

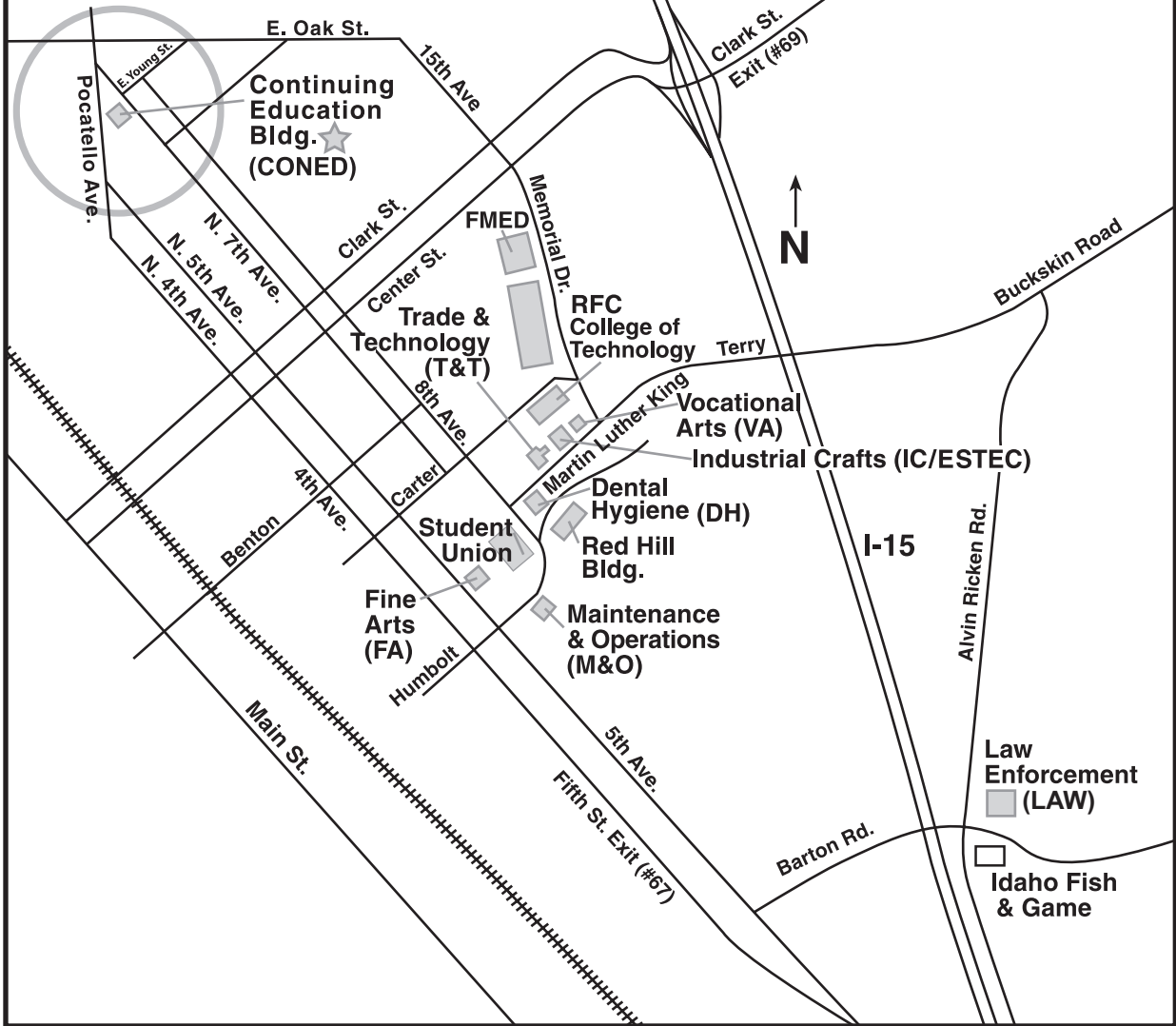
fall 2016

NKZA

New Knowledge Adventures



NEW KNOWLEDGE ADVENTURES



Welcome to New Knowledge Adventures

PRESIDENT'S MESSAGE

Shorter days and cooler nights signal it's time to head back to school! As folks of many ages return to campuses all across America with backpacks filled with books and tablets, here at NKA we, too, gather together sharing in the excitement of a new year of learning and doing.

However, any backpacks at NKA are filled with bottled water, snacks, or tools as we hit the hiking trails, pickleball courts, and wood carving classes. No tests, term papers, or heavy books for us, and all of our classes are electives! Class offerings include the old favorites plus many new, interesting classes. Making new friends and reuniting with old is a huge bonus. Our classrooms are often filled with laughter of friends practicing new dance steps or other activities. From whatever schools our younger selves attended to NKA, life just gets better.

So, welcome to this new academic year and be ready to celebrate the 20th birthday of NKA! Yes, NKA is 20 years old. From 14 original members, we now boast enrollment numbers somewhat short of 600. That's a lot of experience and knowledge. That's a lot of friends. That's a lot of things to do together.

As we take this chance for celebration, we must remember that what makes NKA absolutely unique among lifelong learning groups is our all-volunteer model. We need each of you. We need your help. No one person or small group of members can run the operation, the committee work, the class facilitating, or the teaching. But, each of us can do something. Many hands do make light work. So, please join in by getting involved in any way you can.

With that, I welcome you again to what promises to be another terrific NKA year.

—Marilyn Ames

OFFICERS

| | |
|-------------------------------------|--|
| President: Marilyn Ames | 705-8451 mamesid@gmail.com |
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NKA BLOG

NKA members are encouraged to submit pictures and information about NKA activities to be included in the NKA blog. These items can be e-mailed to Cheryl Lyda at lydacher@gmail.com.
newknowledgeadventures.blogspot.com
Blog maintained by Cheryl Lyda

New Knowledge Adventures (NKA), a Road Scholar affiliate at Idaho State University, is a member-directed organization for adults 50 years of age or older to explore new ideas in an informal, non-competitive environment.

HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?

Fill out the Membership and Registration form (both sides) included in the middle of this catalog, sign the “Agreement and Release of Liability” form, choose the classes you wish to attend, and return the forms to the NKA office with all registration fees. Membership is by semester and fees are due each semester. Membership allows you to participate in any of the classes listed. Membership is open to anyone 50 years of age or older in pursuit of lifelong learning. There is no previous educational requirement. For additional membership information call 282-2789, Monday–Friday between 8:00 a.m. and 5:00 p.m.

NKA MEMBERSHIP CLASS REQUESTS

Registrations will be accepted after the due date, but you may not be able to enroll in all the classes you want because of room or class size limitations. Be assured: every effort will be made to accommodate and register you for requested classes.

THANKS TO OUR INSTRUCTORS AND FACILITATORS

We are very thankful to receive the time and knowledge our instructors bring to NKA classes for free. Please take a minute to thank the class instructor and the facilitator. *We should all do our part by attending the classes we sign up for. If you cannot attend a class, please call and let the office know.* Some classes have waiting lists, and it is your responsibility to inform the facilitator so someone else can attend the class.

NOTICES

—INSTRUCTORS of individual classes, and coordinators or leaders of field trips or similar activities, have the discretion and right to deny enrollment or continued participation by any

member who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the essential requirements of a particular course, field trip, or similar activities without jeopardizing the health or safety of the member, other members or participants, or the instructor.

—FEES required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable. Classes with fees for trips, materials, or food/drink must be paid by members attending the class. Some fees will need to be paid either at the first class or prior to the class.

—The VIEWS AND OPINIONS expressed in presentations are those of the instructor and do not necessarily reflect the policy or position of the NKA governing board.

—PHOTOS AND VIDEOS may be taken during NKA classes and activities for publicity or historical purposes. Members may request to opt out of any visual documentation.

PARKING

Parking is free at the Continuing Education Building but on campus *only after 4:00 p.m.* For daytime classes on campus, you will need a campus parking permit, which is good in all the General Lots for the entire year. *The cost of a parking permit through NKA is \$5; the permit will be mailed with the registration receipt, or you can buy one in person at the Continuing Education Office.* Permits issued to NKA participants are not transferable to any other individual. The permit is issued to the participant, not their vehicle, and is to be used for NKA classes only. Any other use of the permit may result in the participant receiving a ticket. *Neither Continuing Education nor Workforce Training shall be held liable for any violation of parking regulations.*

We have two bus stops at the NKA office if you are in need of transportation options.

Pocatello Regional Transit: 234-ABUS;
www.pocatellotransit.com

**PARKING IS NO LONGER FREE AT HOLT ARENA;
AN NKA GENERAL PERMIT IS REQUIRED.**

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—If you are put on a wait list, it is due to the instructor’s class limit or the classroom’s size.

— ISU will be CLOSED September 5 for Labor Day; November 24 & 25 for Thanksgiving; and December 26 to January 2 for ISU Christmas Holiday. No classes will be held these days.

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Adventures for the Fall of Twenty Sixteen

ART, MUSIC, AND THEATRE

Readers' Theatre (#3134)

*Thursdays: September 15–December 15;
12:30–2:00 p.m.*

Registered participants select, rehearse, and perform skits, plays, poems, stories, and songs. Opportunities for creativity abound, but no memorization is required (nor is singing). Performances, before our always-appreciative audiences, are monthly. Registration is not required to attend performances. E-mail invitations will be sent shortly before performances, which are typically the last Thursday of the month. For examples of past Readers' Theatre performances, visit the NKA blog at newknowledgeadventures.blogspot.com.

Location: CONED 162

Facilitator: Jim Mariani (851-0842)

Class Limit: 25

Preview to the Symphony (#3322)

*Fridays: September 16, November 4, December 2;
3:00–4:00 p.m.*

Dr. Harville will discuss the compositions to be performed at upcoming symphony concerts. He will talk about the composers, their times, and their styles, and he will demonstrate what to expect at the concerts. These previews will enhance enjoyment of the concerts. For more information, visit www.thesymphony.us.

Performance Dates: September 23, Mozart Bassoon Concerto; November 11, Doug Lowry Tribute, Young Artist Competition winners; December 9 & 10, Joy to the World.

SECTION 1 – Mozart

Friday: September 16; 3:00–4:00 p.m.

SECTION 2 – Doug Lowry Tribute

Friday: November 4; 3:00–4:00 p.m.

SECTION 3 – Joy to the World

Friday: December 2; 3:00–4:00 p.m.

Location: CONED 161

Instructor: Dr. Grant Harville, conductor, Idaho State Civic Symphony

Facilitator: Dr. Bill Brydon (233-4278)

Preview to *Next to Normal* (#3550)

Friday: September 16; 5:00–6:00 p.m.

In this preview to *Next to Normal*, the director will share information about how a suburban family copes with crisis and mental illness in this rock musical. We will learn about directing and acting choices, the cast, and the research that went into creating scenery, costumes, and lighting.

Location: Rogers Black Box Theatre, Stephens Performing Arts Center

Instructor: TBA

Facilitator: Jane Riley (237-6801)

Art Along the Greenway (#3551)

Monday: October 3; 11:00 a.m.–12:00 noon

Take a leisurely stroll of four blocks with Bonnie Frantz, a former Pocatello Arts Council member, along the old railroad water-pipe diagonal easement (now referred to as the Greenway Downtown Reach). Learn how the parks along this Greenway section were planned, and see a series of fascinating sculptures created by local artists to interpret local history. Become aware of some hidden meanings and surprises that enrich our community's art and culture. Bonnie uses a battery-operated megaphone.

Location: Meet at Pocatello Chamber of Commerce parking lot, 324 South Main

Instructor: Bonnie Frantz

Facilitator: Jane Thornley (237-1659)

Class Limit: 20

Murder Mystery (#3552)

Monday: October 3; 1:00–3:00 p.m.

Lights! Camera! Action in Tinsel Town! After a night of the accolades at the Academy Awards, you will attend the A-list after-party hosted by (*continues...*)

(continued: *Murder Mystery*)

millionaire Vanity Affair. While you socialize and schmooze with Hollywood's elite, careers will be made, secrets will be revealed, scandals will be broken, and a murder will happen. With a V.I.P. victim and the celebrities all suspects, you will be called upon to find the criminal by cracking this red carpet caper. Bring lunch to share.

Location: CONED 162

Facilitator: JoAn Dilweg (swede1@cableone.net)

Preview to *Turn of the Screw* (#3553)

Friday: October 14; 5:00–6:00 p.m.

Henry James's classic novella, *Turn of the Screw*, was originally published in 1898 as a gothic ghost story. The director will discuss the background information of this adaptation and how the production team created the scenery, costumes, and lighting for this play.

Location: Rogers Black Box Theatre, Stephens Performing Arts Center

Instructor: TBA

Facilitator: Jane Riley (237-6801)

Producing Community Theatre (#3554)

Wednesday: October 19; 4:00–5:00 p.m.

We'll explore Westside Players' Warehouse facility and learn about the process of producing community theatre in Pocatello. Students will meet some of the volunteers involved in the fall production of *Breaking Legs*, by Tom Dulack. They'll hear about acting, directing, creating costumes, scenery, props, and the front-of-house tasks involved in entertaining our town.

Location: The Warehouse, 1009 South 2nd Ave.

Instructor: Jackie Czerepinski, PhD, senior lecturer in communication, ISU

Facilitator: Julie Becvar (uptight1999@yahoo.com; 547-7730)

Class Limit: 100

Preview to *Narnia* (#3555)

Friday: November 18; 5:00–6:00 p.m.

This show is based on the children's fantasy novel *The Lion, the Witch, and the Wardrobe* by C.S. Lewis. The director and the production team will discuss bringing this enchanted world to the stage.

We will learn about how the directing and design choices made this show one for children and adults alike.

Location: Bistline Theatre, Stephens Performing Arts Center

Instructor: TBA

Facilitator: Jane Riley (237-6801)

CRAFTS & HOBBIES

Woodcarving, Advanced (#3558)

Mondays, Wednesdays, OR Fridays: September 12–December 14; 9:00 a.m.–12:00 noon AND

Friday: December 16; 9:00 a.m.–12:00 noon.

Class clean-up is from 11:30 to noon.

Students may select any one session: Monday, Wednesday OR Friday. This class is for those who have completed Beginning Woodcarving or have experience and do not require constant assistance/supervision. Advanced carvers provide their own tools and select their own projects. A visit to the Utah Valley Wood Carvers' show and competition (early Oct.) and a class carving display and demonstration during the First Friday Art Walk (Nov.) are optional.

NOTE: Woodcarving tools cause considerable airborne dust. Those with respiratory problems may not be able to tolerate our dusty classroom even while using dust masks.

Location: CONED 108A

Instructors: Shorty Miller & Diane Porter

Facilitator: Cathy McPherson (233-5899; cathylee@cableone.net)

Class Limit: Monday & Friday, 11; Wednesday, 5

Class Fee: \$10.00 (to be paid at first class)

China Painting, Beginning (#3557)

Mondays: September 12, 19, 26; 1:00–4:00 p.m.

