

CSI Community ED Fall 2019

REGISTER FOR THESE CLASSES HERE

If you prefer, you can also call 732-6442 to register by phone or come into the Community Education Center in the Fine Arts Building.



BASIC DESIGN AND PRODUCTION FOR COMMUNITY THEATER

Dates: September 19 – October 24

Days: Thursdays

Time: 6:30 – 9:30 p.m.

Fee: \$80

Location: Fine Arts 137heater

Instructor: Shane Brown

If you have ever been involved in a community theater performance and experienced anxiety over the design and production end of the show - design, lights, sets, painting techniques, etc. - then you will want to take this class! In five three-hour sessions we will learn and have hands-on experience with basic design concepts, stage lighting, props, set design and construction, and painting techniques. We will learn how to coordinate with technicians in larger venues to realize your designs and explore methods of creating the same effects in smaller, non-traditional venues. Shane Brown has over thirty years of theatrical experience, including 20+ years of teaching theater in high school and college. He has designed, built, and directed shows in locations as varied as high school cafeterias and gyms, parks, and large-scale professional venues. He received his production/design training through decades of experience and formal training at the Ashland Center for Theater Studies at Southern Oregon University. Wear comfortable clothes you don't mind getting dirty. No class October 10.



IMPROV I

Dates: September 17 – November 5

Days: Tuesdays

Time: 6 – 9 p.m.

Fee: \$90

Location: Fine Arts 119

Instructor: Steve Kaminski and Katie Neff

Improv I is a fun, high energy weekly workshop for anyone wanting to learn how to think more quickly on their feet, meet new friends, or are in dire need cheap therapy... and everything in-between! Through simple but fun games, students will learn the fundamentals of improv, which can help with team building, interpersonal relationships, and cracking up folks in the boardroom. We'll work on saying "YES" to life's curveballs, accepting suggestions, and trusting your instincts. Improvisational comedy may not pay your bills, but it will help you with your day to day interactions. No prior experience in theatre or improv is required. Students with significant improv or theatrical experience are welcome and encouraged...we never stop learning. Come Join the FUN!



IMPROV II

Dates: September 17 – November 5

Days: Tuesdays

Time: 6 – 9 p.m.

Fee: \$90

Location: Fine Arts 137

Instructor: Steve Kaminski and Katie Neff

Improv II is for those with prior improvisational comedy experience. It picks up where Improv I left off. This class gives students the opportunity to fine tune fundamentals learned in Level 1 while learning how to focus on scene work, find the “game”, and establish an emotional connection to character and ensemble. Just as FUN as Improv I, but a little more focused. Join Steve Kaminski & Katie Neff, “Neffinski”, for a weekly fun times/therapy session!



CREATIVE WRITING

Dates: October 15 – December 2

Days: Tuesdays

Time: 7 – 9 p.m.

Fee: \$70

Location: Shields 114

Instructor: Shane Brown, Jim Irons

Have you ever felt that you would like to write down the stories from your life—the funny, the sad, the profound events from your life—but have not had the opportunity or encouragement to do so? Are you

looking to get your creative juices flowing and let your imagination and experiences pour onto the paper? This class is designed for anyone who wants to dive into the world of creative non-fiction writing. Whether you're a beginner or an advanced writer, this class will craft your skill and sharpen your writing. This course, taught by CSI Theater and English instructor Shane Brown and Idaho poet Laureate and English professor Jim Irons, is a beginning level introduction with a focus on students creating material while work-shopping and learning the structures of creative non-fiction writing. The course offers a glimpse into the world of short stories, poetry, and memoir writing. Students will read and discuss examples from various writers, use these as models to create their own works, and workshop their own, and others', writings in a safe yet challenging setting.



LET'S MISBEHAVE: A BURLESQUE WORKSHOP

Dates: October 19

Day: Saturday

Time: 1 – 5 p.m. + evening performance

Location: CSI Fine Arts Auditorium

Instructor: Julie Leir-VanSickle

Fee: \$40 + \$10 materials fee paid to instructor

Let's misbehave! Get ready for sexy, saucy fun with this one day workshop. Have you always wanted to try

burlesque but don't quite know where to start? Come learn and play in a fun, positive atmosphere with this workshop! We will cover burlesque choreography, history, and how to make a few of your own costume accessories. Have fun developing burlesque names and personas, along with exploring some tools to create your own numbers. We will have an informal showcase at the end of the day to share with your friends and family. All genders, body types, levels of experience, and ages above 18 welcome. Instructor Julie Leir-VanSickle, aka Ms.Bossy Boobs, has been studying and teaching dance, theatre, and performance for over 20 years.

She has developed, directed and performed in the annual burlesque show for Old Town Actors Studio in Pocatello, Idaho for seven years and travels and performs at festivals throughout the U.S. with her original work.



COUNTRY SWING

Dates: September 3 – 24

Days: Tuesdays

Time: 6:30 – 8:30 p.m.

