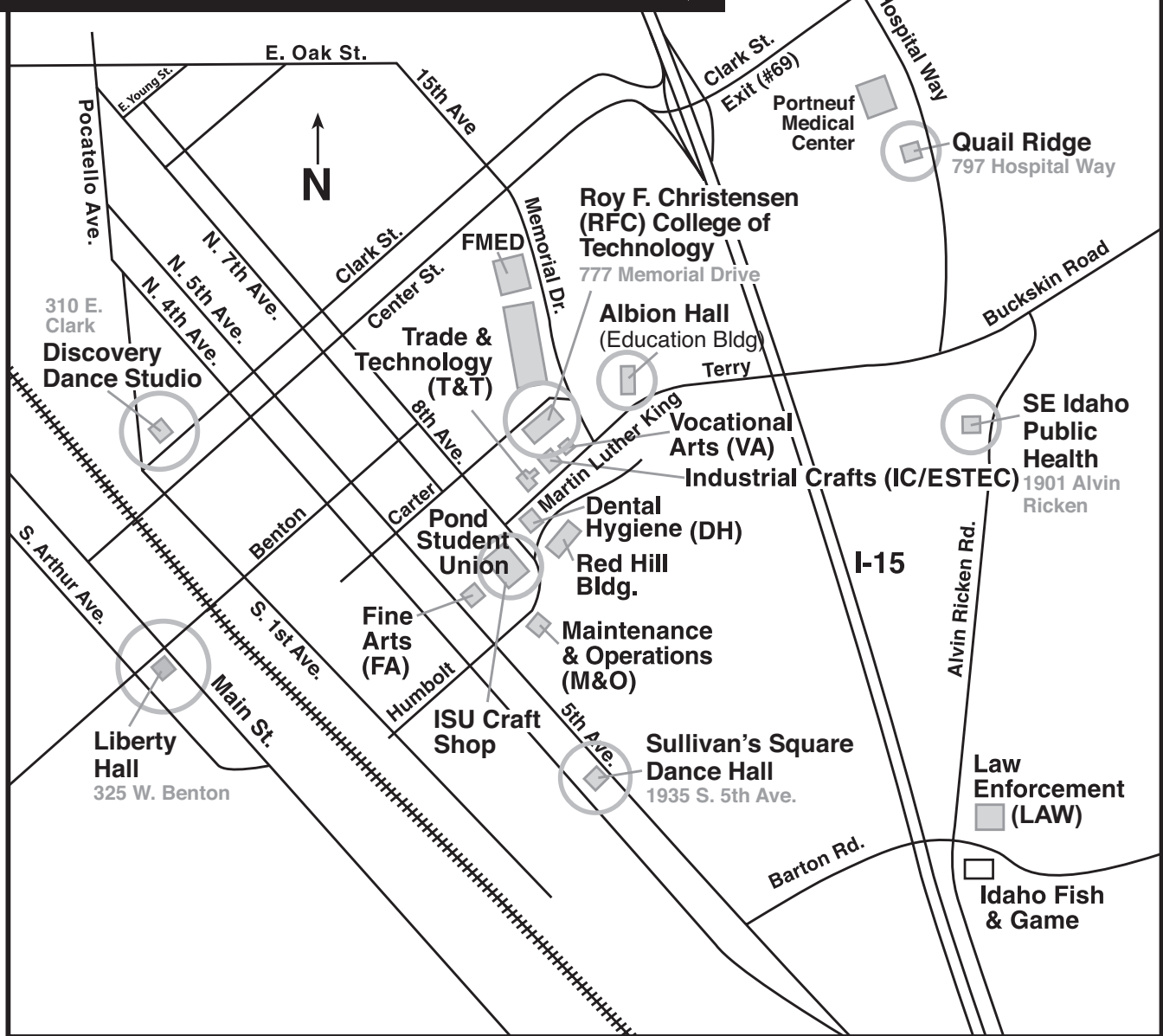


NKA

FALL 2018



NEW KNOWLEDGE ADVENTURES



Welcome to New Knowledge Adventures

A MESSAGE FROM THE PRESIDENT

Welcome to a new year and a new semester of lifelong learning through New Knowledge Adventures! As you'll see when you look through this catalog our Curriculum Committee has made arrangements for another great offering of classes covering a wide variety of topics and interests. You're bound to see several that you'll enjoy!

In addition to the Curriculum Committee we owe a big thank you to the many people who make these classes possible. First are the professors and community members who generously make themselves available to teach us. Along with the instructors are the NKA members who generously give time to plan, coordinate, and facilitate the classes. We also are fortunate to have a great working relationship with the fine folks in ISU's Continuing Education and Workforce Training (CEWT). They provide the administrative support that we rely on to make these classes available.

NKA has grown and changed dramatically from our beginning over 20 years ago. Until recently we had nearly all of our classes on the ISU campus or in ISU facilities. Now, due to space, parking, and other considerations we have most of our lecture classes in Liberty Hall. Most of our other classes will be off campus as well.

The board and I will be working to make NKA an even stronger organization with finances to meet our needs now and in the future. You can help NKA to continue to thrive in two easy ways. First, consider volunteering to serve on one of our committees. They're our lifeblood, and contact information on them is in this catalog. Second, tell your friends and neighbors about some of the great classes coming up this semester and encourage them to join NKA and join you and all of our other lifelong learners. Here's to another great semester!