Come find out about the history of china painting. Learn about the materials, brushes, and basic brush strokes necessary to create backgrounds, flowers, and leaves. All supplies will be furnished, including an 8" porcelain plate, brushes, and paint. A pattern of wild roses will be used. After each class, our plates will be fired in a kiln. At the end of our third class, you will

have a beautiful china plate, which may become a treasured heirloom. No experience necessary.

Location: 2190 Ada St., Pocatello/Dorothy Chatterton's Art Studio

Instructor: Marsha Losser

Facilitator: Dorothy Chatterton (dc52132@aol.com)

Class Limit: 10

Class Fee: \$40.00 (send to Dorothy Chatterton, 3354 Duck Hook Dr., Pocatello 83204, by September 5)

Hand Built Pottery (#3165)

*Mondays: September 12 & October 3;
1:30–3:30 p.m.*

This popular class has returned for those who would like to start or continue the dabbling adventure in clay. Explore hand built pottery techniques with Mary Miller, a local potter with years of experience. Mary will demonstrate and explain techniques including coil, pinch pot, and slab. In the first class, you will create your own pottery using a combination of techniques. Three weeks later, in the second class, and after the initial firing, you will glaze your piece. All materials are included in the class fee.

Location: ISU Craft Shop, located on lower level of the Pond Student Union Building

Instructor: Mary Miller, director of ISU Craft Shop

Facilitator: Jane Thornley (237-1659)

Class Limit: 15

Class Fee: \$10.00 (to be paid at first class to ISU Craft Shop)

Note: Parking permit is required to park on campus. Obtain permit at the NKA office or by marking your registration form.

Knitting Skills, Beginner (#3556)

*Tuesdays: September 13, 20, 27, October 4, 11;
10:00–11:30 a.m.*

Always wanted to knit? Have you knit but not for years? Experienced instructors will guide you through the process of knitting an adult's hat. The first class will be a trip to Idaho Falls for lunch, a tour of the Yarn Connection, and a lesson on yarn and needles. Participants will purchase supplies and will be taught the basics of casting on. We will practice knitting techniques and complete a knitted hat by the end of our fifth class.

Location: September 13—meet at CONED building entrance for car pool

Location: Sept. 20, 27, October 4, 11—CONED 157

Instructors: Lucinda Klein & Bobbie Wyrick

Facilitator: Ann Munoz (237-6593)

Class Limit: 6

Class Fees: Car pool \$5.00; lunch \$8.00–\$15.00; yarn & needles \$25.00

Knitting & Crocheting Service Project (#3196)

*Thursdays: September 15–December 15;
11:00 a.m.–12:00 noon*

We will be knitting or crocheting lap robes, scarves, chemo caps, pic covers, etc. for the PMC Cancer Center. You don't have to know how to knit or crochet; we have many talented women to help. And you don't have to attend every session. Yarn is available for PMC items. We gladly accept donations of acrylic yarn.

Location: CONED 159

Instructors: Rita Anderson (232-2166) & Carolyn Johnson (237-1604)

Glazing Bisque Pottery (#3629)

Tuesday: September 20; 1:30–3:30 p.m.

After a pot is completely dry, it is ready to be bisque fired. This initial firing removes physical and chemical water so that the piece can be glazed without returning to mud and breaking. You will be provided with a previously thrown and fired cup or bowl to glaze and will have the opportunity to experiment in colors and designs with glazes. And you'll have a functional, personalized piece of pottery when you are done. This class would complement the Hand Built Pottery class. All materials are included in the class fee.

Location: ISU Craft Shop, located on lower level of the Pond Student Union Building

Instructor: Mary Miller, director of ISU Craft Shop

Facilitator: Jane Thornley (237-1659)

Class Limit: 12

Class Fee: \$10.00 (to be paid at class to ISU Craft Shop)

Note: Parking permit is required to park on campus. Obtain permit at the NKA office or by marking your registration form.

Woodcarving, Beginning (#3101)

Wednesdays: September 21–December 14; 9:00 a.m.–12:00 noon AND Friday, December 16; 9:00 a.m.–12:00 noon. Class clean-up is from 11:30 to 12:00 noon.

This class is for those with little or no woodcarving experience. Students will use rotary power tools and related equipment, provided in class. First projects will be a stylized bird and a shelf cat; carvers select a final project approved by the instructor. A visit to the Utah Valley Wood Carvers' show and competition (early Oct.) and a class carving display and demonstration during the First Friday Art Walk (Nov.) are optional.

NOTE: Woodcarving tools cause considerable airborne dust. Those with respiratory problems may not be able to tolerate our dusty classroom even while using dust masks.

Location: CONED 108A

Instructors: Shorty Miller & Diane Porter

Facilitator: Cathy McPherson
(233-5899; cathylee@cableone.net)

Class Limit: 6

Class Fee: \$10.00 (to be paid at the first class)

Flowers With L.D. (#3487)

Tuesdays: September 27 & November 8; 1:00–3:30 p.m.

Fall Foliage Festival! L.D. will help us bring the outdoors into our homes with leaves, flowers, and branches. Vases and foliage included in class fee.

SECTION 1 – Tuesday: September 27; 1–3:30 p.m.

SECTION 2 – Tuesday: November 8; 1–3:30 p.m.

Location: CONED 161

Instructor: L.D. Wolfley, owner of Flowers By L.D.

Facilitator: Liz Benson (232-0054)

Class Fee: \$30.00 per section (to be paid at class)

Class Limit: 30

Knot Tying (#3560)

Wednesdays: September 28, October 5, 12; 2:00–3:00 p.m.

Six basic knots will be taught in this practical knot class. Each class will review and build on previous classes. Basic knots can be used for

anything from arts and crafts to camping/RVing, sailing, or grandchildren. All tying supplies and handouts will be provided. Bring a folding chair; some standing is required.

Location: Tydeman Pavilion, across from the CONED Building at Young St. & 8th Ave.

Instructor-Facilitator: Allan Priddy (234-2849)

Silk Painting: Salt Technique (#3430)

Friday: October 7; 1:30–3:30 p.m.

Participants will paint on a hemmed, long rectangular piece of white silk, using the technique of silk painting with salt. Salt works by pulling the fabric paint toward the salt. The result is often a streak of lighter color pointing at a dot of intense color. The effect is unpredictable, but the results are often as beautiful as those carefully hand painted by experts. You can't go wrong if you just want something beautiful. All materials are included in the class fee.

Instructor: Mary Miller, director of ISU Craft Shop

Facilitator: Jane Thornley (237-1659)

Class Limit: 8

Class Fee: \$15.00 (to be paid at class to ISU Craft Shop)

Location: ISU Craft Shop, located on lower level of the Pond Student Union Building

Note: Parking permit is required to park on campus. Obtain permit at the NKA office or by marking your registration form.

Ceramics, Basic (#3561)

Mondays: October 10–31; 1:00–3:00 p.m.

The many technical aspects of this special art form will be explained. The course will cover the three types of clay: stoneware, earthenware, and porcelain. Classes will include casting a mold, cleaning, and firing in a kiln. You will work with greenware and bisque, decorating with underglaze, glaze, and acrylics, and, by the last class, take home your own finished creation. All materials are included in the fee.

Location: CONED 108A

Instructor: Carol Lee

Facilitator: Lee Dille (339-5346)

Class Limit: 10

Class Fee: \$15.00 (to be paid at first class)

Silk Painting: Fence Technique (#3486)*Monday: October 10; 1:30–3:30 p.m.*

Participants will learn the fence technique of silk painting with gutta. Gutta is a water-based wax resist and acts as a barrier for the dye. It keeps the color within the outlined areas of a design, allowing sharply defined borders. Participants will free form their own designs with gutta to paint on a hemmed white silk scarf. Once the gutta has dried, your imagination can continue with filling in spaces with a large selection of colors. All materials are included in the class fee.

Location: ISU Craft Shop, located on lower level of the Pond Student Union Building

Instructor: Mary Miller, director of ISU Craft Shop

Facilitator: Jane Thornley (237-1659)

Class Limit: 8

Class Fee: \$15.00 (to be paid at class to ISU Craft Shop)

Note: Parking permit is required to park on campus. Obtain permit at the NKA office or by marking your registration form.

Knitting Skills, Intermediate (#3102)*Tuesdays: October 18, 25, November 1, 8, 15; 10:00–11:30 a.m.*

For experienced knitters. Have you ever wanted to try colorwork? Experienced instructors will guide you through the process, which is also known as two-stranded knitting or fair-isle. The first class will be a trip to Idaho Falls for lunch, a tour of the Yarn Connection, and a lesson on colorwork and which supplies are needed. Participants will then purchase yarn and needles and cast on for a headband, hat, OR project bag (patterns and charts provided). You will practice techniques and complete your project by the fifth class.

Location: October 18–meet at CONED building entrance for car pool

Location: October 25, November 1, 8, 15–CONED 157

Instructors: Lucinda Klein & Bobbie Wyrick

Facilitator: Ann Munoz (237-6593)

Class Limit: 8

Class Fees: Car pool \$5.00; lunch \$8.00–\$15.00; yarn & needles \$25.00

Tie Dying (#3368)*Tuesday: November 8; 1:30–3:30 p.m.*

This popular class is back! Participants will learn to tie dye by making either a tie dyed t-shirt or an environmentally friendly shopping bag. Participants may also bring 100% cotton items from home to dye. Wear appropriate clothing. All supplies are included in the class fee.

Location: ISU Craft Shop, located on lower level of the Pond Student Union Building

Instructor: Mary Miller, director of ISU Craft Shop

Facilitator: Jane Thornley (237-1659)

Class Limit: 12

Class Fee: \$12.00 (to be paid at class to ISU Craft Shop)

Note: Parking permit is required to park on campus. Obtain permit at the NKA office or by marking your registration form.

Fly Fishing, Introduction (#3562)*Monday: November 28; 10:00–11:00 a.m.*

Avid fly fisherman Larry Larsen will discuss the history of this sport in America and in our area. He will also offer pointers on fly fishing techniques and talk about how to tie flies.

Location: CONED 159

Instructor: Larry Larsen, owner, Snake River Fly Shop

Facilitator: Sharon Price (241-1432)

Class Limit: 25

Alcohol Ink Art Tiles (#3490)*Monday: December 5; 10:00 a.m.–12:00 noon*

Did you miss this class last semester? It is back one more time. In this class you will have the opportunity to transform white bathroom tiles into works of art. No artistic experience is necessary, and all materials will be supplied. Alcohol inks are vibrant liquids that, when applied with a simple stamping method, result in an interesting and beautiful outcome, which you take home with you.

Location: CONED 156

Instructor: Eric Seuss

Facilitator: Sharon Manning (233-9425)

Class Limit: 25

Class Fee: \$5.00 (to be paid at class)

FITNESS & MOTION

Hiking & Snowshoeing (#3118)

Our hiking and snowshoeing plans are to be determined and will depend on weather conditions and facilitators' availability. Facilitators will coordinate and e-mail participants about upcoming outings several days before each outing. As in the past, we will try to meet at trailheads, but can coordinate meeting at the CE building to carpool or caravan. In the past we hiked on Friday afternoons, but we are receptive to other days/times; let a facilitator know your preferences.

Facilitators: Lynn Hebdon (339-4841); Deborah Jeppson (234-7036); Rayde Mortenson (252-1157); and Sandy Clark (530-0657)

Class Limit: 40

Line Dance 1, Starter (#3111)

*Mondays: September 12–November 14;
1:30–2:30 p.m.*

If you are new to line dancing, you want to start with this class. You will learn simple yet fun dances, step patterns, and rhythms that will help build memory; you will get both physical and mental exercise. If you have line danced before and want to practice some easy dances just for kicks, you are welcome to join us! This class is for guys and gals, and you don't need a partner. Tennis or soft-soled shoes are required to avoid scuffing the polished hardwood floor in the church's gym.

Location: United Congregational Church, corner of Garfield & Fremont

Instructors: Bob Schaffner & Khristi Cummings

Facilitator: Anita Affa (478-1744)

Class Limit: 60

Line Dance 2, Beginner (#3112)

*Mondays: September 12–November 14;
2:30–3:30 p.m.*

The line dances taught in this class are more complex than the dances taught in Line Dance 1 but are still fun and relatively easy. This class is for guys and gals, and you don't need a partner. Come

enjoy the fun of line dancing and get some physical and mental exercise, too.

Location: United Congregational Church, corner of Garfield & Fremont

Instructors: Kay Elsethagen & Marti Collins

Facilitator: Anita Affa (478-1744)

Class Limit: 60

Latin Line Dance, Performance (#3108)

*Mondays & Wednesdays: September 12–
December 14; 3:00–4:30 p.m. (No class Oct. 3)*

This is Latin Line Dance taken to the next level. Fun and rewarding but requires skill and commitment. This class integrates more complex variations of Latin dance steps and tempos. Focus is on learning and refining dances to perform at assisted living, nursing, and retirement homes, and other venues. Please seriously consider these requirements before registering: Must have taken Beginning Line Dance or have other dance experience; must have demonstrated dexterity, musicality, ability to dance to music using tags, syncopation, turns, styling, and phrasing; must have skill and commitment to learn and retain multiple routines at a fairly fast pace.

Location: CONED 162

Instructor-Facilitator: Lucy Bonman (243-0856)

Line Dance 3, Beginner II & Intermediate (#3113)

*Tuesdays: September 13–November 15;
9:30–10:30 a.m.*

This class introduces a bit more challenging dances than the Line Dance 1 and Line Dance 2 classes. We will start slowly and keep adding to our repertoire, working up to low intermediate level. You'll have lots of fun learning these dances, which are designed for those who have completed Line Dance 2.

Location: CONED 162

Instructors: Susan Cramer & Valez Bird

Facilitator: Susan Cramer (237-8709)

Class Limit: 30

Line Dance 4, Oldies but Goodies I (#3110)

*Tuesdays: September 13–November 15;
10:30–11:30 a.m.*

Let's keep our repertoire up and running by reviewing and practicing some of the oldies but goodies we've learned in other line dance classes. Knowing the basic steps taught in Line Dance 1, 2, and 3 will aid dancing in this beginners' class. We won't be teaching the dances but will do a quick review of each—then dance, dance, and dance. This class is for fun and exercise.

Location: CONED 162

Instructors: Judy Liday, Sue Schaffner, & Tom Baxter

Facilitator: Judy Liday (237-8014)

Class Limit: 30

Pickleball (#3433)

Tuesdays: September 13–October 4; 11:00 a.m.

Come and try out Pickleball—a great game popular with people of all ages. Among retirees and seniors it has gained so much popularity that it is played year-round in retirement communities. A combination of Ping-Pong, badminton, volleyball, and tennis, it is played on a shortened tennis court with whiffle-type balls and paddles. Almost anyone can play, and many are joining regional and national tournaments. Or you can just enjoy playing locally and with friends.

Location: Raymond Park

Instructor: Linda Lindley (lindlind@msn.com)

Belly Dance (#3492)

*Tuesdays: September 13–November 15;
2:00–3:30 p.m.*

Have trouble dancing within the lines? Come learn the basic movements, combinations, and veil work of classic American belly dance, and the music and rhythms of the Middle East. Bring a water bottle and wear comfortable, loose clothing. You will also learn about styles of costume and costume construction. Girls just wanna have fun!