Instructor: Leroy Hayes and Deborah Silver

Fee: \$90 for a couple

Location: Gym 304

Grab your dancing shoes and get moving! This class will focus on the basics of swing and various couple dances. Learn the moves and practice in a relaxed atmosphere that encourages you to master skills and

look good doing them. This is great way to impress your friends and family at your wedding or next special event.



HIP HOP

Dates: October 15 – December 3

Days: Tuesdays

Time: 6:15 – 7:15 p.m.

Instructor: Keesha Olander

Fee: \$80

Location: Gym 304

Have you ever wanted to learn some AWESOME hip hop moves but didn't want to sign up for a class with teenagers who have been dancing since they were three? Do you just want to have some fun with your friends (or new friends), listen to energizing music, and

get some exercise while you do it? Then seriously, Hip Hop is the place to be! In this eight-week course, you'll be introduced to and explore the many different styles of hip/hop street dance. You'll learn an ongoing routine, so you will have a finished product to whip out at flash mobs, dinner parties, and family reunions. Each class will start with a warmup to keep you safe and to prepare your body for dance. This class is appropriate for adults and those 12 and up. Instructor Keesha Olander has been a professional dancer and choreographer in Los Angeles for 18 years.



UNDERSTANDING PHOTOGRAPHY: THE ART OF PAINTING WITH LIGHT

Dates: September 12 – October 10

Days: Thursdays

Time: 6 – 8 p.m.

Fee: \$99

Location: Fine Arts 87

Instructor: Drew Nash

Join award-winning photographer Drew Nash in learning how to use your digital camera beyond its automatic settings and pick up some tricks of the trade

along the way for capturing truly beautiful photos. Participants will need to own their own digital single lens reflex (DSLR) cameras. During the class, you will learn how to understand exposure, the key functions of a DSLR camera, composition, lens selection, white balance controls, and fill flash. Students will explore the CSI campus making images as they apply what they've learned. Nash will also go over portrait posing and basic lighting techniques. Lastly, he will provide critiques of photos and discuss basic post-production work of select student images

and answer burning photography questions. Don't miss the opportunity to explore the art of photography and follow the light with Drew. There will be no class over spring break.



WOODWORKING

Dates: September 10 – November 12

Days: Tuesdays

Time: 6:30 – 9:20 p.m.

Fee: \$150 + supply fee paid to the instructor
(depending on chosen project)

Location: Canyon 133

Instructor: Ken Triplett

Beginning to moderate level woodworkers

welcome. Each student will design and build a project

that is suited to their woodworking abilities over the 10-week period. Students will learn safety practices as well as machinery uses. Instructor will cover techniques that include hand tools to power machinery. By the end of the class, the student will have a beautiful woodworking project to take home.



DIY WOODWORKING PROJECTS: CUSTOM PLAQUES WITH ANTIQUE FINISHING

Dates: October 2 – November 6

Days: Wednesdays

Time: 6 – 8:30 p.m.

Fee: \$80 + \$22 supply fee paid to the instructor

Location: Canyon 133

Instructor: Jessica Larsen

In this class, you will start with a blank slab of wood and then transform it into something special using a variety of different antiquing and distressing techniques. If you

have ever been interested in woodworking and are looking for a great place to start, this is it. Familiarize yourself with different pieces of woodshop equipment and how to use them safely. Begin by choosing one of five custom sign design projects, and then complete your sign by learn how to build frames and distress using chisels, scrapers, and worm holing. Additional activities will include: staining, painting, chalk painting, glazing and various finishes. Leave class with a handy new skill set as well as a new one of a kind sign to take home.



INTRO TO WELDING & METAL ART

Dates: September 12 – December 5

Days: Thursdays

Time: 6 – 8:30 p.m.

Fee: \$220

Location: Desert 105

Instructor: Jenn Crowdson

Explore the technology of metal fabrication and welding to create a metal piece that will become something beautiful and durable... or just to brush up on your skills and work on a specific project or art piece! During this hands-on course, students will be introduced to shop safety, two welding processes (arc welding and mig welding), grinding, different

methods of metal cutting(plasma, oxy/fuel torch, cold saw, and disk cutting), and a variety of metal coloring techniques (paint, chemical, heat coloring) to create a finished project to take home at the end of the 20+ hour course. Students need to come dressed in clothes appropriate for welding such as jeans, leather shoes/boots, and long-sleeved shirts of canvas or cotton. Loaner welding helmets, safety glasses, ear plugs, respirators, leather jackets, and

gloves will be loaned to students if needed. The class is limited to 10 people and normally fills – early registration is suggested.



STUDIO POTTERY

Dates: September 12 – December 5

Days: Thursdays

Time: 6 – 8:30 p.m.