—Phil Joslin, NKA President

EXECUTIVE COMMITTEE

President: **Phil Joslin**

208-251-1951; phil.r.joslin@gmail.com

President-Elect: **Jan Flandro**

208-221-4091; flandrja@gmail.com

Secretary: **Sandra Mertz**

208-317-0637; sandracaptureslife@gmail.com

Treasurer: **Sandra Babb**

208-238-2034; sacbabb@gmail.com

Past President: **Mary Spinner**

208-241-7258; maryspinner@yahoo.com

Members-at-Large:

Geoff Hogander

208-232-3437; ghogande@yahoo.com

Ann Smith

208-251-5812; smitann1@gmail.com

Cathy McPherson

208-233-5899; cathylee@cableone.net

COMMITTEE CHAIRS

Curriculum – **Trent & Kathleen Stephens**

208-240-4994; kathleenstephens@cableone.net

History – **Trish Mooney**

208-220-1283; patricia.j.mooney@gmail.com

Publicity – **Janet Boehm**

208-339-1645; janet3595@gmail.com

Social – **Kathy Priddy**

208-234-2849; pridkath@isu.edu

Travel – **Jennie McCormick**

208-241-4341; jenniemc1250@yahoo.com

Community Service – **Jeffrey Harris**

208-680-2250; harris3168@msn.com

NKA BLOG

NKA members are encouraged to submit pictures and information about NKA activities to be included in the NKA blog. E-mail these items 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 that provides an informal, noncompetitive environment for lifelong learners age 50 or older.

HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?

Fill out the Membership and Registration form (both sides) in the middle of this catalog, sign the “Agreement and Release of Liability” form, choose your classes, and return the forms to the Continuing Education office with all registration fees. Or register online. Membership is by semester and fees are due each semester. For additional membership information, call 208-282-2789, Monday–Friday between 8 a.m. and 5 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 fortunate that our instructors share their time and knowledge with us. 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, facilitators, or leaders of classes, field trips, or other activities have the discretion and right to deny enrollment or participation of anyone who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the requirements of a particular course, field trip, or other activity

without jeopardizing the health or safety of the member, other participants, or the instructor.

—FEES required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable. 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, with permission, 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 Liberty Hall, but on the ISU campus it is free *only after 4 p.m.*

For daytime classes on campus, you 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 members are not transferable to anyone else. Permits are issued to members, not their vehicles, and are to be used for NKA classes only. Any other use may result in the member receiving a ticket. *Neither Continuing Education nor Workforce Training shall be held liable for any violation of parking regulations.*

BUS TRANSPORTATION

For bus stop locations: 208-234-ABUS;
www.pocatellotransit.com

PLEASE be courteous to other members and cancel ASAP if you cannot attend a program so that those on the Wait List may attend. Call the NKA office at 208-282-3155 to cancel.

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 3 for Labor Day; November 22 & 23 for Thanksgiving; and December 24 to January 1 for ISU Christmas Holiday. No classes will be held these days.

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Adventures for the Fall of Twenty Eighteen

ART, MUSIC, & THEATRE

ISU Dance Concert Preview (#3636)

Thursday: November 29; 5:00 – 6:00 p.m.

Come learn about the dance department at ISU and what goes into creating the choreography that we will see performed at the concert in dance. Learn about the variety of dance styles and the details that make this performance unique.

Dance performance dates: December 6, 7 and 8

Location: Rogers Black Box Theatre, Stephens Performing Arts Center, ISU

Instructor: Kathy Diehl, Assistant Professor

Facilitator: Jane Riley (208-237-6801)

Keyboard Lessons (#3715)

*Tuesdays: September 11 – November 13;
3:00 – 4:00 p.m.*

Learn to play your favorite song on a modern keyboard instrument! Even if you have never played an instrument before, you will be playing songs in a few short weeks. This course has proven to be a fun and easy way to play. Rental instruments are available. Class fee includes book. Join us for this enjoyable learning experience.

Location: Piano Gallery, 338 Yellowstone Ave.
(208-233-1883)

Instructor: Alisa Humpherys

Facilitator: Rachel Damewood (208-604-0741)

Class Limit: 20

Class Fee: \$20 including book.

Play Your Band Instrument Along with Recordings (#3880)

*Mondays: September 10 – December 10;
7:00-8:30 p.m.*

Play a band instrument but can't find a group to play in? Love Sousa and similar marches? Playing along with recordings might be the answer. Learn what the web has to offer in free recordings. Learn to use free audio recording software and discover

sources of free band sheet music. After the initial class, bring your instrument and play along with Sousa and other marches.

Location: Liberty Hall, 325 W. Benton, lecture room

Facilitator: Dave Goodman (858-333-1656,
davegood_2000@yahoo.com)

Preview to *First Date* (#3881)

Friday: September 21; 5:00-6:00 p.m.

The first fall offering of the ISU School of Theatre and Dance will be the musical comedy *First Date*. Come meet the director, cast, and crew. Learn about the people who created the plot, music, scenery, costumes, and props – all the behind the scenes information that truly enhances our enjoyment of the production.