Location: CONED 162

Instructor-Facilitator: Roberta Ridgley
(zendasdancing@outlook.com)

Class Limit: 30

Fit & Fall Proof (#3106)

*Wednesdays & Fridays: September 14–
December 16; Wednesdays 9:30–10:45 a.m.,
Fridays 9:30–10:00 a.m.*

Fit & Fall Proof is an exercise program developed in Idaho for older adults to promote balance, strength, flexibility, and endurance to decrease the risk of falling. The class is designed to gradually build strength and endurance by using chairs, walls, and resistance bands; Tai Chi breathing/stretching and Laughter Yoga are also included. With exercise, anyone can counteract the lower body weakness, loss of muscle mass, and poor posture that contribute to falls. Bring a bottle of water and wear comfortable clothes.

Location: CONED 162

Instructors-Facilitators:

Marlene Hendrick (mkhendy@yahoo.com) &
Rachel Damewood (damerw@cableone.net)

Lady Niners' Golf (#3116)

*Wednesdays: September 14 until weather no longer
permits; 12:00 noon*

Come join our ongoing golf class. The first day we will have a meeting at Riverside Golf Course, and our golf pro Greg Albright will tell us about their offerings this semester. Every semester they have given us special offers and discounts—it's worth joining NKA just for this! Greg also gives a lesson every Wednesday from noon to 1:00 p.m. for \$5.00 for new golfers and for golfers who want to lose bad habits, or just generally improve their game. At 1:00 p.m. we tee off in groups of four according to ability levels.

Locations: Riverside/Highland Golf Courses

Instructor: Greg Albright

Facilitator: Linda Lindley (lindlind@msn.com)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

Latin Line Dance (#3107)

*Wednesdays: September 14–November 16;
2:00–3:00 p.m.*

Dance to Latin rhythms—mambo, cha cha, rumba, tango, samba, bachata, merengue with a little salsa thrown in! No partners required. Dances are beginner's level. Here is your chance to “dance like no one is looking”, get in shape, meet people, and have fun! The music impassions the brain, and the dance is a full body workout! What a winning combination!

Location: CONED 162

Instructor-Facilitator: Lucy Bonman (243-0856)

**Line Dance 5,
Oldies but Goodies II** (#3630)

*Thursdays: September 15–November 17;
9:30–10:55 a.m.*

This class is a combination of dances previously taught in the intermediate to advanced classes. It is designed for experienced dancers who have taken the intermediate level classes. Expect a variety of music and rhythms. Join us for a workout, some challenges, and lots of fun.

Location: CONED 162

Instructors-Facilitators: Jan Green (251-1244) & Joyce DeGarlais (238-1247)

Class Limit: 30

Ballroom Dancing (#3491)

*Thursdays: September 15–December 15; Section 1,
3:00–4:00 p.m.; Section 2, 4:00–5:00 p.m.*

These beginning classes are for singles or couples and are strictly basic ballroom dancing. George Oyama will teach the waltz, fox trot, and East Coast swing from 3:00 to 4:00 p.m. JoAn DiCataldo will teach cha cha, tango, and rumba from 4:00 to 5:00 p.m. Both instructors have taught at the Senior Activity Center for over 10 years and have each won many dancing competitions.

**SECTION 1 – Thursdays: September 15–
December 15; 3:00–4:00 p.m.**

**SECTION 2 – Thursdays: September 15–
December 15; 4:00–5:00 p.m.**

Location: CONED 162

Instructors: George Oyama & JoAn DiCataldo

Facilitator: Aleen Shearer (233-4803; 251-9589)

Square Dance (#3105)

Thursdays: September 8–December 15;

4:00–5:15 p.m., Beginner/Mainstream;

*5:15–6:30 p.m., Plus (must be proficient in Main-
stream);*

6:30–7:00 p.m., Round Dance

Learn the joy of square dance by committing only a few hours a week in this semester-long class. Take advantage of a wonderful opportunity, and no class fee! You don't need a partner; several of our experienced dancers can dance both male and female positions. Register now to make new friends and learn square dance from a third-generation square dance caller—one of the most experienced and top callers/cuers in Idaho!

Location: Sullivan's Square Dance Hall, 1935 South 5th Ave., Pocatello

Instructor: Steve Sullivan

Facilitator: Sondra Dunkle (dunksond@gmail.com)

Walking the Greenway (#3115)

Fridays: October 7–28; 10:00–11:30 a.m.

Come walking with us along the Portneuf Greenway Trails. These trails are paved on mostly flat terrain. Walk at your own pace. We meet at the CE building for carpooling or guidance to the trail heads. Dress for the weather, wear comfortable shoes, and bring your own water.

Location: Meet at CONED building entrance

Facilitator: Sandra Babb (238-2034)

T'ai Chi Chih, Advanced (#3104)

Mondays: October 17–December 12;

9:00–10:00 a.m.

This T'ai Chi Chih advanced class is for those who have completed a beginners' or basics class and for those who simply want to do the meditation in a group session. This joy through movement, or moving meditation group, will not include basic training for TCC-associated

discipline, but only offer reviews as needed before our group meditation session.

Location: CONED 162

Instructor: Mike McCarthy

Class Limit: 40

FOOD & BEVERAGE

International Cuisine Planning (#3119)

Monday: September 12; 1:00–2:00 p.m.

This is a planning meeting, where the class will select two cultures. During the semester, participants prepare food for two dinners featuring cuisine from the selected cultures. Dinners are held at the Pocatello Senior Activity Center.

Participants should be willing to prepare a dish for each dinner. Participants who are unable to prepare a dish will be allowed to pay \$8.00 to attend the dinner.

Location: CONED 203

Facilitators: Marilyn Edwards (237-0751) & Liz Meske (234-1544)

Taste & Share (#3197)

Wednesdays: September 21, October 19, November 9; 11:30 a.m.–1:00 p.m.

Come share your favorite recipes and discover new treats that someone else has made. You only bring a dish once during the semester, but you get to taste everything others bring. Plus, you take all the recipes home! We would like to see more men join us to share their favorite recipes.

Location: CONED 162

Instructors-Facilitators: Marilyn Edwards (237-0751) & Liz Meske (234-1544)

Class Limit: 30

Dutch Oven Cooking for Fun & Profit (#3563)

Wednesday: September 21; 3:00–6:00 p.m.

This is a hands-on class. We will cover care and seasoning of Dutch ovens. Students will be provided with recipes, all ingredients, and equipment to prepare a complete meal. Bring folding chair, beverage, and appetite. Everyone is expected to help set up and clean up. Class fee is

due September 7; if not received by then, people on the wait list will be contacted.

Location: Empire Park, 18th Ave. & Davis Dr., Pocatello

Instructors: Allan & Kathy Priddy

Facilitators: Mel & Barbara Nicholls (233-0714)

Class Limit: 30

Class Fee: \$10.00 (send check payable to Kathy Priddy to Barbara Nicholls, 1780 Lance Dr., Pocatello ID 83204, by September 7)

Wine Tasting at PV's Uncorked (#3564)

Tuesday: September 27; 5:00–7:00 p.m.

Enjoy wine tasting at the newly remodeled PV's Uncorked, Pasta and Vino. Taste great wines from Italy. Terry Capell from Tec Distributing will be our wine master. Appetizers will also be served.

Location: PV's Uncorked, 144 N. Main, Pocatello

Instructors: Donny Flores & Terry Capell

Facilitator: Helen Beitia (237-2528)

Class Limit: 50

Class Fee: \$15.00 (send payable to PV's Uncorked to Helen Beitia, 13194 N. Yellowstone Hwy., Pocatello ID 83202, by Sept.16)

Apples—From Legend to Lunchbox (#3565)

Thursday: October 20; 12:30–2:00 p.m.

What or who are Nutting Bumpus, Slack Ma Girdle, and Mollywhopper? Why are Flower of Kent and Esopus Spitzenburg important? When shall we go a-wassailing? And why? Who was Hawkeye? Every question you never knew you had about apples—the history, folklore, varieties, and more.

Location: CONED 161

Instructor: Jennifer Wise

Facilitator: Donna Hillard (241-9855; hilldonn73@gmail.com)

Wine Tasting by the Grapevine (#3122)

Tuesday: October 18; 5:00–7:00 p.m.

The Grapevine, a popular wine and gift shop, will host a delightful wine tasting evening for your enjoyment. Kathleen always picks a great selection of wines for us to try.

(continues...)

(continued: *Wine Tasting by the Grapevine*)

Location: Goody's Deli (reception room), 905 South 5th Ave., Pocatello

Instructor: Kathleen Hughes

Facilitator: Pauline Havens (234-8517)

Class Fee: \$7.50 (to be paid at the door)

Wine Tasting at Café Tuscano (#3120)

Wednesday: November 9; 5:00–7:00 p.m.

Allow Café Tuscano to pamper you and your friends while you taste some great wines. The wines will be paired with light appetizers to highlight the qualities of each wine.

Location: Café Tuscano

Instructor: Bobette Kawamura

Facilitator: Sharon Manning (233-9425)

Class Limit: 50

Class Fee: \$12.00 (send check made payable to Café Tuscano to Sharon Manning, 830 Spyglass Point, Pocatello ID 83204, by October 27)

GAMES

Bridge, Beginning (#3128)

Tuesdays: September 13, 20, 27, October 4–25, November 1, 8, 15, 29, December 6; 10:30 a.m.–1:00 p.m.

For those who have never played or anyone wanting a review. This class will cover very basic counting of the hand; basic bidding (no trump bids, major suits, and responses to no trump and major suits openings), competitive bidding, preemptive bids, overcalls, advances, and takeout doubles; and conventions such as Stayman, Jacoby transfers, strong openings, and slam bidding. Recommended texts, all by Audrey Grant:

Bridge Basics 1: An Introduction; Bridge Basics 2: Competitive Bidding; and Bridge Basics 3: Popular Conventions. Contact instructor 3 weeks before first class if you want her to order books for you.

Location: CONED 156

Instructor: Joy Burke (776-5645; joyburke34@yahoo.com)

Facilitator: Shiela Mathiesen (233-5360)

Bridge, Intermediate:

Defense (#3228)

Tuesdays: September 13, 20, 27, October 4–25; 1:30–4:00 p.m.

Topics covered will be opening leads against no trump contracts, opening leads against suit contracts, third-hand play, second-hand play, defensive signals, developing defensive tricks, interfering with declarer, making a plan, and negative doubles. Recommended text: *Defense in the 21st Century*, by Audrey Grant. It is available on Amazon.com, and facilitators can order books for the group to avoid shipping charges. Contact a facilitator 3 weeks before first class if you want them to order a book for you.

Location: CONED 156

Instructor: Jeanne Moore

Facilitators: Janice Matteson-Howell (478-9538; jjmhpc73@gmail.com) & Barbara Bain (232-3415; bainbarb@isu.edu)

Mahjong (#3125)

Fridays: September 16–December 16; 10:00 a.m.–12:00 noon

This four-player table game is similar to the Western card game Rummy and should not be confused with the popular Western single-player (tile-matching) computer game. Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. The game requires players to form melds and to discard until a winning hand is completed. This is a fun game!

Location: CONED 156

Instructor: Lucy Bonman

Facilitators: Glenda Vaughn (840-0121) & Marijana Dolsen (233-8735)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

SEPTEMBER 2016

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | | |
|-----------|---|--|---|---|---|-----------|
| | | | | <p>10 Board Meeting</p> | <p>2</p> | <p>3</p> |
| <p>4</p> | <p>5</p> <p>LABOR DAY</p> | <p>6</p> | <p>7</p> | <p>8</p> <p>4-7 Square Dance</p> | <p>9</p> | <p>10</p> |
| <p>11</p> | <p>12</p> <p>7:30 Yankee Fork Trip 9-12 Adv. Woodcarving 10-12 Health Info 1-2 Intl. Cuisine Planning 1-4 China Painting 1:30-2:30 Line Dance 1 1:30-3:30 Hand-Built Pottery 2:30-3:30 Line Dance 2 3-4:30 Perf. Latin LD 3:30-5 Tech Savvy Seniors</p> | <p>13</p> <p>Yankee Fork Trip 9:30-10:30 Line Dance 3 10-11:30 Beg. Knitting 10:30-11:30 Line Dance 4 10:30-12 Fair Share Idaho 10:30-1 Beg. Bridge 11 Pickleball 1-4 Roadside Cleanup 1:30-4 Int. Bridge 2-3:30 Belly Dance</p> | <p>14</p> <p>Yankee Fork Trip 9-12 Adv. Woodcarving 9:30-10:45 Fit & Fall Proof 10-11 Dental Care 12 Lady Niners' Golf 1-2 Portneuf River Plan 2-3 Latin Line Dance 3-4:30 Perf. Latin LD 4-5:30 Drumming Circle</p> | <p>15</p> <p>9:30-10:55 Line Dance 5 11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 3-4 Belief: Oprah 3-4 Ballroom Dance 1 4-5 Ballroom Dance 2 4-7 Square Dance 4:30-5:30 Fasting 5-7 Gardening in Fall</p> | <p>16</p> <p>9-12 Adv. Woodcarving 9:30-10 Fit & Fall Proof 10-12 Mahjong 12-3 Lunch & Games 2-4 Texas Hold'em Poker 3-4 Preview Symphony 5-6 Preview <i>Next to Normal</i></p> | <p>17</p> |
| <p>18</p> | <p>19</p> <p>9-12 Adv. Woodcarving 10-11 Declutter 10:30-12 Mindfulness 1-3 Bear Educ. & Safety 1-4 China Painting 1:30-2:30 Line Dance 1 2:30-3:30 Line Dance 2 3-4:30 Perf. Latin LD</p> | <p>20</p> <p>9:30-10:30 Line Dance 3 10-11 Conserv. Special Places 10-11:30 Beg. Knitting 10:30-11:30 Line Dance 4 10:30-1 Beg. Bridge 11-12 Bird Watching 11 Pickleball 1-4 Roadside Cleanup 1:30-3:30 Glazing Bisque 1:30-4 Int. Bridge 2-3:30 Belly Dance</p> | <p>21</p> <p>8:30 Birdwatching Field Trip 9-12 Adv. Woodcarving 9-12 Beg. Woodcarving 9:30-10:45 Fit & Fall Proof 10-11:30 12 Steps... 11:30-1 Taste & Share 12 Lady Niners' Golf 1:30-3:30 Pinochle 2-3:30 Bannock Detention 2-3 Latin Line Dance 3-4:30 Perf. Latin LD 3-6 Dutch Oven Cooking</p> | <p>22</p> <p>9:30-10:55 Line Dance 5 11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 3-4 Belief: Oprah 3-4 Ballroom Dance 1 4-5 Ballroom Dance 2 4-7 Square Dance</p> | <p>23</p> <p>9-12 Adv. Woodcarving 9:30-10 Fit & Fall Proof 10-12 Mahjong 2-4 Texas Hold'em Poker</p> | <p>24</p> |
| <p>25</p> | <p>26</p> <p>9-12 Adv. Woodcarving 10-11:30 Zoo Idaho 10:30-12 Mindfulness 1 Zoo Field Trip 1-4 China Painting 1:30-2:30 Line Dance 1 3-4:30 Perf. Latin LD 2-3:30 Yellowstone NP 2:30-3:30 Line Dance 2</p> | <p>27</p> <p>9:30-10:30 Line Dance 3 10-11 Know Your Car 10-11:30 Beg. Knitting 10-12 Dementia 10:30-11:30 Line Dance 4 10:30-1 Beg. Bridge 11 Pickleball 1-3:30 Flowers With LD 1-4 Roadside Cleanup 1:30-4 Int. Bridge 2-3:30 Belly Dance 5-7 Wine Tasting, PV's</p> | <p>28</p> <p>9-12 Adv. Woodcarving 9-12 Beg. Woodcarving 9:30-10:45 Fit & Fall Proof 10-11 Know Your Car 11-12 Craters of the Moon 12 Lady Niners' Golf 1-2:30 Coming to America 1:30-3:30 Pinochle 2-3 Knot Tying 2-3 Latin Line Dance 3-4:30 Perf. Latin LD</p> | <p>29</p> <p>9:30-10:55 Line Dance 5 11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 2-4 Creative Writing 3-4 Belief: Oprah 3-4 Ballroom Dance 1 4-5 Ballroom Dance 2 4-7 Square Dance</p> | <p>30</p> <p>9-12 Adv. Woodcarving 9:30-10 Fit & Fall Proof 10-12 Mahjong 11-12 Psychology of Fraud 1-2:30 Idaho Hist. Novelist 2-4 Texas Hold'em Poker</p> | <p>31</p> |

