi Gong at the Polk Center of Isothermal Community College. He and his family now live in Columbus where he is very active in the community.

Mindful Flow
Instructor: Jo Rytter
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.

#46325
Monday, 10 – 11 AM, Sept 26 – Oct 31
Polk Center, Room 112, $30

#46326
Monday, 10 – 11 AM, Nov 7 – Dec 12
Polk Center, Room 112, $30

#45064
Friday, 10 – 11 AM, Aug 5 – Sept 9
Polk Center, Room 112, $30

#46327
Friday, 10 – 11 AM, Sept 30 – Nov 4
Polk Center, Room 112, $30

#46328
Friday, 10 – 11 AM, Nov 11 – Jan 6
(no class Dec 23 & Dec 30)
Polk Center, Room 112, $30

Instructor: 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.

NEW! Foundations for Wellness I
Instructor: Bindu Johnson
The human body is designed function in harmony when given what it needs. The body finds balance the same way it developed. By understanding the design of the body we can create a healing plan that supports the body in maintaining balance. We are all living with a polluted environment and many of our food and beverage choices contain preservatives, additives, modified foods and other chemicals. How does the body deal with these foreign substances in a way that attempts to preserve health? How can we support the body in releasing the buildup of these substances in the most efficient and effective way? Join Bindu Johnson for a rousing discussion of the design of the body, the healing template and how to help the body to function in natural balance. The information shared in this class is not a substitute for professional medical advice, diagnosis or treatment. Always consult your healthcare provider with questions and concerns and before beginning any diet, exercise or health regimen.

#46477
Wednesday, 7 – 8:30 PM, Oct 12
Polk Center, Room 107, $10

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

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

To Register for RUTHERFORD CAMPUS OR RUTHERFORDTON LEARNING CENTER classes call 828-286-3636, option 2 then option 1
NEW! Massage and the Lymphatic System  
Instructor: Connie Brown  
This is a refresher (and beyond) course about the lymphatic system, what it does, what can go wrong with it, and the role of massage therapy in working with it. The immune system is the primary defense system that keeps us well by fighting off foreign pathogens that can be harmful to us. Whether you are an expert in lymphatic drainage or are brand new to the massage field, this course will help every therapist who wants to improve the health of their clients.  
Goal: Upon completion of this course, students will be able to define what the lymphatic system does, in conjunction with our immune system, articulate special contraindications and considerations for massage due to conditions affecting the lymph system and list various routines and treatment options for massage therapists and their clients.  
Upon successful completion, this course offers 6 hours of recertification CEU credits, accepted by both North and South Carolina massage therapy boards.

NEW! Foundations for Wellness II  
Instructor: Bindu Johnson  
In this class you will discover some very basic and easy to implement tools that create a foundation for good health. These tools will support any other health care choices you are making and will increase the benefit of these choices. Together we will explore ways that you can implement these tools into your daily life so that they become part of your life just like taking a shower or doing laundry. The information shared in this class is not a substitute for professional medical advice, diagnosis or treatment. Always consult your healthcare provider with questions and concerns and before beginning any diet, exercise or health regimen.

NEW! Introduction to Homeopathy  
Instructor: Bindu Johnson  
Homeopathy is a safe, gentle, and natural system of complementary healing that works with your body to help restore balance. Homeopathy is based on a rule of nature called the Law of Similars. This law states that “like cures like.” The homeopath regards symptoms as the body’s healthy attempt to restore itself to balance. A homeopath will choose remedies that support the symptoms and your body's process of self-healing. In this workshop, we will learn about the underlying principles of Homeopathy. The information shared in this class is not a substitute for professional medical advice, diagnosis or treatment. Always consult your healthcare provider with questions and concerns and before beginning any diet, exercise or health regimen.