Play dates: Sep. 28 & 29, Oct. 4, 5 & 6

Location: Rogers Black Box Theatre, Stephens Performing Arts Center

Instructor: Joel Shura, Assistant Professor, Theater and Dance, ISU

Facilitator: Jane Riley (208-237-6801)

Preview to *Lily's Purple Plastic Purse* (#3882)

Friday: October 26; 5:00-6:00 p.m.

Come learn how Theatre ISU will present this delightful children's story to our community. Director Norm Schroder will discuss the storyline and how to make it entertaining for children of all ages. We will meet the cast as well as the crew who create the scenery and costumes and do such fun tricks with lighting.

Play dates: Evenings on Nov. 2, 3, 9 & 10,
Matinees on Nov. 3 & 10

Location: Bistline Theatre, Stephens Performing Arts Center, ISU

Instructor: Norm Schroder, PhD, Chair, Theatre and Dance

Facilitator: Jane Riley (208-237-6801)

Preview to the OTAS Play: *The Lorenz Cycle* (#3883)

Saturday: September 8; 1:00-2:00 p.m.

The Lorenz Cycle are seven original one-act plays by Jodi VanDerHorn-Gibson. Director Jamie Romine-Gabardi will share why they are considered absurd plays—shaking the viewer out of this comfortable conventional life of everyday concerns by giving a slightly humorous, surreal and illogical look at various types of anxieties and apprehensions.

Play dates: September 7, 8, 10, 14 & 15.
For reservations, call 208-478-6886.

Location: Old Town Actors Studio (OTAS),
427 N Main St, Pocatello

Instructor: Jamie Romine-Gabardi, Director

Facilitator: Jane Riley (208-237-6801)

Preview the OTAS Play: *(title pending)* (#3884)

Friday: October 5; 4:00-5:00 p.m.

The production team of Sherri Dienstfrey-Swanson, Jason Bartosic, and Jenna Davies will share background information about this musical which chronicles its own creation as an entry in the *New York Musical Theatre Festival*. We will learn about the cast as they struggle through their creative period to production and the many nominations and awards this play has received.

Play dates: October 12, 13, 15, 19, 20, 22, 26 & 27.
For reservations, call 208-478-6886.

Location: Old Town Actors Studio (OTAS),
427 N Main St, Pocatello

Instructor: Sherri Dienstfrey-Swanson

Facilitator: Jane Riley (208-237-6801)

Preview to the Symphony (#3322)

**Fridays: September 14, October 19, &
November 30; 3:00 – 4:00 p.m.**

Dr. Friedley will discuss and describe the compositions to be performed at the forthcoming 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 the enjoyment of going to the concerts. For more information, visit www.thesymphony.us

Performance Dates:

—**September 21**, Season Premier, Hyeri Choi, violin

—**October 27**, Halloween Family Concert,
Video Games Live!

—**November 2**, Young Artist Concert, Young Artist
Competition Winners

—**December 7 & 8**, Joy to the World, An ISU Christmas
For reservations, call 208-478-6886

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Geoffrey Friedley, Ph.D., Department
of Music, School of Performing Arts, Idaho State
University

Facilitator: Bill Brydon (208-233-4278)

Readers' Theater (#3134)

**Tuesdays or Thursdays: September 11 -
December 13; 11:30 a.m. - 1:00 p.m.**

This is a peer-led class in which materials will be selected to read. Chosen material will then be performed. Materials used in the past have been plays, radio scripts, prose and poetry. Performance dates and times will be announced.

Location: Quail Ridge, 797 Hospital Way, Pocatello

Facilitators: Jane Riley (208-237-6801) & Jim Mariani
(208-851-0842)

CRAFTS & HOBBIES

Advanced Woodcarving (#3558)

Mondays, Wednesdays OR Fridays:

**September 10 – December 21; 9:00 a.m. – Noon
(clean-up from 11:30-noon)**

Advanced woodcarving classes are for carvers who have completed at least one semester as a beginning carver or who have prior experience and do not require constant assistance and/or supervision. Advanced carvers provide their own tools and equipment to include rotary power tools and/or edged hand tools. Optional activities include participation in displays, shows or competitions in conjunction with the Pocatello First Friday Art Walk on October 5 and the Utah

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 208-282-3155.

Valley Wood Carving Show in Spanish Fork, Utah. Due to the equipment in use, there is considerable airborne dust present during class. Individuals with respiratory problems may not be able to tolerate this dusty environment even while using face/dust masks.

Location: Home Depot – Lumber Department

Instructors: Shorty Miller & Diane Porter, both with years of experience and recognition in woodcarving journals

Facilitator: Cathy McPherson (208-233-5899, cathylee@cableone.net)

Class Limit:

Mondays: 16 advanced carvers

Wednesdays: 10 advanced carvers

(Note: there also may be beginners present)

Fridays: 16 advanced carvers

Class Fee: \$10 to be paid to the facilitator at the first class meeting

Beginning Woodcarving (#3101)

**Wednesdays: September 19 – December 19;
9:00 a.m. – Noon (clean-up from 11:30-noon)**

Beginning woodcarving classes are for individuals with little or no experience in carving. Beginners will use rotary power tools and related equipment provided by the class. Projects will begin with a stylized bird, then a shelf cat, then a final project selected by the carver and approved by the instructor. Optional activities include participation in displays, shows or competitions in conjunction with the Pocatello First Friday Art Walk and the Utah Valley Wood Carving Show in Spanish Fork, Utah. Due to the equipment in use, there is considerable airborne dust present during class. Individuals with respiratory problems may not be able to tolerate this dusty environment even while using face/dust masks.