Fee: \$120 + \$20 per 20 lb bag of clay (paid to instructor)

Location: Art Lab 113

Instructor: Christina Dowdy

Explore a variety of pottery fundamentals while using clay as an expressive medium to create one-of-a-kind functional and decorative pieces. During 25 hours of studio time, learn hand-building fundamentals, wheel-

throwing, and basic elements of sculpture from ceramicist Christina Dowdy. Finish your pieces with a myriad of glazing and decoration techniques. Beginning and experienced potters alike will advance their skills and sense of creativity.



TRADITIONAL NATIVE AMERICAN BEADWORKING: PRAYER FEATHER

Dates: November 6 and 13

Days: Wednesdays

Time: 6:30 – 9:30 p.m.

Fee: \$35 + \$15 paid to instructor for beads

Location: Shields 113

Instructor: Russ Howell

In this class students will be learning basic feather work, peyote or wrap beading techniques, braiding, and many personal uses of painted imitation eagle feather. An original Native prayer is also provided. You will be introduced to beading tools and different types of materials along the way. The instructor has been

creating Native art for the past 40 years. All students need to provide small containers for beads, small sharp sewing scissors, and magnification glasses if needed. All students and friends are invited to the free Winter Solstice Celebration at Banbury Hot Spring on Saturday, Dec 21 at 6:30 pm. There is a potluck for renewal feast. All events are sponsored by Snake River Wellbriety Circle in conjunction with College of Southern Idaho, Crisis Center Magic Valley, and Banbury Hot springs. For more info contact your instructor or Lori at Banbury Hot Spring Buhl Id at 208-543-4098 in December of 2019.



HAND DRUM MAKING

Dates: November 12 and 19

Days: Tuesdays

Time: 6:30 – 9:30 p.m.

Fee: \$150

Location: Fine Arts 137

Instructor: Russ Howell

Don't miss this one! Learn how to make, decorate, and care for a traditional Native American hand drum. In this hands-on class, you'll construct 15" traditional style hand

drums from elk rawhide and wood frame kits. And then learn how to decorate the rawhide head, care for your drum, and construct a drum stick. You will learn the respectful treatment of your

drum, smudge your drum, and dedicate it to someone. Instructor Russ Howell has been constructing and playing traditional hand drums in Native American gatherings for 30 years. The cost includes all materials, and all the tools will be provided by the instructor. Students will be able to purchase drum bags for an additional cost. All students and friends are invited to the free Winter Solstice Celebration at Banbury Hot Spring on Saturday, Dec 21 at 6:30 pm. There is a potluck for renewal feast. All events are sponsored by Snake River Wellbriety Circle in conjunction with College of Southern Idaho, Crisis Center Magic Valley, and Banbury Hot springs. For more info contact your instructor or Lori at Banbury Hot Spring Buhl Id at 208-543-4098 in December of 2019.



BEGINNING CROCHET

Date: October 15, 16 & 17

Days: Tuesday, Wednesday & Thursday

Time: 6 – 8 p.m.

Fee: \$40 + \$10 supply fee paid to instructor

Location: Shields 102

Instructor: Diane Gause

Crocheting can be very relaxing and fun. This class is perfect for those who are new to crochet or need a refresher. Students will learn the basic stitches including chain, single crochet, and double

crochet. They will learn how to be comfortable holding the crochet hook and controlling yarn tension while completing the stitches. Once the class is completed, you will be able to create scarves, afghans, and other projects to keep for yourself or for a gift for someone else.



THE ART OF SWEDISH WEAVING

Date: November 19, 20 & 21

Days: Tuesday, Wednesday & Thursday

Time: 6 – 8 p.m.

Fee: \$25 + \$15 supply fee paid to instructor

Location: Shields 102

Instructor: Diane Gause

Looking for something creative and different to do? Discover Swedish Weaving, a craft that dates back centuries also known as Swedish huck weaving, huckaback darning, or huck embroidery. The materials

used in this art are simple: monks cloth, yarn or cotton thread, and a blunt needle. As a form of embroidery, this art is a very relaxing and fun needle craft that you can learn in just a couple class sessions! At the end of the class, you will have a project you can take home.



BASIC DRAWING SKILLS

Date: October 1 – 29

Day: Tuesdays

Time: 6 – 8 p.m.

Location: Hepworth 135

Instructor: Karen Fothergill

Fee: \$80

Turn your idle doodles into masterful sketches! Basic Drawing Skills is tailored to the beginner drawer or hobbyist who want to learn techniques behind more lifelike drawings and how to develop and expand their

observational abilities and rendering skills. Subjects covered will include still life objects, shading, figure and facial proportion, animals, and landscapes. Students will need to purchase the following supplies and bring to class: 11x14 sketchbook, a graphite drawing pencil, and a gum or pink pearl eraser.



ILLUSTRATED TRAVEL JOURNALS

Dates: September 24 - Oct 8

Days: Tuesday

Time: 6 – 8 p.m.