The Art of Greece & Rome  
Instructor: Dr. Ben Pfingstag  
This six-week series of color slide presentations begins with the rise and development of Greek culture, pottery, sculpture and architecture. You'll proceed to the celebrated “Golden Age” of the classical period and to the later emotional style of the “Hellenistic Age” in the arts. The focus moves to the arts and architecture of the Etruscans in Italy, then on to the astonishing feats of Roman arts and engineering, including civic arenas, aqueducts, triumphal arches and temples, brilliant wall paintings and insightful marble portraits of Roman emperors.

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Beginning Sign Language
Instructor: Lisa Mathis Courtney
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.

#46423
Monday, 5 - 7 PM
September 12 – October 31
Rutherford Campus
Student Center, Room 21, $50

**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.

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

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

Instructor: Carol Womick

#46441
Monday & Wednesday, 6 - 8 PM
September 19 – November 16
(No Class 10/31 and 11/02)
Rutherfordton Learning Center
Room 108
134 Maple St., Rutherfordton, $125

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

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ISOMATION 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</td>
<td>Employees, Community Members, and Coordinated all Title IX Issues</td>
<td>828-395-1294 <a href="mailto:cinmoore@isothermal.edu">cinmoore@isothermal.edu</a></td>
</tr>
<tr>
<td>Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Karen Jones, Title IX</td>
<td>Curriculum Students</td>
<td>828-395-1429 <a href="mailto:kjon@isothermal.edu">kjon@isothermal.edu</a></td>
</tr>
<tr>
<td>Deputy Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Donna Hood, Title IX</td>
<td>Continuing Education Students</td>
<td>828-395-1404 <a href="mailto:dhood@isothermal.edu">dhood@isothermal.edu</a></td>
</tr>
<tr>
<td>Deputy Coordinator</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Laura Thomas, Title IX</td>
<td>REaCH Students</td>
<td>828-395-6146</td>
</tr>
</tbody>
</table>

More information on sexual harassment can be found at:

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NEW! Vocal Duet Performance
Instructor: Alicia Knighten
This class is for the singer who would like to learn how to blend their voice with another to perform using vocal melodies and harmonies. The student will learn how to tune in and cooperate vocally with another great voice. Various performance techniques will be studied. This class will focus on healthy methods to blend voices, while still encouraging creativity and individual style. The class will work for any style – pop, rock, folk, country, gospel, musical theatre or classical. There will be a recital and live performance at the end of the class.

#45543
Wednesday, 4 - 6 PM, Sept 14 – Oct 19
Polk Center, Room 124, $75

Voice and Performance
Instructor: Peggy Ratusz
Whether you are an aspiring professional or just love to sing, here is the class for you! Learn about proper breathing and vocal techniques, stage presence, microphone technique, phrasing of a song, preparing for an audition, and calming those performance jitters. Training will be geared to your personality and personal style. Please bring two songs to work on for friends and family performance at the end of the course.

#45315
Thursday, 5:30-7:30 PM
Sept 15 - Oct 20
& Sat, 3 – 5 PM, Oct 22
Polk Center, Room 124, $75

**Peggy Ratusz**, vocal coach, writer and songwriter, 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, R&B 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.

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

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Isomothermal Community College
MUSIC

NEW! Voices of Appalachia – Learn Bluegrass Singing
Instructor: Alicia Knighten
The Blue Ridge Mountains have a rich history of music, now known the world over. Learn how to master the harmonies, rhythms, and vocals of the mountains in this fun class. Students will choose their own songs from a variety offered, and by the end of the class, will be ready and able to perform live for their friends and family at a recital. Doc Watson would be proud!

#45542
Tuesday, 6 – 8 PM, Sept 27 – Nov 1
Polk Center, Room 124, $75

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, e-commerce 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.

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

#46394
Wednesday, 9 AM-4 PM (1 hour lunch)
September 7, Rutherford Campus
Maple Room, Foundation Building, $75

#46397
Wednesday, 9 AM-4 PM (1 hour lunch)
November 9, Rutherford Campus
Maple Room, Foundation Building, $75

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.