Location: Home Depot – Lumber Department

Instructors: Shorty Miller & Diane Porter, both with years of experience and recognition in woodcarving journals

Facilitator: Cathy McPherson (208-233-5899, cathylee@cableone.net)

Class Limit: 6 beginning carvers (Note: there may be more advanced carvers present during the class.)

Class Fee: \$10 to be paid to the facilitator at the first class meeting

Crochet/Knitting Service Group (#3196)

**Tuesdays: September 11 – December 11;
2:00 – 3:00 p.m.**

Crocheting and knitting for PMC is a service project. We create lap blankets, scarves, hats, etc. for the Cancer Center. A basic knowledge of crocheting or knitting is helpful, although we have many talented women to assist. Yarn is provided for these projects.

Location: Senior Activity Center, 427 North 6th Avenue, dining room

Facilitator: Barbara Christensen (562-544-4136)

Class Limit: 20

Flowers with L.D. (#3487)

**Thursday: October 25 OR December 6;
1:00 – 3:00 p.m. (See sections for specific dates)**

L.D., with his designers, will teach us the latest ideas in seasonal floral arrangements for our homes. Flowers and containers are included in the cost.

SECTION 1 – Fall Floral Arrangement:

October 25. Payment due by Friday, October 12.

SECTION 2 – Winter Holiday Arrangement:

December 6. Payment due by Friday, November 16.

Location: Liberty Hall, 325 W. Benton, lecture room

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

Facilitator: Liz Benson (208-232-0054)

Class Limit: 40

Class Fee: \$50. Make check payable to Flowers by L.D. Send to Liz Benson, 87 Stanford Ave., Pocatello ID 83201. Liz **does not** open the envelopes. Indicate on the envelope: October or December. If the envelope contains more than one check, call or text Liz.

Forever Fall (#3885)

Friday: September 21; 10:30 a.m. – Noon

This class will demonstrate methods to preserve fall foliage and mix it with other natural elements for long-lasting fall bouquets. Materials will be provided. Participants can bring a vase of their own or use one that will be provided. Kathy is an artist, college professor, and botanist. She has run the Farmers' Market in the Pine Ridge Mall for many years. In this class, Kathy will mix her knowledge (continues...)

(continued: *Forever Fall*)

of botany and her artistic skills.

Location: Farmers' Market inside the Pine Ridge Mall

Instructor: Kathy Spiegel, Ph.D

Facilitator: Helen Beitia (208-237-2528)

Class Limit: 20

Class Fee: \$10; Make check payable to Kathy Spiegel and send it to Helen Beitia, 13194 Yellowstone Hwy., Pocatello, ID 83202 by September 11.

Glazing Bisque Pottery (#3629)

Monday: October 1; 1:30 – 3:30 p.m.

After a pot is completely dry, it is ready to be bisque fired. In this class, a cup or bowl has been thrown and fired by ISU craft shop employees to fast-forward the process. The bisque pottery is ready to be glazed by you. This class offers an opportunity to experiment in colors and designs with glazes, and have a functional, personalized piece of pottery when you are done. This class would complement the Hand Built Pottery class for practice/experimenting in glazing. All materials are included in the class fee.

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

Instructor: Mary Miller, director of ISU Craft Shop

Facilitator: Janet Turner (208-637-0246)

Class Limit: 20

Class Fee: \$10. Make check payable to ISU Craft Shop and send check for receipt by September 17 to Janet Turner, 3655 Ridgewood Road, Pocatello, ID 83201

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

Hand Built Pottery (#3165)

*Mondays: September 24 & October 15;
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. No prior experience is necessary. Mary Miller, a local potter with years of experience will demonstrate and explain techniques such

as coil, pinch pot, and slab. In the first class you will create your own pottery using a combination of techniques. Three weeks later (after the initial firing) in the second class you will glaze your piece. All materials included in the class fee. The related class “Glazing Bisque Pottery” is helpful (not required) preparation for the second class session.

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

Instructor: Mary Miller, director of ISU Craft Shop

Facilitator: Janet Turner (208-637-0246)

Class Limit: 20

Class Fee: \$15 (includes both sessions). Make check payable to ISU Craft Shop and send check for receipt by September 10 to Janet Turner, 3655 Ridgewood Road, Pocatello, ID 83201

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

Knitting: Fair Isle Christmas Stocking (#3886)

Tuesdays: October 9 - November 13.

The first class will be from 9:30 a.m. – Noon.

All other classes are from 10:00 – Noon.

Practice Fair Isle (Color Work) by making a Christmas stocking with 4 to 10 colors of worsted yarn. Class will include reading charts, “after thought” heels, and joining colors. Students need to download Cascade Christmas stocking pattern #104 (free on Cascade’s website); the first class field trip will be to the Yarn Connection in Idaho Falls to purchase patterns, yarn, and supplies, if needed, followed by lunch for those who wish to partake. **Not recommended for beginners.**

Location: Quail Ridge, 797 Hospital Way, Chapel Room

Instructor: Bobbie Wyrick

Facilitators: Ann Munoz (fwsmt@aol.com) & Neila Loebs (loebbru@isu.edu)

Class Limit: 8

Class Fee: Cost of supplies (yarn and #7 or #8 16” circular needles)

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 208-282-3155.

