

# **CSI COMMUNITY ED Fall 2020**

## **[REGISTER FOR THESE CLASSES HERE](#)**

**If you prefer, you can also call 732-6288 to register by phone or come into the Community Education Center in the Fine Arts Building.**



### **JUDO FOR BEGINNERS: THE GENTLE WAY**

**Dates: August 18 – December 10**

**Days: Tuesdays and Thursdays**

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

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

**Location: Rec Center 231A**

**Instructor: Bryan Matsuoka and Michael Easterling**

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 18 – December 12**

**Days: Tuesdays, Thursdays, & 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.



## **KARATE**

**Dates: August 31 – January 16**

**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**

**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](http://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 Camille at (208) 732-6288.



## **FUN WITH SOFT SCULPTURAL ARTS**

**Dates: September 1 – November 17**

**Days: Tuesday**

**Time: 6:30 – 9 p.m.**

**In-person Fee: \$120 + materials (recommended) or Over**

**Zoom: \$90 + materials**

**Location: Hepworth 135**

**Instructor: Mayumi Kiefer**

In this course, you will explore a sampling of soft sculpture materials to make an original artwork of your own design! After learning some fundamentals of sculpture such as shape, symmetry, structure, etc., you will be working fiber mass into fiber clay, designing your sculpture, and deciding which medium you wish to pursue for the rest of your project – clay, paper clay, wood, or cucurbita. Mayumi will talk you through how and where to obtain your materials for your chosen medium before you launch into your piece. The course also includes an introduction to tools, safety, durability, and exhibition (i.e. installation, pedestal, in-ground, cement anchoring, etc.). For those who wish to participate, the course will culminate in a student show at the sculptural facilities, on the last day of the course, and a “critic’s party.” This class is available both as an in person class with Mayumi or by watching the class and participating over Zoom.



### **COUNTRY SWING**

**Dates: September 1 – 22**

**Days: Tuesdays**

**Time: 7:00 – 8:30 p.m.**

**Instructor: Leroy Hayes and Deborah Silver**

**Fee: \$100 for a couple**

**Location: Gym 304**

Country Swing is one of the most popular dance styles in Southern Idaho and for a good reason! It is easy to learn and there are many social events with country western

music in the Magic Valley - imagine stepping out on the dance floor at the next wedding, fundraiser, or watering hole and being able to effortlessly dance to any type of country western music. Country Swing is fast-paced and fun with a solid four-count swing that does not change rhythm...you are literally stepping to every beat of the music. It is danced to many country songs but can also be danced to other types of songs that have a good, solid, four-count rhythm. 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.



### **JAPANESE TEABOWLS & THE JAPANESE TEA CEREMONY**

**Dates: September 2 – November 18**

**Days: Wednesday**

**Time: 6:30 – 9 p.m.**

**Fee: \$120**

**Location: Visual Arts 113**

**Instructor: Mayumi Kiefer**

In this exciting new course brought to you by CSI Visual Art instructor Mayumi Kiefer, you will get the unique chance to learn the history and cultural significance of the traditional Japanese tea ceremony and the methods used for making a tea bowl. Each component of the tea serving set, the tools, ingredients and movement will be explored from aesthetic, cultural, and practical points of view. This course will be a great way to examine your own cultural perspectives and not just a look at a “curious custom”; come with an open mind and be prepared to experience communication and cultures from a non-western point of view. You'll be introduced to the four main methods of making a tea bowl (coil, pinch, thrown or sculpted), and will be able to make one or more of these bowl types to take home with you at the conclusion of the course. NOTE: Traditional Tea Ceremony is an art form licensed by several ancient schools, and this course does NOT provide any official certification or license. This class is limited to 8 students.



### **BEGINNING GUITAR**

**Dates: September 3 – October 8**

**Days: Thursdays**

**Time: 6 – 8 p.m.**

**Location: Fine Arts 137**

**Instructor: Michael Frew**

**Fee: \$120**

Did you get a new guitar for Christmas or do you have an old one collecting dust in your house? Have you always wanted to learn how to play? If so, this class is

for you! Performing musician and CSI guitar instructor Michael Frew offers this quick-start course for beginning guitar students. You'll build basic guitar skills step-by-step with the help



of hands-on exercises in a group setting. You will learn how to play chord diagrams and basic music, varying strum patterns, how to tune your guitar, how to replace your guitar strings, how to use a capo and tuner, and much more. Students should bring their own guitar