#46407
Friday, 9AM – 4PM
October 14, Rutherford Campus
Hickory Room, Foundation Building
$70

To Register for POLK CENTER classes call 828-894-3092
To Register for RUTHERFORD CAMPUS OR RUTHERFORDTON LEARNING CENTER classes call 828-286-3636, option 2 then option 1

ServSafe Food Safety Training
Instructor: Cindy Hill, certified
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.

#46416
Monday & Tuesday, 8:30 AM – 5:30 PM
September 5 - 6, Rutherford Campus
Maple Room, Foundation Building, $70

#46417
Monday & Tuesday, 8:30 AM – 5:30 PM
October 3 - 4, Rutherford Campus
Maple Room, Foundation Building, $70

#46418
Monday & Tuesday, 8:30 AM – 5:30 PM
November 7 - 8, Rutherford Campus
Maple Room, Foundation Building, $70

What a great, informative, "hands on" class.

Visit the Continuing Education website
www.isothermal.edu/learnstuff
Vehicle OBD II Emissions Inspection Certification - Initial and Renewal
Instructor: Larry Bailey
This class is designed to meet the training requirements for the Auto Emission Inspection Program administered by the NC Division of Motor Vehicles, License and Theft Bureau. For initial 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 OBD II Emissions Inspection Certification course before taking the initial Vehicle Safety Inspection Certification course. Students MUST bring the station number of their employer. Regulation manuals will be provided for use in the classroom.

#45104
Wednesday & Thursday, 6-10 PM
August 17 & 18
Red Room #137, Business Sciences
Rutherford Campus, $70

#46410
Wednesday & Thursday, 6 - 10 PM
September 21 - 22
Red Room #137, Business Sciences
Rutherford Campus, $70

#46411
Wednesday & Thursday, 6-10 PM
October 19 - 20
Red Room #137, Business Sciences
Rutherford Campus, $70

#46413
Wednesday & Thursday, 6 - 10 PM
November 16 - 17
Red Room #137, Business Sciences
Rutherford Campus, $70

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

#45101
Wednesday & Thursday, 6-10 PM
August 10 & 11
Room #137, Business Sciences
Rutherford Campus, $70

#46424
Wednesday & Thursday, 6 - 10 PM
September 14 - 15
Room #137, Business Sciences
Rutherford Campus, $70

#46426
Wednesday & Thursday, 6 - 10 PM
October 12 - 13
Room #137, Business Sciences
Rutherford Campus, $70

#46428
Wednesday & Thursday, 6 - 10 PM
November 9 - 10
Room #137, Business Sciences
Rutherford Campus, $70

#46432
Wednesday & Thursday, 6 - 10 PM
December 14 - 15
Room #137, Business Sciences
Rutherford Campus, $70

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

#46446
Wednesday, 8AM-5PM
(1 hour lunch), November 9
Hickory Room, Foundation Bdg
Rutherford Campus, $70

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

“This was a great refresher course for me. It really brought back what I had forgotten.”

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

Visit the Continuing Education website www.isothermal.edu/learnstuff
NEW!
Photography
Instructor: Alicia Knighten
Learn how to use your smartphone to take better photos! You'll learn about tools and apps to edit and create effects and how to share your photos on social media.

#45235
Tuesday, 3-7 PM, Aug 9
Polk Center, Room 124, $20

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!

#46534
Friday, 9 AM - 12 PM, Sept 9 – Oct 28
Polk Center, Room 124, $90

Fall for PHOTOGRAPHY
Get ready to take stunning photographs of autumn colors, and other subjects of interest to you. Bring any camera to class and improve the quality of your pictures by learning how to think photographically and visualizing the outcome. Shoot in auto mode or increase control of the outcome by mastering a few camera settings. You will learn how to avoid common mistakes, to use strong compositions, and to get the camera to capture what your eyes see. This class will cover the basic technical aspects of photography as well as photography appreciation. It will include hands on demonstrations and simple editing techniques. Additionally, you’ll be assisted in submitting successful photographs to local competitions. Bring your camera and owner’s manual, if available. A digital photo storage device, such as a thumb drive, would also be useful but not essential.