Painting with Acrylics (#3198)*Saturday: October 13; 10:00 a.m. - Noon*

Beginning painting with acrylics; all supplies furnished.

Location: Pocatello Art Center, 444 N. Main

Instructors: Pat Geiger and Peggy Bain

Facilitator: Sallee Gasser (gasser@ida.net)

Class Limit: 12

Class Fee: \$15, paid at the time of the class.

Rustic Painting (#3725)*Thursdays: November 1 & 8; 10:00 a.m. - 1:00 p.m.*

Just in time for the holidays, join us as we paint a wonderful 24" wooden tree. These trees can be painted in many ways for any event. If you don't know how to paint, don't worry – it is easy and we can teach you.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Karen Barron

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class Limit: 20

Class Fees: \$20 to be paid by October 20. Make the check payable to Karen Barron, and send to Nancy Dafoe at 2800 Birdie Thompson, Pocatello 83201.

Silk Painting: Fence Technique (#3486)*Monday: October 29; 1:30 - 3:30 p.m.*

Participants will learn the fence technique of silk painting with gutta, 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 paint on a hemmed white silk scarf. Once the gutta has dried, the spaces can be filled in with a large selection of colors. All materials are included in the class fee.

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

Instructor: Mary Miller, director of ISU Craft Shop

Facilitator: Janet Turner (208-637-0246)

Class Limit: 8

Class Fee: \$15; make check payable to ISU Craft Shop and send check for receipt by October 15 to Janet Turner, 3655 Ridgewood Road, Pocatello, ID 83201

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

Silk Painting: Salt Technique (#3430)*Friday: October 26; 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. If you just want something beautiful, you can't go wrong. All materials are included fee.

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

Instructor: Mary Miller, director of ISU Craft Shop

Facilitator: Janet Turner (208-637-0246)

Class Limit: 8

Class Fee: \$15; make check payable to ISU Craft Shop and send check for receipt by October 12 to Janet Turner, 3655 Ridgewood Road, Pocatello, ID 83201

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

Steampunk Jewelry (#3953)*Thursday: November 29; 1 - 2 p.m.*

Steampunk Jewelry is a popular new form of jewelry—one limited only by your imagination. We will be making rings. Ring blanks and gears will be provided. Bring anything else you might want to add—small stones, lace, and/or bling.

Location: The Elwen Cottage, 334 N. Main, Pocatello

Instructor: Wendy Vaughn

Facilitator: Trent Stephens (208-240-4994)

Class Limit: 20

Class Fee: None

Tie-Dying (#3368)*Monday: November 5; 1:30 - 3:30 p.m.*

In this popular class, 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. A T-shirt or a shopping bag, along with dyes, are included in the class fee.

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(continued: Tye-Dying)

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

Instructor: Mary Miller, director of ISU Craft Shop

Facilitator: Janet Turner (208-637-0246)

Class Limit: 20

Class Fee: \$10; make check payable to ISU Craft Shop and send check for receipt by October 22 to Janet Turner, 3655 Ridgewood Road, Pocatello, ID 83201

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

FITNESS & MOTION

Fit & Fall Proof (#3106)

Wednesdays & Fridays: September 12 – November 16; Wednesdays - 9:30-10:30 a.m.; Fridays - 9:30-10:15 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. Wednesdays includes 30 minutes of Tai Chi breathing and stretching. Counteract the lower body weakness, loss of muscle mass, and poor posture that contribute to falls with exercise. Bring a bottle of water and wear comfortable clothes.

Location: Discovery Dance Studio, 310 E. Clark

Instructors/Facilitators: Marlene Hendrick (mkhendy@yahoo.com, 208-220-0615) & Rachel Damewood (damerw@cableone.net, 208-604-0741)

Latin Line Dance I (#3107)

Wednesdays: September 12 – November 14; 2:00 – 3:00 p.m.

Dance to Latin rhythms – mambo, cha cha, rumba, tango, samba, bachata, merengue, and salsa! No partners required. Meet people and have fun! The music impassions the brain and the dance itself is a full body workout! Please wear tennis or soft-soled shoes to avoid scuffing the floor.

Location: Discovery Dance Studio, 310 E. Clark

Instructor: Lucy Bonman

Facilitator: Martha Collins (marti.collins5@gmail.com)

Latin Line Dance II: Performance (#3108)

Mondays & Wednesdays: September 10 – December 12; Mondays: 10:30 a.m. – Noon; Wednesdays: 3:00 – 4:30 p.m.

This is Latin line dance taken to the next level: performance. Fun and rewarding, but requires skill and commitment. This class integrates more complex variations of Latin line dance steps and tempos. Please seriously consider the instructor's requirements before registering for this class: Must have taken Beginner's Latin Line dance or have other dance experience; must have ability to dance to music that incorporates tags, syncopation, turns, styling, and phrasing; must have skill to learn and retain multiple new routines at a fairly fast pace.

Location: Discovery Dance Studio, 310 E. Clark

Instructor: Lucy Bonman

Facilitator: Jane Gibson (gibsonjm@cableone.net)

Learn to Waltz Clog in Two Hours (#3887)

Wednesday: October 17: 10:00 – Noon.

Please bring soft shoes to the class.