OCTOBER 2016

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2
9-12 Adv. Woodcarving
10:30-12 Mindfulness
11-12 Art Along Greenway
1-3 Murder Mystery
1:30-2:30 Line Dance 1
1:30-3:30 Hand-Built Pottery
2-3:30 Book Exchange
2:30-3:30 Line Dance 2
3-4:30 Perf. Latin LD
3:30-5 Tech Savvy Seniors

3
9-12 Adv. Woodcarving
10:30-12 Mindfulness
11-12 Art Along Greenway
1-3 Murder Mystery
1:30-2:30 Line Dance 1
1:30-3:30 Hand-Built Pottery
2-3:30 Book Exchange
2:30-3:30 Line Dance 2
3-4:30 Perf. Latin LD
3:30-5 Tech Savvy Seniors

4
9:30-10:30 Line Dance 3
10-11:30 Astronomy 102
10-11:30 Beg. Knitting
10:30-11:30 Line Dance 4
10:30-11:30 Line Dance 4
10:30-11:30 Reading Lit.
12 Lady Niners' Golf
1-2:30 Dark Triad
1:30-3:30 Pinochle
2-3 Knot Tying
2-3 Latin Line Dance
3-4:30 Perf. Latin LD

5
6:30 Heber Valley
9-12 Adv. Woodcarving
9-12 Beg. Woodcarving
9:30-10:45 Fit & Fall Proof
10:30-11:30 Reading Lit.
12 Lady Niners' Golf
1-2:30 Dark Triad
1:30-3:30 Pinochle
2-3 Knot Tying
2-3 Latin Line Dance
3-4:30 Perf. Latin LD

6
9:30-10:55 Line Dance 5
10 Board Meeting
11-12 Knit/Crochet Service
12:30-2 Readers' Theatre
1-2:30 Medicare 101
2-4 Creative Writing
3-4 Belief: Oprah
3-4 Ballroom Dance 1
4-5 Ballroom Dance 2
4-7 Square Dance

7
9-12 Adv. Woodcarving
9:30-10 Fit & Fall Proof
10-11:30 Walking Greenway
10-12 Mahjong
11-12:30 Family Search
1:30-3:30 Silk Painting/Salt
2-4 Texas Hold'em Poker

1
1-3 Islamic Comm. Visit

9
9-12 Adv. Woodcarving
10:30-12 Mindfulness
1-3 Ceramics
1:30-2:30 Line Dance 1
1:30-3:30 Silk Painting/Fence
2-3:30 Burma
2:30-3:30 Line Dance 2
3-4:30 Perf. Latin LD

10
9-12 Adv. Woodcarving
10:30-12 Mindfulness
1-3 Ceramics
1:30-2:30 Line Dance 1
1:30-3:30 Silk Painting/Fence
2-3:30 Burma
2:30-3:30 Line Dance 2
3-4:30 Perf. Latin LD

11
9:30-10:30 Line Dance 3
10-11:30 Beg. Knitting
10:30-11:30 Line Dance 4
10:30-11:30 Line Dance 4
10:30-11:30 Line Dance 4
11-12 Horse Sense/Bones
1:30-3:30 Medieval Women
1:30-4 Int. Bridge
2-3:30 Belly Dance

12
9-12 Adv. Woodcarving
9-12 Beg. Woodcarving
9:30-10:45 Fit & Fall Proof
11-12 Acupuncture
12 Lady Niners' Golf
1-2 State of the State Econ.
1:30-3:30 Pinochle
2-3 Knot Tying
2-3 Latin Line Dance
3-4:30 Perf. Latin LD

13
9:30-10:55 Line Dance 5
11-12 Knit/Crochet Service
12:30-2 Readers' Theatre
2-4 Creative Writing
3-4 Belief: Oprah
3-4 Ballroom Dance 1
4-5 Ballroom Dance 2
4-7 Square Dance

14
9-12 Adv. Woodcarving
9:30-10 Fit & Fall Proof
10-11:30 Walking Greenway
10-12 Mahjong
11-12:30 Family Search
12-3 Lunch & Games
1-3 Sudoku
1:30-3 Winston Churchill
2-4 Texas Hold'em Poker
5-6 Preview *Turn of the Screw*

15

16
9-10 Tai Chi Chih, Adv.
9-12 Adv. Woodcarving
11-12 European Union
1-3 Ceramics
1:30-2:30 Line Dance 1
1:30-3 Basque in Idaho
2:30-3:30 Line Dance 2
3-4:30 Perf. Latin LD

17
9-10 Tai Chi Chih, Adv.
9-12 Adv. Woodcarving
11-12 European Union
1-3 Ceramics
1:30-2:30 Line Dance 1
1:30-3 Basque in Idaho
2:30-3:30 Line Dance 2
3-4:30 Perf. Latin LD

18
9:30-10:30 Line Dance 3
10-11:30 Int. Knitting
10:30-11:30 Line Dance 4
10:30-11:30 Line Dance 4
10:30-11:30 Line Dance 4
1:30-4 Int. Bridge
2-3:30 Belly Dance
4-5 Horse Sense/Bones Tour
5-7 Wine Tasting, Grapevine

19
9-12 Adv. Woodcarving
9-12 Beg. Woodcarving
9:30-10:45 Fit & Fall Proof
11:30-1 Taste & Share
12 Lady Niners' Golf
2-3 Latin Line Dance
3-4:30 Perf. Latin LD
4-5 Community Theatre

20
9:30-10:55 Line Dance 5
11-12 Knit/Crochet Service
12:30-2 Applies
12:30-2 Readers' Theatre
2-4 Creative Writing
3-4 Belief: Oprah
3-4 Ballroom Dance 1
4-5 Ballroom Dance 2
4-7 Square Dance
6-9 *Swimming to Cambodia*

21
9-12 Adv. Woodcarving
9:30-10 Fit & Fall Proof
10-11:30 Walking Greenway
10-12 Mahjong
1:30-3 Winston Churchill
2-4 Texas Hold'em Poker

22

23
9-10 Tai Chi Chih, Adv.
9-12 Adv. Woodcarving
10-11:30 Space Batteries
1-3 Ceramics
1:30-2:30 Line Dance 1
1:30-3 Unsettled Territory
2:30-3:30 Line Dance 2
3-4:30 Perf. Latin LD

24
9-10 Tai Chi Chih, Adv.
9-12 Adv. Woodcarving
10-11:30 Space Batteries
1-3 Ceramics
1:30-2:30 Line Dance 1
1:30-3 Unsettled Territory
2:30-3:30 Line Dance 2
3-4:30 Perf. Latin LD

25
9:30-10:30 Line Dance 3
10-11 Sr. Activity Ctr.
10-11:30 Int. Knitting
10:30-11:30 Line Dance 4
10:30-11:30 Line Dance 4
1:30-4 Int. Bridge
2-3:30 Belly Dance

26
9-12 Adv. Woodcarving
9-12 Beg. Woodcarving
9:30-10:45 Fit & Fall Proof
10-11 Canada & Europe
12 Lady Niners' Golf
1-2:30 Mimiodoka
2-3 Latin Line Dance
3-4:30 Perf. Latin LD

27
9:30-10:55 Line Dance 5
11-12 Knit/Crochet Service
12:30-2 Readers' Theatre
2-4 Creative Writing
3-4 Ballroom Dance 1
3-4 Belief: Oprah
4-5 Ballroom Dance 2
4-7 Square Dance

28
9-12 Adv. Woodcarving
9:30-10 Fit & Fall Proof
10-11:30 Walking Greenway
10-12 Mahjong
1:30-3 Winston Churchill
2-4 Texas Hold'em Poker

29

30

HALLOWEEN
9-12 Adv. Woodcarving
9-10 Tai Chi Chih, Adv.
1-3 Ceramics
1:30-2:30 Line Dance 1
2:30-3:30 Line Dance 2
3-4:30 Perf. Latin LD

31

NKA 2016 MEMBERSHIP AND REGISTRATION FORM

New Member Previous Member

PLEASE: PRINT NEATLY
SIGN BELOW
COMPLETE BOTH SIDES

Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: Phone E-mail

Preferred method of registration receipt: Mailed E-mailed

REGISTRATION DUE BY AUGUST 29

Three options are available to register:

1—By Mail:

Idaho State University
Continuing Education/Workforce Training
921 S 8th Ave. STOP 8062
Pocatello ID, 83209

2—In Person at:

1001 N 7th Ave. Suite 202

3—Online at:

cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3155

Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

\$35 per person/per semester \$ _____

Parking Fee \$5 (once a year) \$ _____

Only required on campus before 4 p.m.

TOTAL DUE \$ _____

NOTE: Some classes require additional fees that need to be paid at the first class or prior to the class to the instructor or facilitator.

AGREEMENT AND RELEASE OF LIABILITY

1. In consideration of gaining membership or being allowed to participate in the activities and programs of ISU New Knowledge Adventures and to use its facilities and equipment, I do hereby waive, release, and forever discharge Idaho State University and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities of said program. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of ISU New Knowledge Adventures.

2. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any of these activities and programs of Idaho State University's New Knowledge Adventures or use of equipment except as hereinafter stated.

I do hereby assume all responsibility for my participation and activities, and for my use of equipment in these activities.

I do assume responsibility for my participation in class and will call 282-3372 if I cannot attend.

Date: _____

NKA Member Signature: _____

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

NOTE: Classes filled first-registered, first-served. Please cancel ASAP if you are signed up for a program and cannot attend.

ART, MUSIC, & THEATRE

- Readers' Theatre #3134
- Preview to the Symphony #3322
Section: 1 2 3
- Preview to Next to Normal #3550
- Art Along the Greenway #3551
- Murder Mystery #3552
- Preview to Turn of the Screw #3553
- Producing Community Theatre #3554
- Preview to Narnia #3555

CRAFTS & HOBBIES

- Woodcarving, Advanced #3558
Section: 1-Mon 2-Wed 3-Fri
- China Painting, Beginning #3557
- Hand Built Pottery #3165
- Knitting Skills, Beginner #3556
- Knitting & Crocheting Service Project #3196
- Glazing Bisque Pottery #3629
- Woodcarving, Beginning #3101
- Flowers With L.D. #3487
Section: 1 2
- Knot Tying #3560
- Silk Painting: Salt Technique #3430
- Ceramics, Basic #3561
- Silk Painting: Fence Technique #3486
- Knitting Skills, Intermediate #3102
- Tie Dying #3368
- Fly Fishing, Introduction #3562
- Alcohol Ink Art Tiles #3490

FITNESS & MOTION

- Hiking & Snowshoeing #3118
- Line Dance 1, Starter #3111
- Line Dance 2, Beginner #3112
- Latin Line Dance, Performance #3108
- Line Dance 3, Beginner II & Intermediate #3113
- Line Dance 4, Oldies but Goodies I #3110
- Pickleball #3433
- Belly Dance #3492
- Fit & Fall Proof #3106
- Lady Niners' Golf #3116
- Latin Line Dancing #3107
- Line Dance 5, Oldies but Goodies II #3630
- Ballroom Dancing #3491
Section: 1 2
- Square Dance #3105
- Walking the Greenway #3115
- T'ai Chi Chih, Advanced #3104

FOOD & BEVERAGE

- International Cuisine Planning #3119
- Taste & Share #3197
- Dutch Oven Cooking for Fun & Profit #3563
- Wine Tasting at PV's Uncorked #3564
- Apples—From Legend to Lunchbox #3565
- Wine Tasting by the Grapevine #3122
- Wine Tasting at Café Tuscano #3120

GAMES

- Bridge, Beginning #3128
- Bridge, Intermediate: Defense #3228
- Mahjong #3125
- Lunch & Games #3126
Section: 1 2 3 4
- Texas Hold'em Poker #3127
- Pinochle #3496
- Sudoku #3566
- Trivia Quizzes! #3567

GENERAL INTEREST

- Fair Share Idaho #3568
- Roadside Cleanup Service Project #3415
Section: 1 2 3
- Belief: Oprah Documentary #3569
- Gardening in Fall #3570
- Time to Declutter #3571
- Bannock County Detention #3572
- Know Your Car #3573
- Coming to America #3574
- Psychology of Fraud #3575
- Journey Through Myanmar #3576
- The Dark Triad #3577
- Medicare 101 #3578
- Family Search Workshop for Beginners #3235
- Islamic Community Visit #3501
- Burma: The Golden Land #3579
- State of the State of the Economy #3580
- Senior Activity Center #3581
- Canada by Train & Europe Without Hotels #3582
- Habitat for Humanity #3583
- Estate Planning #3232
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- Child Welfare System—Aging Out #3586
- Elder Fraud: Don't Be Scammed #3587
- Can You Upload Yourself Into a Computer? #3588
- Islamic Contributions to Civilization #3589
- Normalizing Death #3590

HEALTH & WELLNESS

- Health Information for Seniors #3340
- Dental Care for Mature Audience #3591
- Drumming Circle, Therapeutic #3527
- Fasting: A Gift to Your Body & Soul #3592
- Mindfulness Meditation #3339

- Dementia #3465
- Acupuncture #3593
- Drum Talk Choir #3594
- Emotions & Your Brain #3595
- Wigs, Toupees, & Hairpieces #3596
- Freedom Through Vocal Toning #3597
- Brain Under Stress #3598
- Aging Eyes #3250