### **FUNDAMENTAL JAPANESE 1**

**Dates: September 3 – November 19**

**Days: Thursday**

**Time: 6 – 8 p.m.**

**In-person Fee: \$120 + materials (recommended) or Over**

**Zoom: \$90 + materials**

**Location: Hepworth 135**

**Instructor: Mayumi Kiefer**

Whether you want to speak Japanese for business or personal reasons, Fundamental Japanese 1 is as great way to learn! In this class, Mayumi Kiefer will be using the Genki Textbooks, a highly acclaimed series of integrated resources for learning elementary Japanese, to guide you through a well-balanced approach to learning the language that also incorporates many words and expressions that are closely tied to students' everyday lives to provide a full lineup communicative practice. Genki is designed to make it easier for instructors to prepare student-centered lessons that are as fun as they are effective. This course focuses on the functional applications of the Dialogue and Grammar section of the textbook, although portions of the Reading and Writing sections will be assigned as self-study and reviewed during each of the live lessons. All lessons approach the Japanese language holistically by introducing cultural aspects and contexts for each of the lessons. Since this course focuses on the spoken portion of language learning, students will be expected to participate actively and pre-read each of the lessons before coming to class. You will need to purchase the textbook Genki 1, by Japanese Times Publishing prior to class. This class is available both as an in person class with Mayumi or by watching the class and participating over Zoom.



### **HIP HOP**

**Dates: September 3 – October 22**

**Days: Thursdays**

**Time: 6:30 – 7:30 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.



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

**Dates: September 5**

**Days: Saturday**

**Time: 10 a.m. – 1 p.m.**

**Fee: \$60**

**Location: Shields 102**

**Instructor: J. Vipperman and E. 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 Emily 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.



## **REIKI LEVEL ONE: TRAINING & ATTUNEMENT**

**Dates: September 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.



## **WOODWORKING**

**Dates: September 8 – November 10**

**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.



## **PRIVATE PILOT / DRONE AVIATION GROUND SCHOOL**

**Dates:** September 9 – November 18

**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.



## **QI GONG**

**Dates:** September 9-30

**Days:** Wednesdays

**Time:** 6 – 7 p.m.

**Fee:** \$30

**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.



## **DOG OBEDIENCE**

**Dates:** September 9 – 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.





## **CANNING AND PRESERVING 101**

**Dates: September 10 - 24**

**Days: Thursdays**

**Time: 6 – 8 p.m.**

**Fee: \$90**

**Location: Dessert 114**

**Instructor: Dianne Jolovich**

Do you have memories of going to the spud cellar to get a jar of peaches your mother canned? Have you got into gardening lately and don't know what to do with all of your extra fruits and veggies besides giving them to your co-workers? Have you discovered the taste of freshly-canned goods surpasses the taste of processed foods? Canning 101 is filled with everything you need to know to get started in canning and preserving your own foods. In this course you will learn about the tradition of canning and preserving, how to get started, deciding what to can and preserve, the various methods of canning and preserving (such as freezing, canning, drying, smoking, etc.), water bath and pressure canning, tools of the trade, as well as how to make jams and jellies, condiments, and even your own beverages. You will also learn all about the importance of reducing safety risks and about all the benefits of taking part in this age-old tradition. By the time you finish, you will be well on your way to making and storing foods like you have thought about for so long! You will be bringing what you want to can to class – we will email you a list.



## **INTRO TO WELDING & METAL ART**

**Dates: September 10 – December 3**

**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.



### **KAYAK TOUR OF CHINESE SETTLEMENTS**

**Dates:** September 12 or 26

**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.



### **BASICS OF CAKE DECORATING**

**Dates:** September 14 – October 12

**Days:** Tuesdays

**Time:** 6 – 7:30 p.m.

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

**Location:** Desert 114

**Instructor:** Scotti Easterday

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 7**



### **COMPUTERS FOR SENIORS**

**Dates:** September 14 - 28

**Days:** Mondays

**Time:** 2 – 3:30 p.m.

**Fee:** \$60

**Location:** Canyon 123

**Instructor:** Marcus Carpenter

Is it time to finally learn the basic functions of a computer? How does it work? In this class, you will learn

how to navigate your computer and use it effectively. Learn about the internet and how to surf the web (did you know you can do your grocery shopping online?!). Learn about security and how to protect your information. Learn how to set up free email and use it. **NOTE:** This is a beginning computer class for people with limited skills who are not familiar with computers. More advanced classes can be offered later in the session if you want to build on this knowledge.