Location: Liberty Hall, 325 W. Benton, upstairs room

Instructor/ Facilitator: Jo Ann Dilweg (208-757-0202)

Line Dancing: Beginning (#3111)

Mondays: September 10, 2018 - November 12; 2:00 – 3:30 p.m.

If you are new to line dancing, you want to “begin” with this class. This is a combination of previous Starter and Beginner 1 classes. During the first 45 minutes, basic line dance steps, patterns, and rhythms will be taught, which will then be combined into simple and easy-to-learn dances. During the last 45 minutes, slightly more complex line dances will be taught. Line dancing helps to build memory and coordination; you get physical and mental exercise. This class is for guys and gals; you don't need a partner. Tennis or soft-soled shoes are required to avoid scuffing the floor.

Location: United Congregational Church (use alley entrance), 309 Garfield Avenue

Instructors: Marti Collins & Kay Elsethagen

Facilitator: Kay Elsethagen (208-233-2945)

Line Dancing: Intermediate (#3113)

*Tuesdays: September 11 – November 13;
9:30 – 10:25 a.m.*

Intermediate line dancing is for those who have completed the beginning line dancing class. We will start slowly and keep adding to our repertoire, working up to the intermediate level. You'll have lots of fun learning these dances. Please wear tennis or soft-soled shoes to avoid scuffing the floor.

Location: Discovery Dance Studio, 310 E. Clark

Instructors: Susan Cramer & Joyce DeGarlais

Facilitator: Susan Cramer (208-237-8709)

Line Dancing: Oldies but Goodies (#3110)

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

This class is a combination of dances previously learned in the beginning and intermediate dance classes. Dances will be reviewed (not taught) with a variety of music and rhythms. If you know the basic steps in line dancing, you will love this class. Join us for lots of fun, exercise and dancing. Wearing tennis or other soft soled shoes helps avoid scuffing the floor.

Location: Discovery Dance Studio, 310 E. Clark, Pocatello

Instructors: Judy Liday & Tom Baxter

Facilitator: Judy Liday, (208-317-6664, lidayja@cableone.net)

Line Dancing: Step It Up (#3819)

*Thursdays: September 13 – November 15;
9:30 – 11:00 a.m.*

If you'd like a little more challenge to your line dancing, we encourage those who have completed the beginning/intermediate classes and are familiar with most line dance steps to join our "STEP-IT-UP" dance class. We teach each dance from the beginning and then incorporate different songs/rhythms. These dances are not advanced; rather they are geared toward introducing additional steps/turns to create slightly more complicated dances. Join us for just another opportunity to maintain a healthy lifestyle.

Location: Discovery Dance Studio, 310 E. Clark

Instructors/Facilitators: Jan Green (208-251-1244) & Joyce DeGarlais (208-238-1247)

Remembering When™ (#3888)

Friday: September 14; Time: 10:30-11:30 a.m.

Remembering When™ is a Fire & Fall Prevention Program designed for seniors. Fires and falls are leading causes of injury and death among adults 65 and older. These risks increase with age. This presentation will provide information to help us all live safer at home.

Location: Southeastern Idaho Public Health, 1901 Alvin Ricken Drive, Pocatello

Instructors: Kim Stouse, MA, Pocatello Fire Department & Michelle Butterfield, MHE, Southeastern Idaho Public Health

Facilitator: Ann Smith (208-251-5812)

Square Dance Lessons & Practice (#3105)

*Thursdays: September 13 – December 6:
4:00 – 7:30 p.m. (See sections for specific time)*

Learn the joy of square dance! No partner needed – we have several experienced dancers who dance male/female positions. You commit your time and we'll all have fun! Wear comfortable clothing, comfortable dance shoes, a can-do attitude, and a big smile! Learn from Steve Sullivan, a nationally known, third-generation, licensed, top square dance caller – and he's GOOD!

SECTION 1 – Basic & Mainstream

4 – 5:15 p.m.

SECTION 2 – Introduction to Plus Level (For those who have completed Basic and Mainstream)
5:15 – 6:30 p.m.

SECTION 3 – Round Dance; 6:30 – 7:30 p.m.

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

Instructor: Steve Sullivan, licensed square dance caller

Facilitator: Barbara Hyde (208-760-7260; bhyde1048@gmail.com)

Class Fee: Non-NKA members: \$5/person/evening

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 208-282-3155.

T'ai Chi Chih, Advanced Class (#3104)

*Mondays: September 10 – December 10;
9:30 – 10:30 a.m.*

This T'ai Chi Chih advanced class is for those who completed a beginners' or basic class. It is also for those who want to do the nineteen discipline meditation in a group session. This joy through movement meditation group will not include basic training for T'ai Chi Chih-associated discipline, but only offer reviews as needed before our group meditation sessions.

Location: Discovery Dance Studio, 310 E. Clark, Pocatello

Instructor/Facilitator: Linda Fairchild (208-251-2586)

T'ai Chi Chih, Beginners' Class (#3103)

*Mondays: September 10 – December 10;
8:30 – 9:30 a.m.*

T'ai Chi Chih (TCC) is often described as "joy through movement". Emphasis is on moving meditation, associated disciplines, breathing, physical balance, and emotional and spiritual balance through balancing Yin/Yang forces. First day of class will be an academic classroom session for introduction. All other classes will be learning and practicing the 19 disciplines. Dress in comfortable clothes, such as sweats or other attire you might wear to a gym.