#46466
Saturday, 9:30AM – 1:30PM
September 17 - October 8
Rutherford Campus
Student Center/GYM, Room 19C, $65

Digital Photography: The Final Touch
This is a hands-on workshop on editing and retouching digital photographs. Learn to use the basic tools available for enhancing digital photographs and dramatically improving the final image. Learn how to transfer, save, resize, and organize photographs to prepare them for printing. Use your favorite photos to create personalized greeting cards for all occasions. Get feedback and tips on correcting photographic errors. Bring your digital photographs to work on, and receive instruction on producing new images for your projects. Bring a flash drive to save your work.

#46465
Monday 6 – 9:30 PM, November 7 – 28
Rutherford Campus
Student Center/GYM, Room 19C, $65

PHYSICAL EDUCATION

Circuit Training
A dynamic 60 minute workout the focuses on multiple components of fitness to include cardio, strength, flexibility, endurance and agility. Each workout will have a warm-up, skills demonstration, weight training and a 12-15 minute circuit course that will be sure to leave you feeling accomplished. All workouts are applicable for all fitness levels so beginners to advanced individuals are welcomed.

#46447
Monday & Wednesday, 12 -1 PM
October 3 – November 9
Rutherford Campus
Gym, Student Center, $50

Zumba Basics I
Instructor: Wavolyn Norville
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!

#46470
Thursday, 6:00PM – 7:00PM
September 8 – October 27
Rutherford Campus
Gym, Student Center, $45

Wavolyn 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!


**PHYSICAL EDUCATION**

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

#45128
Monday/Wednesday/Friday, 7–7:50 AM
June 1 – August 17
(No Class 07/04, 08/15)
Rutherford Campus, Pool
Student Center, $60

#46403
Monday/Wednesday/Friday, 7–7:50 AM
August 29 – November 11
(No Class 09/25)
Rutherford Campus, Pool
Student Center, $60

#46404
Monday/Wednesday/Friday, 7–7:50 AM
November 28 – February 24, 2017
(No Class 12/21/16 – 01/03/17 and 01/16/17)
Rutherford Campus, Pool
Student Center, $60

**Family Swim/Adult Learn to Swim**
Instructor: Dani Janulis
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.

#45129
Monday & Wednesday, 7 - 8:15 PM
July 11 – October 10
(No Class 08/15 and 09/05)
Rutherford Campus, Pool
Student Center, $60

#46405
Monday & Wednesday, 7 - 8:15 PM
October 19 – February 1, 2017
(No Class 11/23, 12/22 – 12/31/16 and 01/16/17)
Rutherford Campus, Pool
Student Center, $60

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

#45127
Monday/Wednesday/Friday, 1–1:50 PM
June 1 – August 17
(No Class 07/04 and 08/15)
Rutherford Campus, Pool
Student Center, $60

#46400
Monday/Wednesday/Friday, 1 – 1:50 PM
August 29 – November 11
(No Class 09/25), Rutherford Campus
Pool, Student Center, $60

#46401
Monday/Wednesday/Friday, 1 – 1:50 PM
November 28 – February 24, 2017
(No Class 12/21/16 – 01/03/17 and 01/16/17), Rutherford Campus
Pool, Student Center, $60

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

#45093
Tuesday & Thursday, 4:45-5:40PM
July 26 – September 15
Rutherford Campus, Pool
Student Center, $30

#46429
Tuesday & Thursday, 4:45-5:40PM
September 27 – November 22
(No Class 10/13), Rutherford Campus
Pool, Student Center, $30

#46434
Tuesday & Thursday, 4:45-5:40PM
December 6 – February 9, 2017
(No Class 12/21/16-01/04/17), Rutherford Campus
Pool, Student Center, $30

**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 OR RUTHERFORDTON LEARNING CENTER classes call 828-286-3636, option 2 then option 1