HISTORY

- European Union #3599
- The Basque in Idaho #3631
- The Two Most Interesting Medieval Women #3600
- Churchill's Wartime Rhetoric #3331
- Swimming to Cambodia #3601
- Minidoka National Historic Site #3602
- Morrisite War & its Idaho Impact #3603
- Reactions to Jefferson, Lincoln... #3604
- Love Letters From the South Pacific #3605

NATURE, SCIENCE, & TECHNOLOGY

- Tech Savvy Seniors #3505
Section: 1 2 3 4
- Portneuf River Visioning Plan #3606
- Bear Education & Safety #3156
- Conserving Special Places #3607
- Bird Watching for Beginners #3608
- Zoo Idaho #3609
- Zoo Idaho Field Trip #3610
- Yellowstone NP Management Challenges #3611
- Geosciences at Craters of the Moon #3612
- Astronomy 102: Way Beyond the Planets #3613
- New Horse Sense From Old Horse Bones #3614
- Space Batteries—Made in Idaho #3615
- 3D Printers #3521
- Radio Waves & Other Phenomena #3616

TRAVEL & FIELD TRIPS

- Yankee Fork Ghost Town & Float Trip #3617
- Heber Valley Fall Foliage #3618
- Mountain River Ranch #3619
- Yellowstone Overnight Adventure #3620

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- 12 Steps to a Compassionate Life #3621
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- Unsettled Territory #3624
- Jane Austen: Her Life & Literature #3625
- Show It, Don't Tell It #3626
- C.S. Lewis: His Life & Legacy #3627
- 101 Most Influential People... #3628

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SIGN BELOW
COMPLETE BOTH SIDES

Name: _____

Address: _____

City/State/Zip: _____

Daytime Phone: _____ Evening Phone: _____ Cell Phone: _____

E-Mail: _____

Emergency Contact Person and Phone: _____

Preferred method of contact: Phone E-mail

Preferred method of registration receipt: Mailed E-mailed

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Continuing Education/Workforce Training
921 S 8th Ave. STOP 8062
Pocatello ID, 83209

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1001 N 7th Ave. Suite 202

3—Online at:

cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3155

Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

\$35 per person/per semester \$ _____

Parking Fee \$5 (once a year) \$ _____

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TOTAL DUE \$ _____

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- Emotions & Your Brain #3595
- Wigs, Toupees, & Hairpieces #3596
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- Brain Under Stress #3598
- Aging Eyes #3250

HISTORY

- European Union #3599
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- The Two Most Interesting Medieval Women #3600
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- Minidoka National Historic Site #3602
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- Conserving Special Places #3607
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- Zoo Idaho Field Trip #3610
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- Geosciences at Craters of the Moon #3612
- Astronomy 102: Way Beyond the Planets #3613
- New Horse Sense From Old Horse Bones #3614
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- 3D Printers #3521
- Radio Waves & Other Phenomena #3616

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- Idaho Historical Novelist #3622
- Book Exchange #3129
- Reading Literature for Fun & Profit #3632
- Book Group & a Glass... #3372
- Unsettled Territory #3624
- Jane Austen: Her Life & Literature #3625
- Show It, Don't Tell It #3626
- C.S. Lewis: His Life & Legacy #3627
- 101 Most Influential People... #3628

NOVEMBER 2016

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | |
|------------------|--|---|---|---|--|
| | <p>1</p> <p>9:30-10:30 Line Dance 3 10-11:30 Int. Knitting 10:30-11:30 Line Dance 4 10:30-1 Beg. Bridge 2-3:30 Belly Dance</p> | <p>2</p> <p>9-12 Adv. Woodcarving 9-12 Beg. Woodcarving 9:30-10:45 Fit & Fall Proof 11-12 Morrisite War 2-3 Latin Line Dance 2-4 3D Printers 3-4:30 Perf. Latin LD</p> | <p>3</p> <p>9:30-10:55 Line Dance 5 10 Board Meeting 11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 1-2:30 Emotions & Brain 2-4 Creative Writing 3-4 Ballroom Dance 1 3-5 Wigs... 4-5 Ballroom Dance 2 4-5:30 Book & a Glass 4-7 Square Dance</p> | <p>4</p> <p>9-12 Adv. Woodcarving 9:30-10 Fit & Fall Proof 10-12 Mahjong 1:30-3 Winston Churchill 2-4 Texas Hold'em Poker 3-4 Preview Symphony</p> | <p>5</p> |
| <p>6</p> | <p>7</p> <p>9-10 Tai Chi Chih, Adv. 9-12 Adv. Woodcarving 10-11:30 Habitat for Humanity 1:30-2:30 Line Dance 1 2:30-3:30 Line Dance 2 3-4:30 Perf. Latin LD 3:30-5 Tech Savvy Seniors</p> | <p>8</p> <p>ELECTION DAY 9:30-10:30 Line Dance 3 10-11 Vocal Toning 10-11:30 Int. Knitting 10:30-11:30 Line Dance 4 10:30-1 Beg. Bridge 1-3:30 Flowers With LD 1:30-3:30 Tie Dying 2-3:30 Belly Dance</p> | <p>9</p> <p>9-12 Adv. Woodcarving 9-12 Beg. Woodcarving 9:30-10:45 Fit & Fall Proof 10-11 Responses to J. L... 11:30-1 Taste & Share 2-3 Latin Line Dance 3-4:30 Perf. Latin LD 5-7 Wine Tasting, Café Tuscano</p> | <p>11</p> <p>9-12 Adv. Woodcarving 9:30-10 Fit & Fall Proof 10-12 Mahjong 1:30-3 Love Letters/S. Pacific 1:30-3 Winston Churchill 2-4 Texas Hold'em Poker</p> | <p>12</p> |
| <p>13</p> | <p>14</p> <p>9-10 Tai Chi Chih, Adv. 9-12 Adv. Woodcarving 11-12 Estate Planning 1-2:30 Far-Right Fantasy 1:30-2:30 Line Dance 1 2:30-3:30 Line Dance 2 3-4:30 Perf. Latin LD</p> | <p>15</p> <p>9:30-10:30 Line Dance 3 10-11 Vocal Toning 10-11:30 Int. Knitting 10:30-11:30 Line Dance 4 10:30-1 Beg. Bridge 1-2:30 Jane Austen 2-3:30 Belly Dance</p> | <p>16</p> <p>9-12 Adv. Woodcarving 9-12 Beg. Woodcarving 9:30-10:45 Fit & Fall Proof 11-12 Show It, Don't Tell It 2-3 Latin Line Dance 2-3:30 Child Welfare System 3-4:30 Perf. Latin LD</p> | <p>17</p> <p>9:30-10:55 Line Dance 5 10-11:30 C.S. Lewis 11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 2-4 Creative Writing 3-4 Ballroom Dance 1 4-5 Ballroom Dance 2 4-7 Square Dance</p> | <p>18</p> <p>9-12 Adv. Woodcarving 9:30-10 Fit & Fall Proof 10-12 Mahjong 12-3 Lunch & Games 1:30-3 Winston Churchill 2-4 Texas Hold'em Poker 5-6 Preview <i>Narnia</i></p> |
| <p>20</p> | <p>21</p> <p>9-10 Tai Chi Chih, Adv. 9-12 Adv. Woodcarving 3-4:30 Perf. Latin LD</p> | <p>22</p> <p>10-11 Vocal Toning</p> | <p>23</p> <p>9-12 Adv. Woodcarving 9-12 Beg. Woodcarving 9:30-10:45 Fit & Fall Proof 3-4:30 Perf. Latin LD</p> | <p>24</p> <p>THANKSGIVING</p> | <p>25</p> |
| <p>27</p> | <p>28</p> <p>9-10 Tai Chi Chih, Adv. 9-12 Adv. Woodcarving 10-11 Fly Fishing 1-2:30 Most Influential People 3-4:30 Perf. Latin LD</p> | <p>29</p> <p>10-11 Elder Fraud 10:30-1 Beg. Bridge</p> | <p>30</p> <p>9-12 Adv. Woodcarving 9-12 Beg. Woodcarving 9:30-10:45 Fit & Fall Proof 3-4:30 Perf. Latin LD</p> | | |

DECEMBER 2016

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|--|---|--|--|---|---|
| 4 | 5 9-10 Tai Chi Chih, Adv. 9-12 Adv. Woodcarving 10-12 Alcohol Ink Art Tiles 1-2:30 Most Influential People 3-4:30 Perf. Latin LD 3:30-5 Tech Savvy Seniors | 6 10-12 Radio Waves 10:30-1 Beg. Bridge 1-2 Trivia | 7 9-12 Adv. Woodcarving 9-12 Beg. Woodcarving 9:30-10:45 Fit & Fall Proof 1:30-3 Islamic Civilization 3-4:30 Perf. Latin LD Christmas Dinner | 8 10-11:30 Normalizing Death 11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 2-4 Creative Writing 3-4 Ballroom Dance 1 4-5 Ballroom Dance 2 4-7 Square Dance | 9 9-12 Adv. Woodcarving 9:30-10 Fit & Fall Proof 10-12 Mahjong 12-3 Lunch & Games 2-4 Texas Hold'em Poker | 10 9-12 Adv. Woodcarving 9:30-10 Fit & Fall Proof 10-12 Mahjong 12-3 Lunch & Games 2-4 Texas Hold'em Poker |
| 11 | 12 9-12 Adv. Woodcarving 9-10 Tai Chi Chih, Adv. 1-2:30 Most Influential People 3-4:30 Perf. Latin LD FINALS WEEK | 13 | 14 9-12 Adv. Woodcarving 9-12 Beg. Woodcarving 9:30-10:45 Fit & Fall Proof 3-4:30 Perf. Latin LD | 15 11-12 Knit/Crochet Service 12:30-2 Readers' Theatre 1-2:30 Most Influential People 2-4 Creative Writing 3-4 Ballroom Dance 1 4-5 Ballroom Dance 2 4-7 Square Dance | 16 9-12 Woodcarving Cleanup 9:30-10 Fit & Fall Proof 10-12 Mahjong 2-4 Texas Hold'em Poker 3-4:30 Perf. Latin LD | 17 9-12 Woodcarving Cleanup 9:30-10 Fit & Fall Proof 10-12 Mahjong 2-4 Texas Hold'em Poker 3-4:30 Perf. Latin LD |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 CHRISTMAS | 26 | 27 | 28 | 29 | 30 | 31 |
| 1 | 2 | 3 | 1 | 2 | 3 | 4 |

Lunch & Games (#3126)

Fridays: September 16, October 14, November 18, December 9; 12 noon–3:00 p.m.

Lunch is served at noon. Hand and Foot game OR the Dominoes Mexican Train game go from 1:00 to 3:00 p.m. There is no cost for the games. You must sign up to participate each month. The facilitator will verify attendance by calling everyone who signs up. On your registration form, please choose the sections you plan to attend.

SECTION 1 – Friday: September 16; 12–3 p.m.

SECTION 2 – Friday: October 14; 12–3 p.m.

SECTION 3 – Friday: November 18; 12–3 p.m.

SECTION 4 – Friday: December 9; 12–3 p.m.

Location: Juniper Hills Country Club,
6600 Bannock Highway

Facilitator: Pat Ringe (233-5494)

Class Limit: 90

Class Fee: \$13.00 per lunch (to be paid at the door)

Texas Hold'em Poker (#3127)

*Fridays: September 16–December 16;
2:00–4:00 p.m.*

This class is for anyone who wants to play Texas Hold'em Poker. Groups will be set up by ability levels. We will teach anyone to play.

Location: CONED 156

Facilitators: Sandra Noakes (251-2862);
Betty Adams (587-2880)

Class Limit: 24

Pinochle (#3496)

*Wednesdays: September 21, 28, October 5, 12;
1:30–3:30 p.m.*

Partnership Pinochle will be taught and played. Twenty participants will play in five groups of four at each table.

Location: CONED 156

Instructors: Virginia Kelly, Kathy Stevens, Charlie Sloat

Facilitator: Virginia Kelly (232-7417)

Class Limit: 20

Sudoku (#3566)

Friday: October 14; 1:00–3:00 p.m.

This class is taught for beginning and intermediate Sudoku enthusiasts. By the end of class students will enjoy this famous numbers game. No prior knowledge or experience is necessary. All equipment is provided.

Location: CONED 161

Instructor-Facilitator: Allan Priddy (234-2849)

Class Limit: 30

Trivia Quizzes! (#3567)

Tuesday: December 6; 1:00–2:00 p.m.

Got plenty of useless knowledge? Come try out our quick-question quizzes on multiple subjects, such as history, geography, current events, entertainment, etc. Please bring your own pencil and a hard surface to write on (such as a clipboard). Answer forms will be provided. No prizes. Just trivia fun!

Location: CONED 161

Instructor: Carol Nelson

Facilitator: Cheryl Lyda (lydacher@gmail.com)

GENERAL INTEREST**Fair Share Idaho** (#3568)

Tuesday: September 13; 10:30–12:00 noon

Idaho's underfunded education system needs more money. Idaho's taxation system needs repair. When income tax rates are lowered, and special interests are exempt from sales taxes, schools lose. Fair Share Idaho proposes to rectify these problems by lowering the sales tax and eliminating 31 sales tax exemptions. Citizens need to understand that everyone is not paying their fair share; when they do, they can demand that the legislature make our tax system fairer and adequately fund education. Muriel Roberts is a board member of the Pocatello League of Women Voters and past president of the League of Women Voters of Idaho.

Location: CONED 161

Instructor: Muriel Roberts

Facilitator: Donna Boe (233-5651)

Roadside Cleanup Service

Project (#3415)

Tuesdays: September 13, 20, 27; 1:00–4:00 p.m.

Ongoing roadside cleanup projects for the City of Pocatello (September 13 & 27) and Bannock County (September 20). Bring your own gloves and a small pack for extra bags; the City and County provide large trash bags and bright vests; another organization loans us pick-up sticks.

SECTION 1 – Tuesday: September 13; 1–4 p.m.

Location: Climbers' parking lot just south of Ross Park, on the east (cliff) side of South 2nd Ave. There, we'll distribute equipment and assign workers to roadside segments.

SECTION 2 – Tuesday: September 20; 1–4 p.m.

Location: Meet at CONED building entrance to sign in and arrange car pools to the intersection of Fort Hall Mine Rd. and South Bannock Hwy. There, we'll assign workers to teams and roadside segments.

SECTION 3 – Tuesday: September 27; 1–4 p.m.

Location: Meet at CONED building entrance to sign in and arrange car pools to alleyways.

Instructor-Facilitator: Ruth Moorhead (233-5011)

Belief: Oprah Documentary (#3569)

Thursdays: September 15, 22, 29, October 6–27; 3:00–4:00 p.m.

Oprah Winfrey presents *Belief*, a seven-part documentary exploring our ongoing search to connect with something greater than ourselves. *Belief* invites viewers to witness some of the world's most fascinating religious and spiritual journeys through the eyes of believers. Traveling to the far reaches of the world, and to places cameras have rarely been, these stories will help us know what others believe. In order, the episode titles are *The Seekers*, *Love's Story*, *Acts of Faith*, *A Change Is Gonna Come*, *God Help Us*, *The Practice*, and *A Good Life*.