Location: Discovery Dance Studio, 310 E. Clark, Pocatello

Instructor-Facilitator: Linda Fairchild (208-251-2586)

Walking the Greenway (#3115)

Fridays: October 5 – 26; 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 will meet at the trailheads, which will be announced by e-mail two days before the walk. Those who do not have e-mail or need guidance must phone the facilitator. Dress for the weather, wear comfortable shoes, and bring your own water.

Location: Portneuf Greenway Trails

Facilitator: Sandra Babb (208-238-2034)

Zumba Gold I (#3820)

*Mondays: October 15 – November 26;
9:00 – 10:00 a.m.*

Zumba Gold is a Latin-based exercise program designed for active older women and men. It combines cardio, conditioning, balance, and flexibility for a calorie-burning dance fitness activity. Because of the fun music, moves, and party-like atmosphere, it is exercise in disguise!

Location: Liberty Hall, upstairs classroom

Instructor: Valerie Williams, Certified Zumba Gold Instructor (vwilliams13@live.com)

Facilitator: Janet Boehm (208-233-1645)

Class Limit: 30

Zumba Gold II (#3952)

*Tuesdays: September 11 – November 13;
11:00 – 11:45 a.m.*

Zumba Gold is an invigorating Latin and international dance exercise program designed for active older women and men. It combines cardio, conditioning, balance, and flexibility exercises into a party-like atmosphere that's great for the mind, body, and soul.

Location: Fitness, Inc., 1800 Garrett Way, Pocatello

Instructor: Elizabeth McKenna, Zumba and Zumba Gold Fitness Instructor

Facilitator: Rachel Damewood (208-604-0741)

FOOD & BEVERAGE**Food and Wine Pairing at the Bridge**

(#3642)

Tuesday: October 9; 5:00 – 7:00 p.m.

Lisa is once again presenting wine pairings with menu items selected to compliment the attributes of each wine.

Location: The Bridge inside the Yellowstone Hotel, 230 W. Bonneville

Instructor: Lisa Willmore, owner of the Bridge

Facilitator: Geoff Hogander (208- 232-3437)

Class Limit: 50

Class Fee: \$45 includes gratuity. Make check payable to The Bridge and send check to Geoff Hogander, 255 Fairmont Ave., Pocatello, ID 83201 by September 30.

Introduction to Coffee (#3823)*Thursday: September 6; 9:00 - 10:00 a.m.*

Main Steam Coffee & Desserts owners Tom Nestor and Kevin Lish welcome you to the heart of downtown Pocatello. Information about how coffee is roasted, different types of coffee, and a bit of history will be covered. Come check out this hidden treasure. Refreshments are available for purchase.

Location: Main Steam Coffee & Desserts, 234 N. Main Street, Pocatello

Instructors: Tom Nestor & Kevin Lish – owners of Main Steam Coffee and Desserts

Facilitator: Cathy McPherson (208-233-5899)

Class Limit: 20

Living the Dream of Coffee Roasting**(#3889)***Thursday: October 11; 10:30 a.m. – Noon.*

Join us for a morning of exploration into the world of coffee roasting with Leapknot Coffee Roasters in the historic old Caribou Ski Area. Discover the art and science behind coffee roasting and experience the sights, sounds, and smells of roasting coffee. Brew and sample different roasts with the Chemex brewer and discuss origin, roast flavor, and taste notes. We look forward to sharing our love of coffee and life with you and sending you home with your own bag of Leapknot Coffee.

Location: Leapknot Coffee Roasters, 6071 W. Buckskin Road, Pocatello

Instructors: Travis and Megan Voskamp & Matthew Slavik

Facilitator: Ann Smith (208-251-5812)

Class Limit: 15

Class Fee: \$25. Make checks payable to Leapknot Coffee. Send to Ann Smith, 2659 Hillview Drive, Pocatello, Idaho 83201, by September 28.

Mediterranean Diet (#3890)*Friday: September 28; 10:00 - 11:00 a.m.*

Dietary patterns including the Mediterranean Diet and the DASH Diet can reduce your risk for certain diseases. Specific superfoods can promote your health, including almonds, blueberries, barley, broccoli, beans, canola oil, chicken breasts,

oatmeal, peanut butter, tea, and tuna. Come to hear the rest of the story.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Mary L. Dundas, Ph.D., FADA, Professor Emerita, ISU

Facilitator: Aleen Shearer (208-233-4803, ajshearer@cableone.net)

Class Limit: 50

My, Oh My...Quick Stir Fry (#3891)*Wednesday: September 12; 4:30 – 6:00 p.m.**or Wednesday: September 19; 4:30 – 6:00 p.m.*

Course on basic stir-frying. Principles, cutting techniques, cooking, and tasting. The instructor has taught this class numerous times through the university, church, activities, parties and other functions.

Location: ISU Tech Café, inside Roy F. Christensen building, 777 Memorial Drive, ISU

Instructor: Suzanne H. Johnson

Facilitator: Mamoy Hong (hongma1186@gmail.com)

Class Limit: 25

Class Fee: \$3. Bring to class.

Taste & Share (#3197)*Wednesdays: September 19, October 17 &**November 14; 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! Men and women are welcome!