## **IMPROV I**

**Dates: September 15 – November 10**

**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! Note – there will be no class on October 6.



## **IMPROV II**

**Dates: September 15 – November 3**

**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! Note – there will be no class on October 6.



## **STUDIO POTTERY**

**Dates: Tuesdays, September 15 – December 8 or**

**Thursdays, September 17 – December 10**

**Time: 6 – 8:30 p.m.**

**Fee: \$130 + \$20 per 20 lb bag of clay (payable to CSI Bookstore**

**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. Students can expect to use between 2 and 5 bags of clay per class depending on the scope of their chosen project(s).



### **CONVERSATIONAL SPANISH**

**Dates:** September 16 – December 9

**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.



### **UNDERSTANDING PHOTOGRAPHY: THE ART OF PAINTING WITH LIGHT**

**Dates:** September 18-19

**Days:** Friday and Saturday

**Time:** Friday 6 – 9 p.m. and Saturday 9 – 4 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 a lunch break on Saturday, so please bring a sack lunch.



### **REIKI LEVEL TWO: TRAINING & ATTUNEMENT**

**Dates:** September 19

**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.



## **COOKING CLASSES: INSTANT POT**

Dinner in an Instant! Would you love to make healthy meals at home, but feel like you don't have enough time? Instant Pot Meals are what you need. Seasoned and novice Instant Pot users will love this fun, educational and interactive class. Whether you use one daily, have one sitting and collecting dust, or aren't sure what the craze is, we've got you covered! Join us for a hands-on class where we will prepare and sample some great recipes all made in an Instant Pot. Feel free to bring your Instant Pot with you to class if you have specific questions about your machine and an apron (not required).



### **JUST THE BASICS**

**Date: September 23**

**Day: Wednesday**

**Time: 6 - 8 p.m.**

**Fee: \$25 plus \$15 supply fee paid to the instructor**

**Instructor: Becky Hutchings**

This class is perfect for new owners, potential owners and especially for those owners who have one but haven't braved this new adventure just yet! Come Hungry!

During this class we will be making:

- Pressure Cooker Lemon Butter Chicken, seasoned chicken strips sautéed in butter, pressure cooked until tender. Served with pressure cooker brown rice.
- Butter Carrots. Cooking carrots in an Instant Pot helps preserve nutrients for this deliciously healthy side dish.
- Pressure Cooker New York Cheesecake. Say what!?! You can make dessert in an Instant Pot?!?! Yes, this is quick, easy-to-make comfort food at its best!



### **VERY BEGINNING BIRDWATCHING**

**Dates: September 25-26**

**Days: Friday and Saturday**

**Times: 6 – 8 p.m. on Friday and 8 a.m. – 2 p.m. on Saturday**

**Location: Shields 201 for classroom session & South Hills for Field Trip**

**Instructors: Experienced birders from Prairie Falcon Audubon, Inc.**

**Fee: \$60**

The birdwatching class will teach students about the migrants and seasonal visitors, as well as year-round residents in the Magic Valley. Instructor Sarah Harris, with help from local Audubon members, will familiarize participants with the tools of the trade — binoculars, field guides, scopes, and the best local places to watch birds. In the Friday evening classroom session, we'll introduce students to different kinds of birds. Participants will learn about the observation skills necessary to identify a bird by size and shape, color patterns, behavior and habitat. Then on the following Saturday, we'll help students spot them in the field. No prior birding experience required. Note: Attendees will need to bring their own or borrowed binoculars to the first class and to the Saturday field trip.





### **BALLET FOR BEGINNERS**

**Dates: September 29 – November 17**

**Days: Tuesdays**

**Time: 6:30 – 7:30 p.m.**

**Instructor: Ashley Sandau**

**Fee: \$80**

**Location: Gym 304**

Have you wanted to try ballet since you were a child or had the desire to pick it back up for the love of dance or as a way to enhance your fitness? Ballet for Beginners is designed to inspire grace, discipline, and joy in the art of classical and contemporary ballet. CSI Dance Instructor Ashley Sandau will introduce you to beginning level ballet technique to develop your strength, flexibility, body alignment, vocabulary, musicality, and style. Whether you are looking to fine tune some skills, break a sweat, lift your booty, or are just wanting to try something new... this might be the perfect class for you! Everyone is welcome and Ashley is so excited to dance with you! Wear clothing that you can easily and confidently move in. Socks or ballet slippers are encouraged. Please contact Ashley Sandau at [asandau@csi.edu](mailto:asandau@csi.edu) with any questions or concerns.