Location: CONED 159

Instructor-Facilitator: Virginia Kelly (232-7417)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.

Gardening in Fall (#3570)

Thursday: September 15; 5:00–7:00 p.m.

You need to do WHAT in the FALL? Come and learn about fall pruning, fertilization, and treatment of perennial weeds. See and consider flowers that thrive in shorter days and cooler temperatures. Fall gardening can give you a head start for spring. Don't forget the bulbs.

Location: Pinehurst Nursery, 4101 Poleline Rd., Pocatello

Instructor: Vicky Kendrick

Facilitator: Helen Beitia (237-2528)

Time to Declutter (#3571)

Monday: September 19; 10:00–11:00 a.m.

It is always time to declutter! The world's number one author on the subject, Don Aslett, will show you why, how, when, and where to handle or discard the stuff that you don't really need. This will be a fun class.

Location: The Museum of Clean, 711 South 2nd Ave.

Instructor: Don Aslett

Facilitator: Julie Becvar
(uptight1999@yahoo.com; 547-7730)

Bannock County Detention

Facilities (#3572)

Wednesday: September 21; 2:00–3:30 p.m.

How has detention changed since the County built the seven-cell jail in 1978? At that time, all offenders—juveniles, adults, felons, men, and women—were housed in the same block. Later, in 1994, state and federal regulations and a growing population required the larger Bannock County Jail on South 5th Ave. Now, separation of jail populations, which include drug addicts and mentally ill offenders, add even more challenges for Sheriff Nielsen and his staff. Learn what options and solutions Bannock County and Sheriff Nielsen propose.

Location: CONED 161

Instructor: Lorin W. Nielsen, Bannock County Sheriff

Facilitator: Donna Boe
(233-5651; donnaboec@cablone.net)

Know Your Car (#3573)

*Tuesday & Wednesday: September 27, 28;
10:00–11:00 a.m.*

The purpose of this course is to help car owners discover and learn the things they want to know about their cars. Car owners will be able to learn how to maintain their vehicles, save money, or just check for safety. The course is a starting point for interested car owners to learn the basic skills necessary for operating their cars.

Location: Tuesday, September 27; 10:00–11:00 a.m., CONED 160

Wednesday, September 28; 10:00–11:00 a.m., TBD

Instructor: Gary Shipley, instructor,
College of Technology, ISU

Class Limit: 12

Facilitator: Marijana Dolsen (233-8735)

Coming to America (#3574)

Wednesday: September 28; 1:00–2:30 p.m.

America is a country of immigrants, but immigration today is more complicated than getting on a boat and stepping on Plymouth Rock. Media and commentators often say that immigrants should “get in line” to come here legally. There is less discussion of how the process works. This class will provide an overview of just what it takes to immigrate to the United States, whether immigration is based on family connections, employment, money, or refugee status. Presenters are Jetta Mathews, an attorney with Moffatt Thomas, and Jason Brown, an attorney with Legal Aid.

Location: CONED 161

Instructor: Jetta Mathews & Jason Brown

Facilitator: Jim Manning (233-9425)

Psychology of Fraud (#3575)

Friday: September 30; 11:00–12:00 noon

Learn about the psychological weapons criminals use to steal your hard-earned money. Learn the tricks they use to exploit our psychological weaknesses. Learn how to defend yourself when you find yourself interested in a proposition that is too good to be true. This is a

fun, interactive class that will empower you to fight frauds and scams.

Location: CONED 161

Instructor: Cathy McDougall, AARP outreach director

Facilitator: Julie Becvar
(uptight1999@yahoo.com; 233-6183)

Journey Through Myanmar (#3576)

Tuesday: October 4; 2:00–3:30 p.m.

A once closed country, Myanmar is slowly opening its doors to the outside world. Linda Groom was fortunate enough to tour the country for three weeks in late 2015, during the Burmese election. After snapping over 6,000 photos, she’s culled them down to a more manageable number. Come see the wonder of Schwedagon, a bit of Yangon, a flight over Bagan, a peek in Mandalay, and a wander around Inle Lake.

Location: CONED 161

Instructor: Linda Groom

Facilitator: Donna Boe (233-5651)

The Dark Triad (#3577)

Wednesday: October 5; 1:00–2:30 p.m.

A discussion about how the “Dark Triad” of narcissism, psychopathology, and Machiavellianism in varying degrees of combination (self-grandiosity, emotional instability, exploitation of others) in those holding leadership roles (dictators, CEOs, military commanders, cult leaders, politicians, celebrities) have been toxic to their supporters/followers.

Location: CONED 159

Instructor: Dr. Victor Joe, professor emeritus of
psychology, ISU

Facilitator: Virginia Kelly (232-7417)

Medicare 101 (#3578)

Thursday: October 6; 1:00–2:30 p.m.

Medicare is a changing program offering many options to seniors and to those on Medicare because of disability. Please join us for this overview of Medicare benefits, options, and sources of help. Tonya Steele of the Statewide Health Insurance Benefits Advisors (SHIBA) will discuss
(continues...)

(continued: Medicare 101)

Parts A & B, Medigap/Medicare Supplement Insurance, Part C Medicare Advantage Plans, Part D prescription drug coverage, and assistance programs.

Location: CONED 161

Instructor: Tonya Steele, SHIBA volunteer services coordinator

Facilitator: Liz Benson (232-0054)

Family Search Workshop for Beginners (#3235)

Fridays: October 7, 14; 11 a.m.–12:30 p.m.

Got genealogy and searching for ancestors on your bucket list? This is your chance to get going, using arguably the best program available—and it's free! Please bring a short list of ancestors with approximate birth dates and places, a notebook, and a pen. You can learn how to begin creating a family tree and how to search for documentation of ancestors.

Location: Pocatello Family Search Library, 156½ South 6th Ave.

Instructor: Gaylen Binggeli

Facilitator: Dawn Keller (237-9521)

Islamic Community Visit (#3501)

Saturday: October 8; 1:00–3:00 p.m.

Learn about Islamic beliefs and the Islamic community in Pocatello during this visit.

Location: The Mosque, 1513 South 5th Ave.

Instructor: Dr. Daniel Hummel, assistant professor of political science, ISU

Facilitator: Virginia Kelly (232-7417)

Class Limit: 50

Burma: The Golden Land (#3579)

Monday: October 10; 2:00–3:30 p.m.

In this presentation Lewis Thomas describes his twenty years of travel and anthropological research in one of the most alluring and exotic countries on Earth, the “Golden Land” of Burma/Myanmar. Burma's colorful people, cultures, and religious traditions will be emphasized and illustrated.

Location: CONED 161

Instructor: Lewis K. Thomas, lecturer in anthropology, ISU

Facilitator: Marijana Dolsen (233-8735)

State of the State of the Economy (#3580)

Wednesday: October 12; 1:00–2:00 p.m.

The economy is in a constant state of change. It can swing from expansion to contraction and back to expansion in only a matter of months. Conflicting media reports only compound this issue. We will look at actual, current data from different areas of the economy to derive the current economic “State of the State”. Additionally, we will look at what the current data suggests the next several months may look like from both an optimistic and a pessimistic perspective.

Location: CONED 161

Instructor: Joel Phillips, Sanctuary Wealth Management

Facilitator: Jim Manning (233-9425)

Senior Activity Center (#3581)

Tuesday: October 25; 10:00–11:00 a.m.

Ronna will share information about the new Senior Activity Center Schedule, the groups using the facility, and new plans for expanding the program.

Location: CONED 161

Instructor: Ronna Dueling

Facilitator: Virginia Kelly (232-7417)

Canada by Train & Europe Without Hotels (#3582)

Wednesday: October 26; 10:00–11:00 a.m.

Brenda Stanley, one of southeastern Idaho's claims to fame, has agreed to relate some of her recent travel experiences to us. She will have good ideas for us and will probably inspire us to do some traveling.

Location: CONED 161

Instructor: Brenda Stanley

Facilitator: Marg Griffin (233-1898)

Habitat for Humanity (#3583)*Monday: November 7; 10:00–11:30 a.m.*

Learn about Gateway Habitat for Humanity, an organization that provides a unique opportunity to create low-income housing. Gateway HfH is a locally run affiliate of Habitat for Humanity International, a nonprofit, ecumenical Christian housing organization, which works in partnership with people in need to build and renovate decent, affordable housing. Gateway HfH also owns and operates the ReStore at 2400 Garrett Way, which sells new and used building materials at thrift store prices. Proceeds go to building low-income housing in Pocatello.

Location: CONED 159**Instructors:** Allan Priddy, Ben LaBarge, & a HfH home owner**Facilitator:** Lee Dille (339-5346)

Estate Planning (#3232)*Monday: November 14; 11 a.m.–12:00 noon*

This class will explore the basics of estate planning in today's environment. Nathan, an attorney with Racine Olson, will discuss the pros and cons of wills and trusts and how to plan for long-term healthcare needs.

Location: CONED 161**Instructor:** Nathan R. Palmer, attorney**Facilitator:** Jim Manning (233-9425)

Far-Right Fantasy (#3585)*Monday: November 14; 1:00–2:30 p.m.*

Far-Right Fantasy: What it is, where it comes from, and why it attracts people. Nationally recognized for his extensive research and analysis of extremist political-religious groups, Dr. Aho will discuss these questions and issues.

Location: CONED 159**Instructor:** Dr. James Aho, professor emeritus of sociology, ISU**Facilitator:** Jane Riley (237-6801)

Child Welfare System—Aging Out

(#3586)

Wednesday: November 16; 2:00–3:30 p.m.

The documentary *From Place to Place* tells the true stories of Micah, Mandy, and Raif. When they aged out of foster care in Montana, they struggled to start their lives with little support beyond that of their social worker, Matt. Mandy and Raif traveled to Capitol Hill to tell their stories and to try to change the system that failed them.

Location: CONED 161**Instructor:** Chris Freeburne, LCSW, Program Manager, Dept. of Health & Welfare**Facilitator:** Donna Boe (233-5651)

Elder Fraud:**Don't Be Scammed** (#3587)*Tuesday: November 29; 10:00–11:00 a.m.*

Dianne Brush, Community Service Specialist with the Pocatello Police Department, is the go-to expert on elder fraud. She will address all areas of this important subject and answer any questions.

Location: CONED 161**Instructor:** Dianne Brush**Facilitator:** Sharon Price (241-1432)

Can You Upload Yourself Into a Computer? (#3588)*Friday: December 2; 10:30 a.m.–12:00 noon*

Dr. Berger will address the questions of whether it is possible to upload oneself into a computer, whether people might be able to one day extend their lives in computers or if computers would merely simulate people. He will explore various theories of personal identity as well as how they bear on the possibility of uploading ourselves into computers.

Location: CONED 161**Instructor:** Dr. Jacob Berger, assistant professor of philosophy, ISU**Facilitator:** Jane Riley (237-6801)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.

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Islamic Contributions to Civilization (#3589)

Wednesday: December 7; 1:30–3:00 p.m.

Islamic culture has contributed to various aspects of our modern lives. Ibn Sina's *Canon of Medicine* was used in European universities until the 17th century. Algebra and algorithms are central areas of study in mathematics. The tales of Aladdin and Ali Baba and the Forty Thieves and the poetry of Rumi are still widely read. The violin and guitar are imitations of Middle Eastern instruments, and many architectural spaces in the West are adorned with Middle Eastern carpets and designs.

Location: CONED 161

Instructor: Dr. Zachary Heern, assistant professor of history, ISU

Facilitator: Virginia Kelly (232-7417)

Normalizing Death (#3590)

Thursday: December 8; 10:00–11:30 a.m.

There are two things certain for everyone—birth and death. We celebrate births but are hesitant to talk about death. We will explore death as a normal end to life.

Location: CONED 161

Instructor: Kelley Bocanegra, hospice social worker

Facilitator: Virginia Kelly (232-7417)

HEALTH & WELLNESS

Health Information for Seniors (#3340)

Monday: September 12; 10:00 a.m.–12:00 noon

Are you looking for reputable information about your health and wellness? This class helps seniors learn how to search for free, credible health information on the Internet and how to evaluate the quality of health information. Students will be introduced to senior health information resources created by the National Library of Medicine and the National Institutes of Health. Hands-on exercises will help students locate reliable, authoritative health information specific to seniors.

Location: CONED 238

Instructor: Dr. Ruiling Guo, associate professor of health care administration, ISU

Facilitator: Barbara Bain (bainbarb@isu.edu)

Class Limit: 18

Dental Care for Mature Audience (#3591)

Wednesday: September 14; 10:00–11:00 a.m.

The focus will be on dental care for a mature audience with discussion of advanced general dentistry beyond crowns and bridges.

Location: CONED 203

Instructor: Meg Long, RDH, clinical associate professor, ISU School of Dentistry

Facilitator: Marg Griffin (233-1898; ggriffmarg@gmail.com)

Drumming Circle, Therapeutic (#3527)

*Wednesday: September 14; 4:00–5:30 p.m. AND
Thursdays: September 15–December 15;
3:00–4:30 p.m.*

Therapeutic drumming is facilitated group drumming with these objectives: reduce stress and boost energy; learn about scientific research on drumming and health; develop personal rhythm and connections; play healing rhythms of life, spirit, and the world; find joy in making music with a group. Weekly practices include learning Rhythms of Life, Spirit, and World, with their integrative play-along, and a 45-minute jam session. Bring your world drums. No experience necessary.

Locations: Sept. 14, CONED 159; Sept. 15 - Dec. 15, Senior Activity Center

Class Limit: 26 for first class; none for practices

Instructor-Facilitator: Rachel Damewood (damerw@cableone.net)

Fasting: A Gift to Your Body & Soul (#3592)

Thursday: September 15; 4:30–5:30 p.m.

This class will present the modern view of the ancient tradition of fasting. The discussion will be based on the instructor's personal experience and on the teachings of Paul Bragg, a founding father

of American naturopathic medicine. The class will focus on the reasons to fast, benefits of fasting, and its practical aspects.

Location: CONED 161

Instructor: Leonid Hanin, PhD

Facilitator: Rachel Damewood
(damerw@cableone.net)

Mindfulness Meditation (#3339)

**Mondays: September 19, 26, October 3, 10;
10:30 a.m.–12:00 noon**

Mindfulness meditation is an ancient practice now being used for its physical and emotional benefits, especially for those of us who are older. Join Tony and Paula Seikel in learning and practicing the fundamentals of mindfulness meditation in several forms. Meditation sessions will involve sitting for up to 30 minutes as we develop our practice. Participants should wear comfortable clothes.

Location: CONED 160

Instructors: Tony Seikel, PhD & Paula Seikel, PhD

Facilitator: Barb Bain (bainbarb@isu.edu)

Class Limit: 20

Dementia (#3465)

Tuesday: September 27; 10:00 a.m.–12:00 noon

Caring for a person with dementia poses many challenges for families and caregivers. People with dementia have a progressive brain disorder that makes it difficult for them to remember things, think clearly, communicate, or take care of themselves. Dementia also can cause mood swings and even change personality and behavior. Caring for someone with dementia is challenging and, at times, overwhelming. This class is designed to give basic knowledge of Alzheimer's and other dementias and provide tips to empower caregivers.