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

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

#46390
Thursday, Friday, Saturday, 5 – 9 PM September 29 - 30
Rutherford Campus
Hickory Room, Foundation Building Saturday, 8 AM - 12 noon, October 1
Firing Range, $75

#46392
Thursday, Friday, Saturday, 5 – 9 PM November 3 - 4
Rutherford Campus
Hickory Room, Foundation Building Saturday, 8 AM - 12 noon, November 5
Firing Range, $75

HAVE YOU RECEIVED A TRAFFIC CITATION?
Don't let that ticket ruin your driving record. The District Attorney, Clerk of Court, and judges want us to be safer drivers. If you have been charged with a minor traffic violation in the 29th Judicial District (McDowell and Rutherford) or other counties in North Carolina honoring the National Safety and Health Council’s Defensive Driving Program, you may elect to have it reduced by the District Attorney.

Isothermal Community College offers the Defensive Driving Program through the National Safety Council of North Carolina, which trains motorists in the principles of safe driving. The course should be completed and the information presented to the Clerk of Court for payment no later than two (2) working days before your scheduled court date.

Defensive Driving 4-hour class is offered on select Wednesdays and Saturdays of the month. You must pre-register and pay no later than Monday, 12 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.**

Please call 828/286-3636, option 2, and then option 1 between 8 a.m. and 7 p.m. Monday through Thursday and 8 a.m. and 4:30 p.m. on Friday for registration information. To reach Butch Rollins call 828-395-1410 after 12 p.m.

To Register for POLK CENTER classes call 828-894-3092
To Register for RUTHERFORD CAMPUS OR RUTHERFORDTON LEARNING CENTER classes call 828-286-3636, option 2 then option 1

SAFETY

Kimberly Amos, PhD, RN, CNE, is the lead instructor for Nurse Educator Professional Development. Dr. Amos has been a faculty at Isothermal Community College for the past 7.5 years. She received her PhD in Education (Specializing in Nursing Education) from Capella University, her Master's in Science (Specializing in Nursing Education) and Bachelor of Science in Nursing at Western Carolina University. Dr. Amos is also a Certified Nurse Educator by the National League for Nursing. In addition, she practiced as a RN in various settings for over 12 years before entering nursing education. For more information, contact Kim Amos at 828-395-1762 or kamos@isothermal.edu.

UPCOMING SPRING 2017

Isothermal Community College Nurse Educator Professional Development (45 Hours)
The North Carolina Board of Nursing specifies that “nursing faculty who teach in a program leading to initial licensure have preparation in teaching and learning principles for adult education, including curriculum development, implementation and evaluation.” This preparation must be completed prior to or within the first three years of employment. The Nurse Educator Professional Development course was developed to meet this requirement. The course consists of two online training modules offered through Continuing Education at Isothermal Community College. The course is designed for BSN-prepared nurse educators who seek:

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

Type/Location: Online using Moodle/Isothermal Community College
Cost: $140 (includes tuition and a certificate upon completion of the course), plus textbooks cost.


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

Instructor: Kimberly Amos, PhD, RN, CNE, is the lead instructor for Nurse Educator Professional Development. Dr. Amos has been a faculty at Isothermal Community College for the past 7.5 years. She received her PhD in Education (Specializing in Nursing Education) from Capella University, her Master’s in Science (Specializing in Nursing Education) and Bachelor of Science in Nursing at Western Carolina University. Dr. Amos is also a Certified Nurse Educator by the National League for Nursing. In addition, she practiced as a RN in various settings for over 12 years before entering nursing education. For more information, contact Kim Amos at 828-395-1762 or kamos@isothermal.edu.
The Bill of Rights & Civil Liberties
This course focuses primarily on the Bill of Rights and Fourteenth Amendment to the United States Constitution. Students will read the Constitution and case law (abridged) to understand the substance of the rights guaranteed to us by the Constitution as interpreted by the Supreme Court. Contemporary social and political issues will be examined within the context of the the Bill of Rights and the equal protection and due process clauses of the 14th Amendment. Students’ opinions on these issues will vary widely, so expect vigorous discussions.

