ARTS & CRAFTS

Quilting for Beginners
XHEC 005 M01
MCC M Feb 4 - Mar 18 6:30 to 8:30pm
In this class you will learn some basics about quilt making. We will talk about vocabulary and equipment. Classes will include demonstrations and hands on practice of rotary cutting, template cutting, paper-piecing and binding. We will also look at the “perfect” quilt seam, “fussy” cutting and appliqué. Participants may bring their own sewing machine after the first class if they choose to do so. A list of needed supplies for future classes will also be given out at the first class.

Instructor: Barbara Lankford
Fee: $60 + $5.00 supply fee to be paid to instructor at first class.

Beginning Pottery
XART 008 M01
MCC T Feb 5 - Apr 2 6 to 8:30pm
Explore the wide range of ceramic building and glazing techniques while developing your own personal style using clay as an expressive medium. Discover the artist within you, create something beautiful and relieve stress all at the same time.

Instructor: Shirley Stauffer
Fee: $60 plus supplies

EDUCATION

Educator Series: Winter Geography and Science
XMSC 085 M01
MCC T Jan 15 7 to 8:00 pm
Formal and informal teachers will love this new series that will introduce you to new ideas to incorporate into your classroom. In January, the series will focus on geography and science as we explore awesome migration activities from Journey North. You will learn how to chart animal migrations; record tulips blooms and even participate with kids from all over the country as you play "Mystery Classroom."

Instructor: Amy Christopherson
Fee: $15

Heart Healthy Games
XMSC 158 M01
MCC W Feb 13 7 to 8pm
Heart Healthy Games – Teachers and informal educators can learn a new skill tonight that benefits the heart health of their students and families. We will also include some basic heart biology so we can all better understand why this muscle needs exercise even in the winter! Wear casual clothes and be ready to get that heart rate up!

Instructor: Amy Christopherson
Fee: $15
Math Madness
XMSC 158 M02
MCC W Mar 13 7 to 8pm
We have all heard of STEM by now, and we know the Common Core will help redirect our efforts in math skills. Tonight we will review some of the best apps and programs out there for students and families. The best math is the kind that makes the connection with the real world. We will even dabble with a little engineering since that is just math doing a job! Make and take a lesson plan.

Instructor: Amy Christopherson
Fee: $15

Spring Ecology
XMSC 158 M03
MCC W Apr 10 7 to 8pm
At some point the snow will melt and spring will start to show its colors. Teachers and parents will learn very easy and adaptable ecology lessons great for all ages just in time to celebrate Earth Day. Make and Take Lesson plan will be shared.

Instructor: Amy Christopherson
Fee: $15

FAMILY & KIDS

Family Snowshoe Excursion
XPED 019 M01
MCC S Feb 2 10am to noon
Have you ever wanted to learn more about snowshoeing? It is easy to learn, fairly inexpensive, poses little risk of injury and can be a great way for your family to engage in a winter activity while exploring the great outdoors. Castle Rocks State Park is assisting the Mini-Cassia Community Education Department by guiding a two-hour snowshoe expedition. Learn more about the equipment, area trails and whether snowshoeing is a good fit for you. Please dress warm and be prepared for the elements: sturdy boots with ankle support, a winter jacket, gloves and hat (other comforts to consider: snow pants or gators, poles, goggle, and sunblock). Plan to pack a snack and something to keep you hydrated during your trek.
Location: Castle Rocks State Park - on 2800 Big Cove Ranch Road just of Elba-Almo Highway

Instructor: Wallace Keck
Fee: $20 per family of four + snowshoe rental fee ($7 per adult/$5 per child) & a $5 entrance fee into the park per vehicle

Fancy Nancy Tea Party
YMSC 025 M01
MCC F Mar 1 4 to 5pm
Girls ages 4-7 are invited to the Best Un-Birthday Tea Party Ever! We will make and play with whimsical decorations, flower bracelets, and rhythmic ribbons. We will decorate cupcakes, get a princess hair-do and listen to a sweet story. Join us for the fun party - perfect for glitter-loving girls!

Instructor: Brook Jensen
Fee: $15 + $10 Supply Fee
Introduction to the Public Land Surveying System (PLSS)  
**XBUS199 M01**

**MCC**  
**T**  
**Jan 22**  
**8 to noon**

Discover the foundational system used for descriptions in deeds, easements, etc. Review the differences between "metes-and-bounds" descriptions and those based on the PLSS. Analyze real property descriptions to determine the property location. Review online tools available to assist in locating property. Bring deeds; 4 IREC-approved CEU's.