Location: CONED 161

Instructor: Velana Roth, LMSW, CGC

Facilitator: Marg Griffin
(233-1898; ggriffmarg@gmail.com)

Acupuncture (#3593)

Wednesday: October 12; 11:00 a.m.–12:00 noon

Acupuncture is often associated with pain control, but in the hands of a well-trained practitioner it has broader applications. A licensed acupuncturist has learned acupuncture, Chinese medicine theory, herbal medicine, Chinese massage, food therapy, and a variety of Asian wellness practices. The World Health Organization recognizes the use of acupuncture in the treatment of a wide range of medical problems, including respiratory, neurological, and muscular disorders. It is particularly useful in resolving problems related to tension, stress, and emotional conditions. Ethan will enlighten us about alternative medicines compatible with health management.

Location: CONED 161

Instructor: Ethan Fisher, L.Ac.

Facilitator: Helen Beitia (237-2528)

Drum Talk Choir (#3594)

**Thursdays: October 20, 27, November 3;
3:00–4:30 p.m.**

This is not a free-style drum circle. Before we practice on drums (optional), we will focus on the Drum Talk vocal process, which is the first secret of mastering rhythm and freeing creativity. An extra benefit is the liberation of the voice. Our path will be sensitive listening and respect for all. "If you can say it, you can play it." Chanting meaningless rhythm syllables that sound like drums is how people have learned to drum for thousands of years. It is very easy, in call and response, to echo short, simple patterns after the leader. Learn more at www.VocalToningForHealth.com.

Location: Senior Activity Center

Instructor: George Grant

Facilitator: Rachel Damewood
(damerw@cableone.net)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.

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Emotions & Your Brain (#3595)*Thursday: November 3; 1:00–2:30 p.m.*

Emotions drive our human system. They affect cognition, memory, learning, behavior, our perception of reality, creativity, our experience of pain, etc. Emotions can affect the brain, and the brain can affect emotions. Some emotions are hard-wired, and others must be learned.

Location: CONED 161**Instructor:** Dr. Robert Croker, professor emeritus of human resource training & development**Facilitator:** Sondra Dunkle (dunksond@gmail.com)**Wigs, Toupees, & Hairpieces** (#3596)*Thursday: November 3; 3:00–5:00 p.m.*

Okay, we're all getting older. But we can fight thinning hair or baldness, and still look our best by giving nature a little boost. Join us as Phoebe Greene, ISU cosmetology instructor, teaches us what to look for in wigs, toupees, and hairpieces: how to measure for one, where to buy one, how to have it fitted and cut to your face, how to make it stay in place (very important!), and how to clean, style, and care for it.

Location: CONED 161**Instructor:** Phoebe Greene**Facilitator:** Sondra Dunkle (dunksond@gmail.com)**Freedom Through Vocal Toning** (#3597)*Tuesdays: November 8, 15, 22; 10:00–11:00 a.m.*

Open to all, with or without musical background. With goals of stress reduction and health, instead of impressing an audience during a competitive performance, all the rules about why and how we “sing” change dramatically. Vocal toning begins as the spontaneous expression of wordless vowel tones to energize and integrate the body, mind, and soul. As we focus on listening, instead of on “getting it right”, natural harmonies and patterns are easy and intuitive. Learn more at www.VocalToningForHealth.com.

Location: CONED 159**Instructor:** George Grant**Facilitator:** Rachel Damewood (damerw@cableone.net)**Brain Under Stress** (#3598)*Thursday: November 10; 1:00–2:30 p.m.*

How does your body react to stress? How does your brain react to stress? There are good and bad stressors, and each has a different effect on our bodies and our brains—not always good, but not always bad, either. Come learn about these interactions and about how you can better manage and lessen stress in your life, thereby living a happier and healthier (and maybe longer) life.

Location: CONED 161**Instructor:** Dr. Robert Croker, professor emeritus of human resource training & development**Facilitator:** Sondra Dunkle (dunksond@gmail.com)**Agging Eyes** (#3250)*Friday: December 2; 1:00–2:30 p.m.*

Dr. Fornarotto will discuss the anatomy of our eyes, provide an overview of common conditions of aging eyes, and offer helpful information to ensure that you will be able to see your best through maturity.

Location: CONED 161**Instructor:** Dr. John Fornarotto, MD**Facilitator:** Aleen Shearer (233-4803; 251-9589)**HISTORY****European Union** (#3599)*Monday: October 17; 11:00 a.m.–12:00 noon*

An overview of the creation of the European Union, this talk will include the political, economic, and social changes that ultimately led to the creation of the European Union. We will conclude with a discussion of what the European Union looks like today, its successes, and the difficulties it faces in the future.

Location: CONED 161**Instructor:** Dr. Donna Lybecker, professor of political science, ISU**Facilitator:** Mary Spinner (241-7258)

The Basque in Idaho (#3631)*Monday: October 17; 1:30–3:00 p.m.*

Far more people of Basque ancestry live outside of the Basque Country than in it, and Idaho has one of the largest concentrations of Basques in the world. The Basques are one of Europe's oldest people. Learn about this ancient culture and its impact on the Gem State. Dr. Bieter will present the history of the Basques in Idaho—from shepherding to politics—as a case study of immigration and how each generation addressed the choices and opportunities of their times.

Location: CONED 161**Instructor:** Dr. John Bieter, associate professor of history, BSU**Facilitator:** Mary Spinner (241-7258)

The Two Most Interesting Medieval Women (#3600)*Tuesday: October 11; 1:30–3:00 p.m.*

As in a game of chess, medieval queens were often powerful forces beside or behind the kings. There have been many powerful queens in the history of Europe, but none more powerful, or more beautiful, than two queens who reigned during the Early Middle Ages, Emma of Normandy (985–1052) and Eleanor of Aquitaine (1124–1204). Those two queens combined held sway over no fewer than eleven kings during a period spanning 200 years.

Location: CONED 161**Instructor:** Dr. Trent Stephens, professor emeritus of biology, ISU**Facilitator:** Kathleen Stephens (244-2732)

Churchill's Wartime Rhetoric (#3331)*Fridays: October 14, 21, 28, November 4, 11, 18; 1:30–3:00 p.m.*

In presenting Winston Churchill with Honorary U.S. Citizenship in 1963, President Kennedy declared, “in the dark days and darker nights when England stood alone, he mobilized the English language and sent it into battle.” Churchill rejected praise for his speeches, declaring, “I am not an orator. I am not a good speaker. I only learned to speak somehow or other with exceptional difficulty

and enormous practice.” We will study Churchill's rhetoric by focusing on his stirring wartime speeches in 1940 and 1941.

Location: Frazier Hall, Room 320, ISU**Instructor:** Dr. Bruce Loeb, professor emeritus of communication, ISU**Facilitator:** Jane Thornley (237-1659)**Class Limit:** 40**Note:** Parking permit is required to park on campus. *Obtain permit at the NKA office or by marking your registration form.*

Swimming to Cambodia (#3601)*Thursday: October 20; 6:00–9:00 p.m.*

After participants view the film *Swimming to Cambodia*, Dr. Sivitz will lead a discussion on the intersection of narrative, war, and entertainment. The film recounts Spalding Gray's experiences during the filming of the movie *The Killing Fields*. Gray also tells of the recent history of Cambodia and of his attempt to have “The Perfect Moment.”

Location: CONED 161**Instructor:** Dr. Paul Sivitz, lecturer in history, ISU**Facilitator:** Jane Riley (237-6801)

Minidoka National Historic Site (#3602)*Wednesday: October 26; 1:00–2:30 p.m.*

Carol Ash, chief of interpretation and education of the Minidoka National Historic Site, which is right in our backyard, near Eden, Idaho, will highlight Minidoka as a site of conscience and will present its history and progress. She will also discuss the 2016 Centennial of the National Park Service.

Location: CONED 161**Instructor:** Carol Ash**Facilitator:** Jane Riley (237-6801)

The Morrisite War & its Idaho Impact (#3603)*Wednesday: November 2; 11:00 a.m.–12:00 noon*

In 1863 a small group of impoverished immigrants came into the newly formed Idaho Territory under military escort. They had recently (*continues...*)

(continued: *Morrisite War and its Idaho Impact*)

lost the Morrisite War in Utah, a three-day siege with religious overtones. Their spiritual leader, Joseph Morris, and several of his flock were killed. The Morrisites settled along the Oregon Trail near a famous carbonated water spring. Rick Just, a descendant of those Morrisites, will tell the little-known story of the Morrisite War and how it was the defining moment for some Idaho pioneers.

Location: CONED 161

Instructor: Rick Just, professional historian

Facilitator: Mary Spinner (241-7258)

Reactions to Jefferson, Lincoln...

(#3604)

Wednesday: November 9; 10:00–11:00 a.m.

Dr. Hatzenbuehler will reflect on and respond to initial reactions (scholarly and otherwise) to his book, *Jefferson, Lincoln, and the Unfinished Work of the Nation*, which compares the thoughts of Thomas Jefferson and Abraham Lincoln on the topics of race and slavery, political parties, states' rights, religion and politics, presidential powers under the Constitution, and others.

Location: CONED 161

Instructor: Ron Hatzenbuehler, PhD, professor emeritus of history, ISU

Facilitator: Dr. Bill Brydon (billb1@cableone.net)

Love Letters From the South Pacific (#3605)

Friday: November 11, Veterans' Day; 1:30–3:00 p.m.

In WWII, Ray Brown served 28 months in the South Pacific as landing craft coxswain in the US Army. During his entire deployment, he exchanged letters nearly every day with his wife, June. Miraculously, those letters survived. We have the originals along with photographs illustrating details such as June's newest hat and Ray's account of adding cotton-rope suspenders to his oversized Army-issue pants. Ray's sense of humor comes through in each letter, such as when he states that the full moon in New Guinea would make a lovely night for romance—and also a lovely night for an air raid.

Location: CONED 203

Instructor: Dr. Trent Stephens, professor emeritus of biology, ISU

Facilitator: Kathleen Stephens (244-2732)

NATURE, SCIENCE, & TECHNOLOGY

Tech Savvy Seniors (#3505)

Mondays: September 12, October 3, November 7, December 5; 3:30–5:00 p.m.

Explore some uses of technology aided by a student corps of honors middle and high school students, who keep the teacher–student ratio low for interactive learning. Participants are encouraged to bring their fully charged devices. Demonstrations and evaluations are offered at each session. Students will show how to move pictures and documents in and out of The Cloud from your phone or device. September 12–Devices: Tablets, Chromebooks, laptops, and Kindles; October 3–Smart Phones; November 7–Social Media: Facebook, InstaGram, Pinterest, Twitter; December 5–The Cloud: Google Drive, iCloud, Drop Box.

Location: CONED 161

Instructors: Peggy Kaiser & students

Facilitator: Angela Luckey (237-2610)

Class Limit: 50

Portneuf River Visioning Plan (#3606)

Wednesday: September 14; 1:00–2:00 p.m.

During the winter of 2015/2016, community members voiced their values, concerns, and hopes for the Portneuf River. This information was used to create goals and recommendations for the Portneuf between the Portneuf Gap and the Fort Hall Reservation, as well as to generate a list of opportunity areas for realizing the vision. Hannah Sanger will discuss the final goals, recommendations, and priority areas for river revitalization and restoration, as well as a timeline for implementation, including funding options. For more information, visit <http://river.pocatello.us>.

Location: CONED 159

Instructor: Hannah Sanger, division manager, science & environment, City of Pocatello

Facilitator: Lee Dille (339-5346)

Bear Education & Safety (#3156)*Monday: September 19; 1:00–3:00 p.m.*

Ken Olson, certified Idaho Master Naturalist and a Fish & Game volunteer, returns to Pocatello with the F&G Bear Trailer! Ken was named F&G volunteer of the year for three years running. He will first discuss the characteristics of grizzly and black bears, show us how to identify them, and explain how to react to them; then he'll discuss the purchase, transport, storage, and use of bear spray. The last half hour will be reserved for Q&A—and for touching taxidermy bears, pelts, and skulls! Each student will receive handouts on how to identify and live among bears.

Location: CONED 161**Instructor:** Ken Olson**Facilitator:** Jane Thornley
(237-1659; jkt2read@aol.com)

Conserving Special Places (#3607)*Tuesday: September 20; 10:00–11:00 a.m.*

There are more than 1,600 land trusts in the United States, and every state has them. Community-based land trusts are private, independent, nonprofit organizations that join with landowners to conserve private land for public benefit. Twenty land trusts are actively working in Idaho to protect natural lands, wildlife habitat, and working farms and ranches. Sagebrush Steppe Land Trust steward, Deb Mignogno, and executive director, Babette Thorpe, will describe the land trust movement and its work in southeastern Idaho.

Location: CONED 161**Instructors:** Deb Mignogno & Babette Thorpe**Facilitator:** Liz Benson (232-0054)**Class Limit:** 80

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

Bird Watching for Beginners (#3608)*Tuesday: September 20; 11:00 a.m.–12:00 noon
AND Wednesday: September 21; 8:30 a.m.*

Becky Hansis-O'Neil, education director for the Idaho Museum of Natural History, will lead us in strategies for bird watching: time of year, migration patterns, creating bird-friendly habitat, and identification. She suggests *The Sibley Guide to Birds—Western Species* for anyone interested in purchasing a guide for bird identification. Tuesday class will be a lecture; Wednesday will be a field trip to Cherry Springs. Wear comfortable shoes for field trip, as we will be walking on somewhat uneven paved paths.

Location: September 20; 11:00 a.m.—CONED 161**Location:** September 21; 8:30 a.m.—Meet at CONED building entrance to carpool**Instructor:** Becky Hansis-O'Neil**Facilitator:** Helen Beitia (237-2528)

Zoo Idaho (#3609)*Monday: September 26; 10:00–11:30 a.m.*

Explore the 84-year history of Zoo Idaho from its inception in 1932 to the present and beyond. Learn how zoos have evolved from just entertainment venues to becoming leaders in conservation, education, and preservation throughout the world. Participate in discussing the future of your Zoo Idaho!

Location: CONED 161**Instructor:** Peter Pruitt, Zoo Idaho Superintendent**Facilitator:** Shirley Rodgers (233-4662)

Zoo Idaho Field Trip (#3610)*Monday: September 26; 1:00 p.m.*

Meet in CONED lobby at 1:00 p.m. or at the Pocatello Zoo Education Building at 1:15 p.m. Wear comfortable shoes, as we will be walking through the zoo on somewhat uneven paved paths.

Location: Pocatello Zoo Education Building, off South 5th Ave. across from the Animal Shelter**Instructors:** Peter Pruitt & Cory Coffman**Facilitator:** Shirley Rodgers (233-4662)**Class Limit:** 35

Yellowstone NP Management Challenges (#3611)

Monday: September 26; 2:00–3:30 p.m.