### **GARDENING YEAR ROUND WITH MOSS GREENHOUSES**

**Dates: September 29 – October 20**

**Days: Tuesday**

**Time: 5:30 – 7:30 p.m.**

**Location: Shields 109**

**Instructor: Jennifer Moss**

**Fee: \$99 + \$100/supplies paid to instructor**

Gardening can be year round and is a wonderful outlet for mental and physical health. Join us as we explore horticulture in a 4-week series of classes taught by an industry professional. Each class will be comprised of an hour of basics and fun information focused on a specific niche of gardening and the second half will be a project and we will get our hands dirty. Topics to be covered: 1) Succulent gardening; 2) Herbs! How to grow and use year round; 3) Houseplants for everyone; 4) Fall Color Container Gardening \$100/supply fee paid to instructor at class.

### **COOKING CLASSES: INSTANT POT**

Dinner in an Instant! Would you love to make healthy meals at home, but feel like you don't have enough time? Instant Pot Meals are what you need. Seasoned and novice Instant Pot users will love this fun, educational and interactive class. Whether you use one daily, have one sitting and collecting dust, or aren't sure what the craze is, we've got you covered! Join us for a hands-on class where we will prepare and sample some great recipes all made in an Instant Pot. Feel free to bring your Instant Pot with you to class if you have specific questions about your machine and an apron (not required).



### **FREEZER MEAL BOOTCAMP**

**Date: September 30**

**Day: Wednesday**

**Time: 6 - 8 p.m.**

**Fee: \$30 plus \$45 supply fee paid to the instructor**

**Instructor: Becky Hutchings**

This class for the busy families out there. The Instant Pot (electric pressure cooker) is perfect for making

quick and nutritious meals at home, from a frozen state...yep, that is right - no need to thaw freezer meals for the Instant Pot. I will teach you how! During this class I will demonstrate how to make Creamy Roasted Tomato & Basil Soup (class members will be able to sample this). You will take home the following meals:

- Creamy Roasted Tomato & Basil Soup
- Sweet & Tangy Honey-Mustard Chicken
- Cheesy Garlic Pork Chops

Please bring a cooler and ice to safely transfer your meals home.



### **DIY WOODWORKING PROJECTS: CUSTOM PLAQUES WITH ANTIQUE FINISHING**

**Dates: September 30 – November 4**

**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.



### **IDAHO OUTLAW HISTORY PART I**

**Dates: September 30 – November 18**

**Days: Wednesday**

**Time: 6 – 8 p.m.**

**Fee: \$100**

**Location: Fine Arts 87**

**Instructor: Mike Youngman**

Do you want to learn about the roughest, toughest, rootinest, shootinest, claim-jumpers that ever jumped a claim? The fastest guns north, south, east aaaaaaaaand west of the Pecos? Oh, dear friends, Idaho history wasn't just made up of bright-eyed homesteaders and camas lilies - we had our fair share of bad guys and seedy underbellies, and Mike Youngman, a lifelong outlaw history enthusiast and Wild West History Association member - has all of the stories! In this class you'll learn all about Idaho's Wild West bank robberies, train robberies, stagecoach robberies, gunfights, assassinations, prisons, crooked sheriffs, brave lawmen, vigilantes, soiled doves, famous trials, and murders. Discover the true stories behind Diamondfield Jack Davis, The Horse Queen of Idaho Kitty Wilkins, Butch Cassidy, Wyatt Earp, China Polly, the Idaho Territorial Prison, The Trial of Harry Orchard and the assassination of Idaho Governor Frank Steunenberg, the horse thief Hank Vaughan, Ferd Patterson and Sumner Pinkham in Idaho

City, Deadshot Reed, Idaho's Fearless Lawman Rube Robbins, the avenging Hill Beachy, The Duncans, the Bracketts, the Ketchums, and more!! "Say yer prayers varmint!"



### **HYPNOSIS FOR A GENTLE BIRTHING**

**Dates: October 1 - 22**

**Days: Thursdays**

**Time: 6 – 9 p.m.**

**Fee: \$350 + \$20/text paid to instructor**

**Location: Shields 108**

**Instructor: Jennetta Billhimer**

Hypnobirthing mania has spread across the country--and with very good reasons!