British Romantic Poetry
This course focuses on the poetry of William Blake, William Wordsworth, Lord Byron, Percy Bysshe Shelley and John Keats. We will examine the themes and styles of this important period in British literature. Additional sources will include music and art of the period. Students will learn how to interpret the works, understand the themes of Romanticism, and gain insight into the mechanics of poetry. Class discussion is important, so students will have the opportunity to express their thoughts and views of the poems.

Psychology for Everyday Living
This class explores the current approaches to psychological disorders and treatments; social psychology, which is the study of people acting in groups; the latest theories in cognition, learning and memory; and the biological bases of behavior. The focus is on how psychology figures in our everyday lives and how learning about human nature can help us understand ourselves and others.

A Short History of the World I
This course will examine the broad themes in world history from the beginning of civilizations through the Middle Ages in Europe. We will examine the major cultures of the world, including India, China, and the classical civilizations of Greece and Rome before turning our focus to Europe and the medieval period. Materials will include slides, films, and readings.

OTHER CLASSES
ADMINISTRATIVE ASSISTANT
Advanced Video Editing
Barn Management
Basic Video Editing
Branding for the Equine Industry
Building Your Dream Computer Business Communications
Creative Writing
Equine Massage
Equine Nutrition
Excel, Intermediate
Excel, Advanced
Event Planning
Film Production
Human Potential Seminar
Intro to Massage Therapy
Intro to Veterinary Assistant
Large Animal Veterinary Assistant
Mental Health First Aid
Music Business–How to Get Airplay on the Radio
Office Practices
Public Speaking
Screenwriting
ServSafe Certification
Spanish
Vine to Wine

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

Visit the Continuing Education website
www.isothermal.edu/learnstuff
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: Court Duties
- Sheriff’s Responsibilities: Detention Duties
- Civil Process
- Firearms

EMERGENCY SERVICES

Basic Law Enforcement Training (BLET)
The Basic Law Enforcement Training Program (BLET) taught at Isothermal Community College is a 440-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!

Hair Care Services
- Basic Dry Hair Cut - $6.00
- Beard/Mustache Cut - $5.00
- Shampoo/Style - $5.00 & up
- Shampoo/Rake/Style - $10.00 & up
- Shampoo using
- Waxing/Flat/Fringing Irons - $14.00
- Conditioner - $4.00 - $6.00
- Scalp Massage - $12.00
- Color Rinse/Treatment - $2.00 & up
- Hair Lightening - Cap Application - $35.00
- Perm/Cut/Shampoo - $70.00 & up
- Blow Out Smoothing Treatment - $18.00

Color Services*
- Hair Color - $25.00 & up
- Full Head Bleach Application - $45.00 & up
- Hair Lightening - $12.00
- Perm (Perm/Semi Perm) - $20.00
- Hair Color - $35.00
- Foil Application with Basic Style - $10.00 & up
- Full Head Foil Application with Basic Style - $45.00 & up

Permanant Wave Services*
- Perm/Wrap/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
- Full Head - $45.00

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

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

Skin Care Services
- Facial - $18.00
- Eyebrow Arch - $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

All services performed by students.
Please allow ample time to complete the services you have requested.

Like us on Facebook for Specials Offers...

Continuing Education Schedule of Classes

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

Registration is open for the Nail Technology Program at East High School for any High School Junior or Senior in Rutherford County Schools.

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DUKE CERTIFICATE PROGRAM IN NONPROFIT MANAGEMENT

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

SOCIAL MEDIA 101
Wednesday, September 14, 2016
10 a.m. – 4 p.m.
Isothermal Community College,
Polk Center, Room 112

Jodi Rhoden, Session Leader

How does a nonprofit move beyond social media as a communication tool to social media as a way of work? Topics include discussing management perspectives on social media platforms, developing a social media strategy and policy, and evolving the nonprofit to embrace social media in all functional areas. Class will explore trending best practices for networked nonprofits and actions needed to build a social culture.