Fee: \$40

Location: Shields 113

Instructor: Bruce Kremer

Create a memory book of your travels or prep a journal for an upcoming adventure. Turn a trip diary into a collection of notes, photos, drawings, ticket stubs, doodles, notations, and

ephemera. We will explore journaling styles and employ unique techniques: collect maps, brochures, and photos to be cut and pasted, add pencil and watercolor sketches, and even tape in leaves and feathers. All while overlapping written entries of your trip's special moments and directions to that hidden beach. Bring a bound, blank-page journal or daily planner, basic colored pencils and watercolor set, 8oz. spray adhesive, and scissors.



COLLAGE

Dates: September 26 - October 10

Days: Thursday

Time: 6 – 8 p.m.

Fee: \$40

Location: Shields 113

Instructor: Bruce Kremer

Arrange cut paper and a range of materials into beautiful artwork or illustration. Combine photos, painted paper, newspaper clippings, magazine images and scraps of fabric to compose a meaningful fine art piece. Basic fundamentals of design and composition will be discussed. We'll share some materials as a class plus you can bring your own, scavenged or considered, with your resulting artwork as a literal or abstract masterpiece

which you create. Let's take a look at the origins of collage and notable artists who work in the media. Please bring a blank sketchbook or white poster board, scissors, a handful of pens and pencils, white craft glue.



UKULELE MADE EASY – LEVEL 1

Dates: September 14

Days: Saturday

Time: 1 – 3:30 p.m.

Instructor: Cindy Bezas

Fee: \$37 + \$15 paid to the instructor

Location: Fine Arts 164

Ever heard of ukulele maestro Jake Shimabukuro, best known for his jazz, blues, funk, and rockabilly uke playing? Or James Hill, known for his Michael Jackson

impressions on the ukulele? Perhaps you've heard of Israel Kamakawiwo'ole, who made the uke best known through his medley of "Somewhere Over the Rainbow" and "What a Wonderful World"? It's easy to understand why the ukulele is loved by so many. And now it's your turn! Bring your own ukulele and you too can begin to experience the joy this sweet instrument brings. This class will give you the proper foundation of ukulele playing, and it will open a whole new world for you of happy uke music. You'll leave this class having learned how to hold your ukulele, how to care for its parts, how to use the power of your left and right hand to create beautiful tone, the benefits (or not) of a uke strap, when (or when not) to use ukulele picks, how to move up and down the fret board, and how to tune. On top of all this, you will walk away

having learned how to strum ukulele songs! Cindy Sue Bezas, M.S., has been teaching music for more than twenty years and adores seeing the light of ability come to each student's eyes.



UKULELE MADE EASY – LEVEL 2

Dates: September 21

Days: Saturday

Time: 1 – 3:30 p.m.

Instructor: Cindy Bezas

Fee: \$37 + \$15 paid to the instructor

Location: Fine Arts 164

In Ukulele Made Easy – Level 1 class, we learned core principles central to excellent ukulele playing. We studied how to hold and care for the uke, how to use the left and

right hands for quality tone, how to/when to use uke straps and picks, how to move up and down the fretboard, and how to tune, all in addition to fun songs to play and strum. In Ukulele Made Easy – Level 2, you will gain more songs in addition to more uke scales, cadences, and strum patterns. Bring your own ukulele for this delightful class, and you will also learn additional crucial tips and techniques of pro ukulele players. Cindy Sue Bezas, M.S., has been teaching music for more than twenty years and adores seeing the light of ability come to each student's eyes.



UKULELE MADE EASY – LEVEL 3

Dates: October 19

Days: Saturday

Time: 1 – 3 p.m.

Instructor: Cindy Bezas

Fee: \$37 + \$15 paid to the instructor (for ukulele manual Level 3)

Location: Fine Arts 137

In the Ukulele Made Easy Level 1 class, we learned core principles central to excellent ukulele playing. In Ukulele Made Easy - Level 2, we learned a variety of

songs, several uke scales, cadences, and strum patterns. In Ukulele Made Easy - Level 3, we will learn even more songs, more strum patterns, cadences, and new approaches to scales so you can build your finger power and playing dexterity. Bring your own ukulele for this fun class and expand your ukulele playing. Cindy Sue Bezas, M.S., has been teaching music for more than twenty years and adores seeing students expand their ability and enter the fantastic power of music with all its ability to heal and bring joy.



KARATE

Dates: August 28 – January 13

Age: Adults and youth 14+ (acceptations made with instructor's approval)

Days: Mondays and Wednesdays, 6 – 8 p.m. & Saturdays, 9:30 – 11 a.m.