Although the goal of the program is not to make labor "pain free", many women have reported having a totally pain-free births. Mothers are awake and aware during labor - they can talk, they can think, they can move, and they are full participants in their own births - they are just very relaxed during surges. They have learned how to do this through specially-designed techniques they've been taught in class. Just a few of the benefits being experienced by hypnobirthing families are shorter labors, no frenzied pushing stage, being able to bond after the birth as a family without exhaustion for either the mother or the baby, a quicker recovery, less postpartum depression, greater breastfeeding success, and babies with higher Apgar scores. Self-hypnosis is very effective and can easily be used by almost everyone. In this course you will be using the book *Wise Childbearing, What You Will Want to Know as You Make Your Birth Choices*. Bonuses include the video "7 Tips for a Birth You Will Be Ecstatic Over" and so much more! Jennetta Billhimer is the director of Association for Wise Childbearing. She has been a birth doula and childbirth educator since 1996 and has assisted many women/families in preparing for gentle, calm, and joyful births.



### **BEGINNING CROCHET**

**Date: October 6, 7 & 8**

**Days: Tue, Wed, Thu**

**Time: 6 - 8 p.m.**

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

**Location: Shields 113**

**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.





### **REIKI LEVEL THREE: TRAINING & ATTUNEMENT**

**Dates: October 10**

**Days: Saturday**

**Time: 10 a.m. to 4 p.m.**

**Fee: \$379**

**Location: Shields 107**

**Instructor: Sandy March**

This course is for individuals who have taken both Reiki: Level One and Reiki: Level Two and are interested in this special offering of Reiki Level Three: Master Training and Attunement class. IARP

Certification will be awarded after completion. Students will learn advanced Reiki concepts and how to pass attunements that allow them to become a teacher.



### **RESTORE... RENEW... RECHARGE**

**Dates: October 10**

**Days: Saturday**

**Time: 10 a.m. – 2 p.m.**

**Location: 590 Addison Ave**

**Instructor: Morgan Jenö**

**Fee: \$60**

In this class, you will explore ways to connect with the innate knowledge of the body/mind/self. From Japan, you will learn Do-in, the (fully-clothed) self-massage technique

that consists of simple postural, breathing, and stretching exercises. From Hatha Yoga, you will learn the beautiful breath called Prana and Asana (poses) for deep rest. You will end your class with guided imagery. Join Morgan for this inner journey to your most authentic self as you listen to the whisperings of your own wise body/mind. After these exercises, there will be time for a light lunch provided by your instructor, chatting, and follow up dialogue on the practices. Wear comfortable clothing and socks, and if you have your own yoga mat, please bring that. If you don't, no worries –Morgan has you covered. See you there!



### **CREATIVE WRITING**

**Dates: October 13 – November 30**

**Days: Tuesdays**

**Time: 7 – 9 p.m.**

**Fee: \$90**

**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.



### **HOW TO TRAVEL FREE & SAFELY**

**Dates: October 14**

**Days: Wednesday**

**Time: 7 – 10 p.m.**

**Instructor: Gina Henry**

**Fee: \$59 or \$75/couple**

**Location: Online Via Zoom**

We're ready to get back to our travels! When it is safe to go on a trip, where can we go, how do we stay safe, and how do we make our travel free? If you are near retirement, changing careers, a

student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she is prepared for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Discover over 200 ways to travel free. Earn free airline tickets, hotel nights, tours & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English and remote employment opportunities. Tuition includes Gina's 100-page ebook *How to Travel Free & Safely* (retail value \$39.95). Biography: GINA HENRY has lived this travel life for 30 years, taking 10 free vacations a year by using free airline tickets, hotels, cruises, tours, meals, & more. She has traveled to 98 countries and all 50 states. She teaches in 90 cities and is the author of many travel books & audios. She leads several group tours each year and organizes a volunteer teach English program in Thailand and Peru.

Your "Travel Free" ebook link will be emailed to you a few days before the class. Class time is in central time. Good internet connection and a PC, laptop, tablet or smart phone with camera and mic is needed. You should download Zoom in advance of class. It is free to install, <https://zoom.us/download>. Look for an email from your instructor with the Zoom link for the class. Be ready to log on and join the meeting 5-10 minutes prior to the class start time so you will be ready when class begins. If you have trouble using the link, just go to [Zoom.us](https://zoom.us), click "Join a Meeting" and enter the meeting ID and password provided in the instructor's email.