Instructor: Jodi Rhoden is an author, teacher, and business owner. As a business coach and facilitator with Birds Eye Business Planning and Mountain Bizworks, Jodi specializes in social media and authentic marketing. She is also the founder of Short Street Cakes, an all-natural, Southern-style specialty cake business in Asheville.

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).

THE CLASS IS FREE!

ENGLISH AS A SECOND LANGUAGE

Are you ready to learn English or improve your English? Come in and meet other students and the instructor Angela Whitehurst. We come from many countries and study together having lots of fun while learning to speak English.

Classes are held at the Polk Center
Tuesday & Thursday 8:30 a.m. - 5 p.m.

Students may enter the class at any time during scheduled hours and are encouraged to attend for whatever time they can during those designated class hours. Both conversational and written skills are taught in a multilevel setting to meet the needs of non-English speaking as well as more fluent students.

For more information, please contact
Lauren at 395-1720, lmooney@isothermal.edu or
Ruth at 395-1489, rdhils@isothermal.edu

Adult Basic Education/
Adult High School Diploma/
High School Equivalency

Are you ready to earn your high school equivalency?
Would you like to improve your reading and math skills?

The instructors at the Polk Center are ready to assist you!

Classes are held at the Polk Center
Monday - Thursday
8:30 a.m. - 5:00 p.m.
Classes are free!

Don't wait another minute!

To get started with our free classes, please contact
Lauren at 395-1720, lmooney@isothermal.edu or
Ruth at 395-1489, rdhils@isothermal.edu

3 Easy Ways To Pre-Register

For better customer service,
ALL classes now require prepayment.

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

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

• On The WEB Pre-Registration
  www.isothermal.edu/learnstuff

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Continuing Education Schedule of Classes

**Training People for Success in the Workforce**

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

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

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

Pre-registration is REQUIRED for all classes.

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

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

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**Advanced Industrial Technology Institute**

The first step to your career in contemporary manufacturing and production industries.

Successful students will:

- Complete 120 hours of classroom training over 6 weeks
- Gain foundational knowledge in industry terminology, tool recognition, Six Sigma and Lean Manufacturing concepts, OSHA standards and safety practices
- Identify their personal values, skills and talents that would make them successful in this field
- Learn and practice soft skill components local employers have identified as necessary for success and advancement
- Meet with local employers and learn about the opportunities available for starting a career path in industry
- Earn OSHA 10 completion card and CPR/First Aid certification
- Earn the Advanced Industrial Technology Institute certificate, a local credential recognized and valued by our local industry partners

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**Human Resource Development (HRD)**

**36x29**

Continuing Education Schedule of Classes

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Finish up the Past and Work Toward Your Future!

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

Orientation Sign-up...Call Today!

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

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

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

A High School Diploma can open up new opportunities — start a new career, go to college, earn more money!
Introduction to Google Analytics
Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

Performing Payroll in QuickBooks
Learn how to use QuickBooks 2013 to create paychecks, pay tax liabilities, and produce forms and reports.

Accounting Fundamentals
Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Beginning Writer's Workshop
Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

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

A to Z Grant Writing
Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

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

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

Introduction to SQL
Gain a solid working knowledge of the most powerful and widely used database programming language.

Introduction to Final Cut Pro X
Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

Introduction to Microsoft Excel
Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Intermediate Microsoft Excel
Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

Introduction to CSS3 and HTML5
Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

Leadership
Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

Writing Essentials
Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

Effective Business Writing
Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

Fundamentals of Supervision and Management
Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

www.ed2go.com/isothermal
(828)395-1532 (Marnie)
WHO SHOULD HAVE A National Career Readiness Certificate™?

EVERYONE!

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

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

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

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

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

• Reading for Information
• Applied Mathematics
• Locating Information

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

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

COMMERCIAL TRUCK DRIVER TRAINING at Isothermal Community College

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 in September 6, 2016, January 30, 2017, and May 8, 2017.