Fee: \$80 + plus \$25 gi purchase payable to instructor

Location: Rec Center 236

Instructor: Jesse Clark

Karate is an excellent way to help develop coordination, confidence, physical fitness, and

mental strength while gaining valuable social skills. Advanced students, who must be members of SKA association, will get a chance to learn additional techniques, attend meets and special events, and be taught by guest instructors. Shotokan Karate of America (SKA) has been

teaching traditional Karate in the USA since 1955. SKA was founded by Tsutomu Ohshima, who was one of Master Funakoshi's last direct pupils, studying under him while attending Waseda University in Tokyo, Japan. Because of SKA's strong resolve to offer high-quality martial arts to the public, SKA has remained non-commercial and non-profit and continues to offer authentic, traditional martial arts instruction at affordable rates through more than 140 dojos across the United States and Canada with affiliates worldwide. Mr. Ohshima granted instructor Jesse Clark permission to instruct SKA in Twin Falls in 2011. Jesse Clark, sandan (3rd degree black belt), is the CSI head Karate and self-defense instructor for CSI. Jesse fought for the USA Team in France in 2014 and in Switzerland in 2017. Learn more at twinfalls.ska.org

KARATE FAMILY DISCOUNT!

After two sign-ups from the same family, each additional member only \$20. If your family qualifies and is interested, please contact Diane at 208-732-6442.



JUDO FOR BEGINNERS: THE GENTLE WAY

Dates: August 20 – December 14

Days: Tuesdays and Thursdays

Time: 6:30 to 7:30 p.m.

Instructor: Bryan Matsuoka and Michael Easterling

Fee: \$70 + \$20 gi rental each session

Location: Rec Center 231A

Judo is an Olympic sport with a rich history and tradition based on mutual benefit for all, emphasizing self-respect, respect for others, and respect for property. It is a great sport for ages 8+ with built-in anti-bullying principles. Judo is an excellent sport for cross training,

as we teach you throws and ground techniques. Opportunities include local tournaments and guest teachers from the USA Elite Rosters. Students may begin this class at any time during the semester.



ADVANCED JUDO

Dates: August 20 – December 14

Days: Tuesdays, Thursdays, and Saturdays

Times: Tuesdays & Thursdays: 7:30 – 8:30 p.m. and
Saturdays: 9 - 11 a.m.

Instructor: Bryan Matsuoka and Michael Easterling

Fee: \$80 + \$20 gi rental each session

Location: Rec Center 231A

This course is designed for Judo students interested in self-defense, recreational activity, competition, and rank advancement up to 5th degree black belt in the Olympic sport of Judo. This class will enable students to continue their studying and cumulative learning with additional throwing and ground techniques, submission holds, arm

locks, formal judo kata or forms/demonstrations, and lifestyle. You will also have opportunities to travel to regional and/or national events with the group. Pre-requisite includes instructor approval, judo gi (uniform), and United States Judo Federation and Club membership (\$70/year). Students may begin this class at any time during the semester with permission from the head instructor.



QI GONG

Dates: September 2-25

Days: Mondays and Wednesdays

Time: 6 – 7 p.m.

Fee: \$60

Location: Fine Arts 137

Instructor: Cathy Wilson

Qi Gong is Chinese exercise often taught along with Tai Chi. It means life's energy work. Qi is energy flowing in all living things through pathways called meridians. When these pathways are blocked, the

body isn't well. Our systems require a free flowing and balanced Qi. In this class, ideal for seniors, we will do slow physical exercises with stretching and abdominal breathing techniques. We will practice standing forms, the Golden Qi Ball, Eight Brocades or Three Hearts Nine Gates, and healing sounds combined with movement. By repetition we replenish the Qi, massage the internal organs and benefit the muscles, tendons and ligaments. It differs from Tai Chi by repeating movements instead of doing a long form with many differing poses.



REIKI LEVEL ONE: TRAINING & ATTUNEMENT

Dates: October 5

Days: Saturday

Time: 9 a.m. to 4 p.m.

Location: Shields 107

Instructor: Sandy March

Fee: \$199

Reiki is a simple, natural, and safe method of spiritual healing and self-improvement that everyone can use. In this class, you will learn the skills necessary to be able to

work on yourself, your family, friends, and pets. You will also learn the basics of energy, the history of Reiki, what Reiki is and is not, and have lots of hands-on practice. You will receive your Level I Reiki certificate upon completion of this class.



REIKI LEVEL TWO: TRAINING & ATTUNEMENT

Dates: November 2

Days: Saturday

Time: 10 a.m. to 2 p.m.

Instructor: Sandy March

Fee: \$299

Location: Shields 107

Reiki Level II gives you the ability to work on yourself, family members, and the public. It also gives you the ability to do distant Reiki healing. We will discuss and

focus on healing intuitively. Please plan on lots of hands on practice.



RESEARCHING & CLEARING NEGATIVE ENERGIES

Dates: November 7-14

Days: Thursday

Time: 6 – 9 p.m.

Location: Shields 106

Instructor: Sandy March

Fee: \$49

Negative Energy is a powerful dark profound energy that does not feel good. We can usually tell right away when we "don't feel like ourselves anymore" or you

suddenly "don't feel comfortable in your own skin". These could be signs that a negative energy has found its way to you and is settling in for the long haul! This class will teach students the many types of negative energies that exist in the universe, how to identify them, and tools on how to remove them. This class is highly recommended for all levels of Reiki students as an add-on to your healing toolkit. Past Life Research Class students also are welcome as you will already be familiar with using pendulum. However, the class is open to anyone with an open mind or curiosity about our amazing Universe.