Instructor: George Yerion, PLS  
Fee: $50

Basics of Creative Photography  
**XART038 M02**

**MCC**  
**W**  
**Feb 13 – Mar 6**  
**7 to 8:30 pm**

This course is for digital photographers with the desire to take control of their photography and create professional looking images. Learn how to use the camera’s Manual setting by understanding exposure, shutter speed, ISO, aperture, and depth of field. Learn how the camera meters a scene and how to use that information to make your own creative decisions. The rules of composition and how to evaluate and use light will also be taught. Bring your own camera and user’s manual. More information about the instructor and course can be found at: www.daydreamsart.com

Instructor: Cindy Singleton  
Fee: $50

Creative Writing  
**XMSC 175 M01**

**MCC**  
**TH**  
**Feb 21 – Mar 14**  
**7 to 8:30 pm**

Published novelist, Lisa Dayley, will teach a Creative Writing Class at CSI. While she will emphasize the need for a back story as well as plot points, she will also encourage students to use their imaginations and to rely on their muse to dictate their stories. Students should come to class with a story idea and a willingness to let other participants read their work. Dayley’s book “The Frozen Trail” spent 16 months as an Amazon best seller.

Instructor: Lisa Dayley  
Fee: $50

Introduction to Point and Shoot Cameras  
**XART038 M04**

**MCC**  
**S**  
**March 9-23**  
**10am-1pm**

Learn about the many unique features on your point and shoot camera. In this class, students will learn the basic camera functions along with some of the advanced features of the point and shoot cameras. Students will be given weekly photography assignments covering class material and will be asked to bring samples of photography to class for review and critique by the instructor and students. Each student will need a point and shoot camera as well as a flash drive to store their assignments.

Instructor: Rod Mathis  
Fee: $45
OUTDOOR RECREATION

**Geology Geocaching**  
XMSC 189 M01

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Families will enjoy exploring the Lake Walcott area in Minidoka County while learning the hide and seek hobby called geocaching. With instructor Tim Gunderson, they will get some Idaho geology lessons as well! Children as young as 6 years old are invited to participate, but parents are required to join their kids on a great Saturday adventure. Meet at the MCC at 1600 Parke Ave in Burley.

Instructor: Tim Gunderson  
Fee: $15

**SELF-IMPROVEMENT**

**CrossFit© Basics**  
XPED037 M01

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A fitness class is a unique opportunity to learn all about CrossFit©, the movements and methods behind CrossFit©, and thorough explanations and demonstrations of all of the CrossFit© exercises. Simply put, CrossFit© is the Sport of Fitness. It helps the participant to become fitter, faster and stronger through workouts or (WODS) that are designed around functional movements. These functional movements are constantly varied and performed at high intensities, scaled to fit all fitness levels. Classes will be held at Fusion Fitness Studio, located at 144 West 13th Street in Burley.

Instructor: Anna Lee Elquist, CrossFit© L1 Trainer, NSCA-CPT  
Fee: $60

**“Actually Reaching My Goals”**  
XMSC101 M01

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Empower yourself and successfully take your life up a notch! How many times have you set new goals for yourself, (e.g. personal fitness, income, relationships, breaking loose from a “bad” habit or addiction) only to find yourself self-sabotaging; falling far short of the goal or just plain giving up once again? EFT (Emotional Freedom Techniques) has a great reputation for assisting ordinary people to eliminate the emotional blocks that get in their way and then empowering themselves to discover and “tap” into their true strength, through gentle energy system realignment. This class is truly interactive and “hands on.” You will have the opportunity to learn, practice and take home a new skill that just may be the “ticket” to you finally saying: “I’M ACTUALLY REACHING MY GOALS.”

Instructor: Bill Jensen  
Fee: $25

**Who Are You?**  
XPED 015 M01

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Discover the real you by erasing your limiting fears and beliefs and embracing your natural strengths and talents. With the assistance of EFT (Emotional Freedom Techniques), you will learn how to encourage your body to realign its energy system to harmonize with your true self. During this process you will have the opportunity to explore the great space of your inner space, discover existing “roadblocks” of limiting fears and beliefs, release them, as well as discover your natural, God-given talents and strengths and embrace them.

Instructor: Bill Jensen, MBA, ICADC, Certified EFT Practitioner  
Fee: $60.00
Conquering Test Anxiety
XMSC021 M02V
MCC T Feb 12 – Mar 12 4 to 4:50pm
This workshop is designed to give CSI students strategies for test taking and school success. Kate Woods is the Coordinator for the Career and Counseling Center. Seats are limited so sign up today for this free class.

Instructor: Kate Woods
No Fee

TECHNOLOGY

Microsoft Office 2010
XCMP014 M01
MCC TH Jan 31 – Feb 21 6 to 8 pm
This class will introduce you to the latest Office software. You will learn how to navigate through the programs and use shortcuts to make Office 2012 work for you. This class is excellent for beginners or those needing a refreshers course after updating their software.

Instructor: Shirley Stauffer
Fee: $40

Beginning Computers
XCMP 014 M02
MCC TH Apr 4 - 25 6 to 8pm
Turn on your computer and get started! This class will take you through the basics of using a computer and its convenient tools. Learn to use the internet, create documents, and navigate through menus. This class will be largely based on questions and students suggestions.

Instructor: Shirley Stauffer
Fee: $40