### **STAGE MAKEUP 101**

**Dates: October 21 – December 2**

**Days: Wednesdays**

**Time: 6 – 8:30 p.m.**

**Location: Fine Arts 137**

**Instructor: Jennifer Miller**

**Fee: \$90**

Have you been in local theater productions and have no clue how to do your makeup? Are you interested in getting involved in working behind the scenes for an upcoming show and want to learn how to apply stage makeup on the actors? Stage Makeup

101 is for you! You'll learn why you should wear makeup on stage, safety and hygiene, discuss the various tools and products needed to build a stage makeup kit, and explore

resources for these tools and products. Stage makeup techniques covered in this class include choosing the right colors, highlight and shadow, blending, basic corrective makeup, character make-up, old age makeup, and injury. This class will not focus on beauty make-up or make-up for the camera although these themes will be addressed periodically during the course. Prior to attending all class, students will need to purchase BEN NYE Crème makeup kit from Amazon (approximately \$25 - \$30) in their skintone (Fair: lightest, Fair: Light; Fair Light-Medium, Light Medium, Olive; Deep, etc.) This will be a great starter kit for you. Note – there will be no class Thanksgiving week.



### **A, B, C AND Ds OF MEDICARE**

**Day: Wednesday**

**Dates: October 21**

**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 22-29**

**Time: 6 – 9 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.





## **WISDOM OF THE AGES**

**Dates: October 24**

**Days: Saturday**

**Time: 10 a.m. – 2 p.m.**

**Location: 590 Addison Ave**

**Instructor: Morgan Jenó**

**Fee: \$60**

Do teachings from the past brighten our future?? We will spend our time together exploring Yoga restorative poses... meditation and breath... the vibration of gems and colors... as we tune into the energetic pathways that run through our bodies. Does it change of overall health and well-being? How much do our thoughts and attitudes influence us? Come see for yourself, won't you!? Join us as we experience the profound wisdom and power of these ago-old teachings.

## **COOKING CLASSES: INSTANT POT**

Dinner in an Instant! Would you love to make healthy meals at home, but feel like you don't have enough time? Instant Pot Meals are what you need. Seasoned and novice Instant Pot users will love this fun, educational and interactive class. Whether you use one daily, have one sitting and collecting dust, or aren't sure what the craze is, we've got you covered! Join us for a hands-on class where we will prepare and sample some great recipes all made in an Instant Pot. Feel free to bring your Instant Pot with you to class if you have specific questions about your machine and an apron (not required).



## **OODLES OF NOODLES**

**Date: October 28**

**Day: Wednesday**

**Time: 6 - 8 p.m.**

**Fee: \$25 plus \$15 supply fee paid to the instructor**

**Instructor: Becky Hutchings**

This class cuts down on the cleanup by making a complete meal all in one pot. The Instant Pot (electric pressure cooker) is perfect for making quick and nutritious meals at home. Come hungry! During this class we will be making:

- Pressure Cooker Creamy Ziti is saucy, cheesy and delicious. 20 minutes is all you need to make this creamy red sauce pasta dish!
- Pressure Cooker Macaroni and Cheese can turn any bad day into a good one after one simple bite. (Trust me, you won't be able to stop at one bite...or possibly even one bowl!)
- Pressure Cooker Spaghetti and Meatballs is a one pot dump and push meal, using pantry items and frozen meatballs and ready in under 15 minutes. Meatballs can be bagged from the store, or homemade frozen meatballs.
- Pressure Cooker Tuscan Chicken Pasta with a creamy garlic sauce, sun-dried tomatoes, spinach, and chicken. You will fall in love with this yummy, easy pressure cooker meal.



## **RESEARCHING & CLEARING NEGATIVE ENERGIES**

**Dates: November 5 and 12**

**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.



## **BASIC ASTROLOGY FOR THE CURIOUS**

**Dates: November 7**

**Days: Saturday**

**Time: 10 a.m. – 2 p.m.**

**Location: 590 Addison Ave**

**Instructor: Morgan Jenö**

**Fee: \$60**

Curious about the language of astrology? This class is designed just for you. An introduction to the meaning of the signs..the planets..the symbols of astrology. Prepare

to have fun as you begin to unravel the mystery of you. You will receive your personal chart and begin to understand the fascination that surrounds this ancient language. We will need you date, place, and time of birth. Refreshments provided. See you there....



## **MEMORY WIRE BRACELETS**

**Date: November 13**

**Day: Friday**

**Time: 6 – 9 p.m.**

**Fee: \$25 plus \$25 supply fee paid to instructor**

**Location: Taylor 247**

**Instructor: Diane Gause**

Just String! Mix it up and string endless memory wire bracelets that take the place of a whole stack of bangles. Using different

beads and spacers, this is the perfect gift for someone special or even yourself! You will also learn to make wire wrap dangles to add to your bracelet and give it movement. Mixing shapes and colors adds to your creativity. Great for beginners!