FIND YOUR GRIT: SELF-CONFIDENCE FOR ALL

Dates: October 12, 2019

Days: Saturday

Time: 1-5 p.m.

Instructor: Cindy Bezas

Fee \$67 + \$15 paid to the instructor

Location: Shields 114

Marianne Williamson has said: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure...[but] we ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous?" Ms. Williamson reminds us, "Your playing small does not serve the world." Therefore, if you've ever struggled with confidence, this class is for you. This class—even though terrifically fun—is a serious exploration to help you define your worth, build your self-confidence, and focus your grit on things that matter most. Together we will laugh, but by the time you walk away, you will have a map that outlines why you matter with all your unique gifts and talents and an additional plan of triumph to take on the difficulties that may beset you. You are more powerful and important than you may have known. The world needs you. Are you curious why? Come. Discover. Explore. The greatest parts of you are waiting! Here's the powerful part: once understood, confidence and grit can be yours for a lifetime. Do you have a friend who needs confidence, too? Enroll together and be the support team you deserve. Cindy Sue Bezas, M.S., is a four-time concussion survivor and has experienced low self-confidence and weakened grit during recovery. She has fought her way back and has applied her research to unlock key confidence principles that will work to better your life.



BASICS OF CAKE DECORATING

Dates: September 17 – October 15

Days: Tuesdays

Time: 6 – 7:30 p.m.

Fee: \$100 plus \$60 paid to instructor for supplies

Location: Desert 114

Instructor: Scotti Tverdy

Learn the basics of cake decorating from filling and frosting to amazing finishing touches! In this class, you will learn torting (leveling) cake layers, basic cake carving, and frosting techniques. You'll learn how to use toppers (finishers) such as ganache, sprinkles, and cake crumbs and the basics of borders, piping letters, and flowers. The instructor will also cover two forms of fondant and how to cover the cake with the fondant and then cut shapes and make figures with it. Students will finish each class with some awesome edible art and will get to keep the following cake decorating tools: serrated knife, two offset spatulas, piping bags, decorating tips, and fondant tools. **NOTE: REGISTRATION DEADLINE OF SEPTEMBER 9**

COOKING WITH BRIDGETT

Learn to cook a complete culinary meal with Bridgett Slater, owner of Lê Brigê Catering. This will be a series of three classes that build on each other to provide a novice cook skills to complete a full, flavorful, quality meal.



KNIFE SKILLS

Dates: September 19

Days: Thursday

Time: 6 – 8 p.m.

Fee: \$25 + \$10 paid to instructor

Location: Desert 114

Instructor: Bridgett Slater - Lê Brigê Catering

This class will teach basic knife cuts; batonnet, small, medium and large dice, chiffonade and julienne. In

addition to learning how to handle your knife and manipulate what you are cutting for each method, you will be learning the reasons behind why you are using each cut. By the end of the class, you will have used your knife skills to make a delicious chicken noodle soup!



EASY MARINADES FOR MEATS AND SEASONINGS FOR VEGETABLES

Dates: October 10

Days: Thursday

Time: 6 – 8 p.m.

Fee: \$25 + \$10 paid to instructor

Location: Desert 114

Instructor: Bridgett Slater - Lê Brigê Catering

Do you feel like you need to up your game for dinner?

This fun and interactive class will explore the world of

marinating and seasoning. You'll get a hands-on approach while adding deeper flavors to your meals. You will be learning ways to easily flavor your meats and vegetables by using everyday seasonings on them and techniques for keeping your meats moist during the cooking process. This night the novice cook will make dinner for themselves!



SAUCES AND DRESSINGS

Dates: November 7

Days: Thursday

Time: 6 – 8 p.m.

Fee: \$25 + \$10 paid to instructor

Location: Desert 114

Instructor: Bridgett Slater - Lê Brigê Catering

Do you know what the mother sauces are? What about emulsifying? Join us in learning the basic sauces, emulsification for dressings, and so much more. This

will be a fun class while you build on your culinary repertoire. This final class in the series will show you how to make a reduction sauce for meats and use two different techniques to make dressings for salads. Chicken salad is on the menu!



MAP YOUR BOOK IN AN AFTERNOON!

Dates: September 28, 2019

Days: Saturday

Time: 1 – 5 p.m.

Instructor: Cindy Bezas

Fee: \$67 + \$15 paid to the instructor

Location: Shields 101

How do you become known as an expert in your field? Through writing a book. Before you laugh at the thought of you writing a book, this class will show you how you

can map a book for your field or area of interest in one afternoon. You may have thought it was hard, but it's easier than you think. The instruction will help you with a simple framework—even if you believe you can't brilliantly string two words together. In four hours, you will have dialed in your power-topic, organized the wealth of information you have, and have brought together a map for writing a book of inspiration for others in your field. Give yourself a solid start to move towards your goal of writing your book. Learn how to be a published author and expert in your field! Cindy Sue Bezas, M.S., has been published in books and articles, has spoken at national writing conferences, served as a board member on various national conference committees, and coached private clients in writing. She loves helping people become known for their expertise.