In 2015, Yellowstone National Park saw an exponential increase in visitation. This stressed the management and resources, leading administrators into uncharted territory. This presentation examines the issues and challenges facing administrators and the public at large in maintaining and preserving our first national park, our *commons*. Yellowstone National Park serves as a primary example for identification of issues regarding our public lands, from ecosystem health concerns to cultural and political pressures.

Location: CONED 161

Instructor: Salle Englehardt, interpretive ranger

Facilitator: Marijana Dolsen (233-8735)

Geosciences at Craters of the Moon (#3612)

Wednesday: September 28; 11 a.m.–12:00 noon

NASA has used Craters of the Moon in Idaho to understand other planets since sending astronauts there to practice for moon landings in the 1960s. Learn about how ISU and NASA are working there now to prepare for a manned mission to Mars. ISU has key leadership responsibilities for the science and field objectives of a project involving many groups, and Dr. Kobs Nawotniak is Deputy-PI for the project.

Location: CONED 161

Instructor: Dr. Shannon Kobs Nawotniak, assistant professor of geosciences, ISU

Facilitator: Ruth Moorhead (233-5011)

Astronomy 102: Way Beyond the Planets (#3613)

Tuesday: October 4; 10:00–11:30 a.m.

Explore the heavens beyond the night sky. Learn about the Kuiper Belt, Oort cloud, black holes, relativity and time travel, interstellar space exploration, the Big Bang/the Universe, and more. Knowledge of astronomy not needed! Attendance at Astronomy 101 not needed!! No math involved!!!

Location: CONED 161

Instructor: Jim Mariani

Facilitator: Ruth Moorhead (233-5011)

New Horse Sense From Old Horse Bones (#3614)

Tuesdays: October 11; 11:00–12:00 noon & October 18; 4:00–5:00 p.m.

This lecture and tour are all about Equine Navicular Syndrome, which was always thought a result of breeding practices. But maybe it is not! Dr. Thompson and fellow researchers examined 207 skeletons, ranging in age from 20,000 to 3.5 million years old, from four sites in North America. She will discuss how the research was done, the findings, and the current work. On the tour we will visit the vertebrate paleontology collection at the Idaho Museum of Natural History, which has over 100,000 fossil specimens of animals that roamed Idaho from 8,000 to 270 million years ago.

Location: October 11; 11:00–12:00 noon–CONED 160

Location: October 18; 4:00–5:00 p.m.–Idaho Museum of Natural History

Instructor: Mary Thompson, PhD

Facilitator: Ruth Moorhead (233-5011)

Class Limit: None for lecture; 10 for tour

Space Batteries—Made in Idaho (#3615)

Monday: October 24; 10:00–11:30 a.m.

Radioisotope Power System, aka Space Batteries, provide electricity and heat to planetary rovers, such as Curiosity on Mars, and to spacecraft or satellites, such as New Horizons, which flew to Pluto in July 2015. Both of these most recently launched nuclear-enabled missions are carrying power systems that were assembled and tested in southeast Idaho. Learn how Idaho National Laboratory got involved in these exciting NASA missions, what specifically is involved in making the batteries, and what comes next.

Location: CONED 161

Instructor: Carla C. Dwight, deputy dir., space nuclear power & isotope tech. div., INL

Facilitator: Marijana Dolsen (233-8735)

3D Printers (#3521)*Wednesday: November 2; 2:00–4:00 p.m.*

The class will cover 3D printers—what they can do and how they work. Three different printing mediums will be covered. Class members will be shown how to add a design and send it to a printer. This will be in a lecture/open discussion format. Students will tour the 3D printer lab and see the three main 3D printers in action.

Location: ISU College of Technology, Bldg. 51, Rm. 301A

Instructor: Geran Call, instructor, ISU

Facilitator: Mary Spinner (241-7258)

Class Limit: 20

Radio Waves & Other Phenomena

(#3616)

Tuesday: December 6; 10 a.m.–12:00 noon

How do radio waves differ from sound waves? How did SE Idaho receive radio broadcasts from Oklahoma City in the 1960s? What is the electromagnetic spectrum, and what does it have to do with us? Ever wonder how you might communicate during an emergency? What is an EMP, and how likely is it to happen? Are the utility companies ready for that? What are EVPs? Explore these phenomena with a retired physicist and ham radio operator. Lively and informative discussion, with a few mythbusters thrown in. Bring your questions with details.

Location: CONED161

Instructor: Michael Vaughn

Facilitator: Sondra Dunkle (dunksond@gmail.com)

TRAVEL & FIELD TRIPS

NOTE: Fees for trips must be received thirty (30) days prior to scheduled departure date. Your reservation for the trip will be taken in order of payment, not registration. If we do not have the minimum of 40 people paid 30 days prior to a trip, we will cancel it. Fees are nonrefundable within that 30-day period except for medical reasons. If you cancel for medical reasons we will refund any monies

that are not dedicated funds. Dedicated funds include bus costs, which are based on the number of people who have paid for the trip, and any nonrefundable expenses that NKA has spent on the trip. All costs for overnight trips are double occupancy. For a single add \$50.00 per night to fee.

Yankee Fork Ghost Town & Float Trip

(#3617)

*Monday, Tuesday, Wednesday:**September 12, 13, 14; Boarding Time 7:30 a.m.,**Departure Time 8:00 a.m.*

Travel to central Idaho to see old mine sites and mining apparatus, ghost towns, and museums featuring artifacts from the area's colorful past. At the Challis Bridge, we'll embark on a gentle 3-hour, 13-mile (Class 1) float trip down the Salmon River north of Challis to Watts Bridge campground. Photo opportunities, wild game, Sawtooth Range views, visits to Redfish Lake, Bay Horse, Sunbeam, Custer, and Bonanza are included! Come along and share this opportunity with your fellow NKA adventurers.

Location: Meet at CONED building entrance to board bus at 7:30 a.m.

Instructor: Charlie Sloat

Facilitator: Linda Ellis (237-3530)

Class Limit: 56

Class Fee: \$325.00 (send to Linda Ellis, 2000 Judy Lane, Pocatello ID 83201, by August 12)

Heber Valley Fall Foliage (#3618)*Wednesday: October 5; Boarding Time 6:30 a.m.,**Departure Time 7:00 a.m.*

Take a comfortable bus to Heber City, Utah, and climb aboard the Provo Canyon Limited for a 3-hour train ride with breathtaking views of Mt. Timpanogos and the dramatic glacier-carved landscape of Provo Canyon. The train departs from the Heber Valley Railroad Station, winds around the shores of Deer Creek Reservoir, and then travels along the banks of the beautiful Provo River to Vivian Park. The 20-minute layover at the park allows a chance to stretch and take in riverside views. Box lunches will be provided.

(continues...)

(continued: *Heber Valley Fall Foliage*)

Location: Meet at CONED building entrance to board bus at 6:30 a.m.

Instructor: Jennie McCormick

Facilitator: Linda Ellis (237-3530)

Class Limit: 56

Class Fee: \$72.00 (send to Linda Ellis, 2000 Judy Lane, Pocatello ID 83201, by September 3)

Mountain River Ranch (#3619)

*Thursday: December 1; Boarding Time 4:15 p.m.,
Departure Time 4:45 p.m.*

To start off the Holiday Season, board a comfortable bus for a trip to Mountain River Ranch near Ririe, Idaho. Ride in a horse-drawn sleigh through festive decorated fields to the theatre. Feast on your choice of prime rib or pork loin, and enjoy a live Old West Show. If we do not have 40 paid participants by November 1, this trip will be canceled. Reservations are taken in order of payment.

Location: Meet at CONED building entrance to board bus at 4:15 p.m.

Instructor: Chris Rhoades

Facilitator: Becky Phelps (237-9587; 406-9355)

Class Limit: 56

Class Fee: \$75.00 (send to Linda Ellis, 2000 Judy Lane, Pocatello ID 83201, by November 1)

Yellowstone Overnight Adventure (#3620)

*Wednesday: January 4; Boarding Time 7:30 a.m.,
Departure Time 8:00 a.m.*

Stay overnight in W. Yellowstone, then climb aboard a snow coach. It's a great way to see Yellowstone in the winter, and riding a snow coach is an experience in its own right. Take the road less traveled and go north to the scenic grandeur of the Grand Canyon of the Yellowstone. Watch for wolves, bison, bald eagles, and elk herds. The snow coaches have large non-tinted windows designed for photo opportunities, so don't forget your camera. You'll also get to visit the Grizzly & Wolf Discovery Center and IMAX Theatre.

Location: Meet at CONED building entrance to board bus at 7:30 a.m.

Instructor: Becky Phelps (237-9587; 406-9355)

Facilitator: Linda Ellis (237-3530)

Class Limit: 40

Class Fee: \$350.00 (send check made payable to ISU to Linda Ellis, 2000 Judy Lane, Pocatello ID 83201, by November 15)

WRITING & LITERATURE

Twelve Steps to a Compassionate Life (#3621)

Wednesday: September 21; 10:00–11:30 a.m.

Dr. Attebery will review *Twelve Steps to a Compassionate Life*, by Karen Armstrong. Reading the book is not a prerequisite but would be beneficial. You might also want to watch Armstrong's presentation on TED Talks (online).

Location: CONED 160

Instructor: Dr. Jennifer Attebery, professor of English, ISU

Facilitator: Virginia Kelly (232-7417)

Low-Impact Creative Writing (#3136)

*Thursdays: September 29–December 15;
2:00–4:00 p.m.*

This is a class for those who write only for the pleasure of doing it. There is almost no instruction and no homework.

Location: CONED 156

Instructor-Facilitator: Stephanie Gill (234-4184)

Class Limit: 18

Idaho Historical Novelist (#3622)

Friday: September 30; 1:00–2:30 p.m.

Malad teacher and native C.R. (Randy) Willie will share his writing experience as the author of the historical novel *Heavy Metal*, which has won several Idaho awards. His novel begins with the life of a miner, and brings readers along with the stories of the Old West and up to the 1960s. Mr. Willie taught high school English and History and coached at PHS.

Location: CONED 159

Instructor: Randy Willie

Facilitator: Jane Riley (237-6801)

Book Exchange (#3129)*Monday: October 3; 2:00–3:30 p.m.*

Each participant will bring up to five books to be exchanged (good reads only, please). People will be encouraged to explain why they chose their particular books, and why they want to share them with others.

Location: CONED 159**Instructor:** Marijana Dolsen**Facilitator:** Pat Bystrom (251-2356)**Class Limit:** 16

Reading Literature for Fun & Profit (#3632)*Wednesday: October 5; 10:30–11:30 a.m.*

This hour will offer a lot of useful “hints and kinks” for discovering the secrets of any piece of literature: prose, poetry, or drama. Good authors are sometimes sort of, well, downright sneaky! They hide all kinds of really fun and worthwhile stuff in plain sight. Find out what the author is telling only readers who are in the know. And hear a tale or two of authors who didn’t recognize that their work revealed more than they realized.

Location: CONED 160**Instructor:** Craig Nickisch, professor emeritus of foreign languages, ISU**Facilitator:** Dr. Bill Brydon (233-4278)

Book Group & a Glass... (#3372)*Thursday: October 6, November 3, December 1; 4:00–5:30 p.m.*

Enjoy a glass of wine or other beverage and appetizers prepared under the supervision of Allyson Burnham while we discuss the book of the month in small groups. Books will be selected by the group. For our October 6 gathering, we have selected Susan Vreeland’s *Luncheon of the Boating Party*, a historical fiction about Renoir’s painting of the same name and about Impressionism.

Location: Café Tuscano, 2231 E. Center St.**Facilitators:** Ann Smith (251-5812) & Sharon Manning (233-9425)**Class Limit:** 42

Class Fee: \$10.00 per session, includes tax & tip (send check for first session made payable to Café Tuscano to Sharon Manning, 830 Spyglass Point, Pocatello, ID 83204, by September 26)

Unsettled Territory (#3624)*Monday: October 24; 1:30–3:00 p.m.*

Local writer Leslie Leek will read from her short story collection, *Unsettled Territory*, and discuss the stories and the writing process. These are contemporary stories set in rural communities on the edge of the Snake River Plain and the Idaho wilderness. The collection was published in 2012 by Blue Scarab Press; publisher, Harald Wyndham (haraldwyndham@gmail.com).

Location: CONED 203**Instructor:** Leslie Leek**Facilitator:** Audrey Cole (audillon@gmail.com)

Jane Austen:**Her Life & Literature** (#3625)*Tuesday: November 15; 1:00–2:30 p.m.*

Come enjoy an in-depth look at the life of one of literature’s greatest authors. A history of Miss Austen will be shared, along with a look into some of her beloved novels. Clips of modern adaptations will be viewed and discussed. Find your tribe in a roomful of fellow Austen fans.

Location: CONED 161**Instructor:** Jena Hintze, interim asst. director, cont. ed. & workforce training**Facilitator:** Jane Riley (237-6801)

Show It, Don’t Tell It (#3626)*Wednesday: November 16; 11:00 a.m.–12:00 noon*

We all have stories to tell, but when we write them they often fall flat. That’s because inexperienced writers fall victim to telling a story rather than using words to paint the story in the readers’ minds. If I tell you I opened a gate and was confronted by a barking dog, all the details are generic. But if I write: “I pulled hard on the broken, rusty handle of the faded wooden gate only to come face-to-face with the wild eyes, snarling teeth, and menacing bark of a brutishly large (continues...)”

(continued: Show It, Don't Tell It)

Rottweiler”, the result is a concrete image. Learn to take accurate mental notes and store them like a color palette to use when you write.

Location: CONED 160

Instructor: Michael O'Donnell, *Idaho State Journal*

Facilitator: Lois Bates (785-3264)

C.S. Lewis: His Life & Legacy (#3627)

Thursday: November 17; 10:00–11:30 a.m.

C.S. Lewis (1898–1963) stands as one of the most influential writers and Christian thinkers of the 20th century. His written works, including his best-known treatise, *Mere Christianity*, continue to impact religious philosophy, and his most beloved work of fiction, *The Chronicles of Narnia*, remains a staple of children's fantasy. Jacob L. Thomas, English PhD student at ISU, will explore the works and influences of this remarkable man. This presentation will include photos from Thomas's recent trip to England, where he visited Lewis's Oxford churchyard grave.

Location: CONED 161

Instructor: Jacob L. Thomas

Facilitator: Jane Riley (237-6801)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 282-3155.

If you are put on a wait list, it is due to the instructor's class limit or the classroom's size.

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue (see map on inside front cover).

101 Most Influential People... (#3628)

Mondays: November 28, December 5, 12;

1:00–2:30 p.m.

Who are the fictional characters who have affected us, and how have they changed society? In this series, Dan Karlan, one of the authors of *The 101 Most Influential People Who Never Lived*, will discuss these questions. Characters from various categories of literature and media will be explored. What character influenced you? For more information, see www.101influential.com.

Location: CONED 159

Instructor: Dan Karlan

Facilitator: Jane Riley (237-6801)

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