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.
The Campus Bookstore

Located in the Student Center Building

Summer Hours
Monday: 9 a.m. - 3:30 p.m.
Tuesday: 9 a.m. - 3:30 p.m.
Wednesday: 9 a.m. - 3:30 p.m.
Thursday: 9 a.m. - 3:30 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!

We’re Keeping Your Seat Warm.

Curriculum Fall 2016 Registration
August 16 & 17
Classes begin August 18

Apply now for financial aid!

College courses apply toward degree, diploma, and certificate programs in the community college. Also, many curriculum courses qualify for transfer college credit to colleges and universities.

www.isothermal.edu

For more information call Student Services, Admissions Office at 828-395-1430 or contact The Office of Learning Support & Retention at 828-395-1436.
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<th>EMS/Fire/Rescue/ Law Enforcement</th>
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<td>Emergency Services Education</td>
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**EMERGENCY MEDICAL SERVICES (EMS)**

- Advanced Cardiac Life Support (ACLS)
- Advanced Cardiac Life Support
- Advanced Medical Life Support (AMLS)
- Basic & Advanced Prehospital Ventilator use
- Basic Life Support (CPR)
- Canine Tactical Medicine Course
- Coaching Emergency Vehicle Operations drivers training (CEVO)
- Emergency Medical Responder (EMR)
- Emergency Medical Services Safety Course
- Emergency Medical Technician (EMT)
- EMS In-service training for 15 departments in Polk/Rutherford Counties - Monthly
- Experienced Provider (ACLS-EP)
- Geriatric Education for Emergency Medical Services (GEMS)
- Heartsaver CPR/AED/First-aid/ Bloodborne pathogens
- Medtronic End Tidal Capnography Training (ETCO2)
- Paramedic
- Pediatric Advanced Life Support (PALS)
- Pediatric Education for Prehospital Providers (PEPP)
- Prehospital Trauma Life Support (PHTLS)

**FIRE & RESCUE**

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

**LAW ENFORCEMENT**

- Live Fire Vehicle Takedown
- Active Shooter / Mass Violence Classes
- Human Trafficking
- Forensics
- Law Enforcement Intelligence Update
- ASP BATON Certification Course
- Detention Officer Certification Course
- Protective Detail
- Shoot house Training
- NC Firearm Laws
- Detention Officer In-service
- Driver Training
- Firearms
- Rifle School / Long Gun
- Body cameras
- Legal Updates
- Taser Certification / Recertification
- SWAT Training
- SERT Team Training
- Pepper Spray

For more information contact Jonathan Bland, Emergency Services Coordinator (828) 395-4470 or Marnie Beaver, Emergency Services Support (828) 395-1532
**GROOM ELITE**

**HOSPITALITY & TOURISM INSTITUTE CERTIFICATION**

CLASSES STARTING SOON at the Polk Center & Rutherfordton Learning Center

**REGISTER TODAY!**

**PATHWAYS TO HOSPITALITY**
September 20, 22, 5:30 – 9:30 PM, RLC, $70

**CAREER READINESS PART I - SOFT SKILLS**
September 27, 29, October 4, 6, 11, 12, 18, 20, 6 – 9 PM, RLC, $70

**GUEST SERVICE GOLD**
October 25 & 27, 6 – 8:30 PM, RLC, $100

**CAREER READINESS PART II - PREPARING FOR THE JOB SEARCH**
November 1, 3, 8, 10, 15, 17, 6 – 8:40 PM, RLC, $70

For more information contact Beth Hartle, 828-395-4294, bhartle@isothermal.edu or Karen Marshall at 828-395-1408, kmarshall@isothermal.edu.

“The knowledge and the skills I learned through ICC’s Hospitality/Tourism and Guest Service Gold Certificate helped me successfully reenter the workforce!” Carol B.

Industry partners who prefer applicants with an Isothermal Community College Hospitality Institute Certificate

Courses are available in English and Spanish.

Financial assistance may be available.

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

Isothermal Community College, Columbus, NC