GRANT WRITING 101: FINDING, WRITING, & WINNING THE FUNDING YOU NEED

Dates: September 7

Days: Saturday

Time: 10 a.m. – 1 p.m.

Fee: \$60

Location: Shields 102

Instructor: J. Vipperman and M. English

The one day, three-hour course is focused on enhancing the skill set of both beginning and experienced grant writers. During the course we will

cover finding and preparing to write a winning grant proposal, writing grant proposals that reviewers want to fund, and knowing what to do before and after your proposal is funded. Attendees will walk away with answers to questions like these: "Where can I find money for myself, my company, or my organization?", "How does the grant process really work?", and "What can grant money be used for and what are the grant funders really looking for?". Additionally, a significant portion of the time will be available for attendees to ask and receive answers to questions that are specific to them, their organizations, and their funding needs. Instructors Justin Vipperman and Matthew English bring an extensive history of more than 20 years' experience working with grants, government and public agencies, educational institutions, and non-profit organizations. Both are currently employed as full-time grant professionals in the Magic Valley community.



WORDPRESS

Dates: September 4 - 25

Days: Wednesdays

Time: 6 – 8 p.m.

Instructor: Sandy March

Fee: \$129

Location: Shields 101

Learn how to create attractive websites—without any coding! WordPress is the world's most popular website publisher, powering more than 25% of all sites on the Internet. WordPress is an easy-to-use solution that will

help you put your site on the Web in far less time than by coding, and at a much lower cost than hiring a professional. In these lessons, you'll get hands-on experience with this powerful tool as you create your own WordPress site. You'll find out how to use WordPress to create pages and posts, add images and videos, change a site's look and feel, and include user-friendly features. You'll discover the ease of using WordPress design themes to express your creativity. By the end of this course, you'll be able to confidently use WordPress to create a personal, business, or organizational website. You will also gain knowledge for creating a blog within the website. WordPress covered in this class is the platform the pros use. While it normally requires a paid hosting account, this course includes a totally free, no obligation GoDaddy hosting account for two months so you can see your results instantly and practice. Your Instructor Sandy March has over 30 years in multiple IT areas including IT Server & Network Management, Web Design, Social Media Marketing and Graphics work.



PRIVATE PILOT / DRONE AVIATION GROUND SCHOOL

Dates: September 11 – November 20

Days: Wednesdays

Time: 6 – 9 p.m.

Instructor: Precision Aviation Staff

Fee: \$250

Location: Shields 109

Aspiring aircraft and drone pilots will take their world to new heights with this 33-hour class that covers the concepts and practical applications to prepare them to

take the FAA written exam for their private pilot certificate. Students will learn basic aerodynamics, aircraft performance, power plant systems, airspace categories, flight instruments, meteorology, weight and balance, airborne emergencies, Federal Aviation Regulations, navigation and flight physiology. The class fee includes course book, FAR's, AIM, Private Pilot test guidebook, plotter, mechanical flight computer and chart, and certificate at the end of the completed course. Registration is open to anyone 15 years old and above. Instructors are Precision Aviation Staff holding instructor ratings CFI, CFII & MEI.



CONVERSATIONAL SPANISH

Dates: September 18 – December 11

Days: Wednesday

Time: 6 to 8 p.m.

Instructor: Anna Trelles

Fee: \$120

Location: Shields 105

Are you planning a trip to a Spanish-speaking country? Do you need to learn how to communicate better with Spanish speakers? Has it been a long time since you

took Spanish in school and you want to brush up your skills? In this Conversational Spanish class, you'll learn basic communication skills in the second most common language in the Magic Valley without the pressure of tests and with very little writing. You'll spend the semester learning basic phrases and vocabulary and practicing them with your other classmates. You'll be able to talk about yourselves, others, and your interests. In addition, you'll learn a little about the Hispanic culture. This class can be tailored to the wants of the individual class.



A, B, C and D's OF MEDICARE

Day: Wednesday

Dates: October 23, 2019

Time: 7 – 8:30 p.m.

Location: Shields 107

Instructor: Ken Azbill

Fee: \$10 includes one guest at no charge

This class will clarify the benefits and regulations of the Medicare program to help you maximize your participation in this program. Class discussion includes enrollment guidelines, premiums and private health plans to reduce medical costs.



RETIRE WITH CONFIDENCE: YOUR ROADMAP TO FINANCIAL FREEDOM

Days: Thursdays

Dates: October 3-17

Time: 6 – 8:30 p.m.

Location: Shields 107

Instructor: Brian Scott

Fee: \$49 includes one guest at no charge

Retirement is glowing on the horizon. Look closely and what do you see - goals, dreams, a certain lifestyle?

You've worked hard at your careers. You've saved, perhaps through your business, real estate, and/or investments in a 401(k) or IRA. You've anticipated that Social Security and maybe a pension will pay a portion of your way in retirement. You feel like you're on the right track... but what now? If you were to retire tomorrow, how would you use your assets to begin living in retirement? Do you have enough to fund your entire retirement? How and when should you file for Social Security and Medicare? Do your retirement goals include leaving a legacy? Now is the time to address these and other questions as you lay down your plan for living in retirement. In this class we will explore topics such as how to create your retirement plan, Social Security, pension options, income investing, annuities, other income generating assets and budgeting for the retiree, investing in retirement, a plan for health care, tax strategies for retirement, and estate planning. Instructor Brian J Scott, CRPC®, a Magic Valley native, is the owner and founder of Elevánt Wealth and has built a successful practice focused on helping his clients confidently transition into retirement through his unique passion and process for comprehensive and collaborative financial planning.



KAYAK TOUR OF CHINESE SETTLEMENTS

Dates: September 14 or 21

Days: Saturday

Time: 10 a.m. – 2 p.m.

Fee: \$30

Location: Twin Falls Boat Dock

Instructor: Ron James

Join historian Ron James for a guided kayak tour of a well-preserved Chinese placer gold mining site on the Snake River. This tour will give participants an

opportunity to experience the history, traditions, and heritage of the Chinese gold miners who occupied placer gold claims in the Snake River Canyon between 1871 and 1880. Participants will need to bring you're their own kayak or canoe, lunch, water, and whatever else they find essential for their short term survival or enjoyment. This tour will start at the Twin Falls boat dock and go upriver for about a mile and a half to the site. It will require good paddling skills. The tour is dependent upon water levels.

DOG OBEDIENCE



Dates: September 4 – 30

Days: Mondays and Wednesdays

Time: 6-7 p.m.

Instructor: Donna Stalley

Fee: \$75

Location: Back Expo Center Lawn

Learn how to train your dog in an exciting and fun format using positive reinforcement and behavior modification. You will socialize and train your dog in basic obedience and experience the fun of beginning agility training. Goals of this class include better mannered and socialized dogs and more educated and empowered owners. The class is taught by a licensed clinical counselor with over 35 years of experience as a dog obedience instructor. Class will be held in an area just south of the Expo Center. In the case of bad weather, the class will move inside.

The majority of the ad should be the Shoshoni tipi photo.... Like that's the focus... Then, smaller photos of the two speakers.



UNSETTLING THE BEAR RIVER MASSACRE: REWRITING ITS HISTORY AND IMPLICATIONS

Days: Saturday

Dates: October 12

Time: 7 – 9 p.m.

Location: CSI Fine Arts Recital Hall

**Instructor: Dr. Crete Brown and Carren Parry,
Chairman of the Northwestern Tribe Shoshone**

Fee: Free of charge

The single largest massacre of Native persons in U. S. History occurred near Preston, Idaho in 1863. On a sub-zero winter morning, around 400 Northwestern Band Shoshone men, women and children were slaughtered while camped in their winter home. Their village was burned to the ground, the bodies were left unburied and nothing was written about it for 100 years. The "Indian problem" had been "settled." Crete Brown, PhD, who researched the massacre, and Darren Parry, Chairman of the Northern Band Shoshone, will present compelling information on the massacre, its implications for non-Native people and, the progress the Tribe has made in reclaiming the massacre site, building a Memorial and rewriting this chapter in U.S. history. There will be a presentation of Dr. Brown's research on the massacre and its impact on its non-Native participants. She and Chairman Parry will discuss their work in relation to this significant event in Idaho history. There will be time for questions and discussion.

UNSETTLING THE BEAR RIVER MASSACRE:

REWRITING ITS HISTORY AND IMPLICATIONS

**Featuring Dr. Crete Brown
and Carren Parry, Chairman of the Northwestern Tribe Shoshone**

**October 12, 2019 at 7 p.m.
In the CSI Fine Arts Recital Hall
Free of charge**

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There will be a power point presentation of Dr. Brown’s research on the massacre and its impact on its non-Native participants. She and Chairman Parry will discuss their work in relation to this significant event in Idaho history. There will be time for questions and discussion.

Dr. Brown is of mixed European and Native American descent. Her work represents an integration of transformative learning methods with Indigenous Worldviews as taught by her teacher, Ben Pease of the Crow Nation. She is a long -term social and environmental justice advocate and a Licensed Clinical Social Worker in private practice. Her internationally published book, “Unsettling the Bear River Massacre” will be available for purchase.

Darren Parry is the Chairman of the Northwestern Band of the Shoshone Nation. Darren serves on the Board of Directors for the American West Heritage Center, in Wellsville, Utah, the Utah State Museum board and serves on the Advisory Board of the Huntsman Cancer Institute. In 2017 he received the Esto Perpetua Award, given to the person who preserves and promotes history in the State of Idaho. His passions in life are his family including his Tribal family.