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors/Facilitators: Marilyn Edwards (208-237-0751) & Liz Meske (208-234-1544)

What's New with the Brews? (#3892)*Wednesday: October 10; 3:00 – 4:00 p.m.*

New breweries and new ways to brew beers are certainly trending right now! Come join Albert Moreno, the owner of a new tap room in Pocatello called Wanderlust! We will taste and learn about lagers, pale ales, hefeweizens, I.P.A.s (not your grandma's I.P.A.) and the newest - sour beers! Albert will explain the brewing process of each

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(continued: *What's New with the Brews?*)

and you will taste each kind while enjoying some popcorn!

Location: Wanderlust Tap Room, 1799 Hurley Drive, Pocatello

Instructor: Albert Moreno, owner

Facilitator: Cathy Southern (208-785-3749)

Class Limit: 35

Class Fee: \$10 includes tasting, popcorn, and tip. Make checks payable to Wanderlust and mail to Cathy Southern, 1515 Conestoga Way, Blackfoot, ID 83221 by October 2.

Wine Tasting at Café Tuscano (#3120)

Tuesday: November 13; 2:00 – 4:00 p.m.

OR 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.

SECTION 1 – Tuesday: November 13;
2:00 – 4:00 p.m.

SECTION 2 – Tuesday: November 13;
5:00 – 7:00 p.m.

Location: Café Tuscano, 2231 E. Center St.

Instructor: Allyson Burnham

Facilitator: Sharon Manning (208-233-9425)

Class Limit: 50

Class Fee: \$18, includes gratuity. Make checks payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, Idaho 83204, by Sept. 1.

Wine Tasting at PV's Uncorked on Main (#3943)

Tuesday: September 18; 5:00 – 7:00 p.m.

Enjoy wine tasting at Pasta & Vino Uncorked on Main. Donny and Jenn will delight us with wines and appetizers.

Location: PV's Uncorked, 138 N. Main Street, Pocatello

Instructors: Donny and Jenn Flores

Facilitator: Robert Farmer (208-221-9627)

Class Limit: 50

Class Fee: \$18, includes gratuity. Make checks payable to PV's Uncorked. Send to Robert Farmer, 235 Sorenson Ave., Pocatello, Idaho 83201, by Sept. 1.

GAMES

Beginning Bridge: Introduction and Competitive Bidding (#3128)

Thursdays: September 13- November 1 and 8;
1:30 – 4:00 p.m.

This class is for anyone who has never played bridge before or for anyone wanting a review of basics. Very basic counting of the hand, basic bidding including no trump bids, major suits, and responses to no trump and major suits openings, competitive bidding, preemptive bids, overcalls, advances, and takeout doubles will be covered. You will play dealt hands that match the lessons.

Required texts: *Bridge Basics 1: An Introduction* and *Bridge Basics 2: Competitive Bidding*, both by Audrey Grant. Someone will contact you 2 weeks prior to the first class if you want books ordered.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Shiela R. Mathiesen (208-233-5360)

Facilitator: Shiela Rimathiesen

Intermediate Bridge: Conventions You Should Know, Continued (#3228)

Tuesdays: September 11 - October 30;
1:30 – 4:00 p.m.

Conventions discussed in the Fall 2017 class will be reviewed. Additional conventions are: Reverses, weak two-bids, 2 club strong artificial opening, Jacoby and Texas transfers, splinter bids, cuebid raises, balancing, help suit game tried, responsive doubles and lead-directing doubles. Card hands will be played that use the conventions. Participants should understand the basics of bridge. Required text: *25 Bridge Conventions You Should Know*, by Seagram and Smith (1999). Please contact a facilitator two weeks prior to the first class if you want a book ordered for you. Cost is dependent on how many books are ordered.

Location: Liberty Hall, 325 W. Benton, small room

Instructor: Jeanne Moore

Facilitators: Janice Matteson-Howell (howejani@isu.edu) & Barb Bain (bainbarb@isu.edu)

SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST			FALL FIELD TRIPS Friday, September 7; 6:30 – Sunday, September 9; 6 pm – Northern ID Adventure (Trip, North ID) Wednesday, September 26; 7:00 am – 5:00 pm – Fall Color Tour at Island Park (Trip, Fall Color) Sunday, October 21; 10:00 am – 9:30 pm – Afternoon at the Opera (Trip, Opera) Wednesday, November 7; 6:30am – 5:00 pm - Loveland Living Planet and Aquarium (Trip, Loveland)			
		21 Origami I 10:30am-noon	28 Origami I 10:30am-noon			1
2	LABOR DAY	3	4	5 Meditation 10-11:30am Diabetes 1-2:30pm Garrett Freightlines 1:30-3pm	6 Coffee Intro 9-10am Mental Illness 1-2:30pm	7 Trip-Northern Idaho Check-in 6:30am
9	10 Tai Chi, Beg 8:30-9:30am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Latin Line II 10:30am-noon POW/MIA 1-2:30pm Line Dance, Beg 2-3:30pm Play Instrument 7-8:30pm	11 Line Dance, Int 9:30-10:25am New Zealand 10-11:30am Line Dance, Old 10:30-11:30am Origami II 10:30am-noon Zumba Gold II 11-11:45am Readers Theater 11:30am-1pm Horses/Rodeo 1-2:30pm Bridge, Int 1:30-4pm Crochet/Knit 2-3pm Keyboard 3-4pm	12 Carving, Adv. 9am-noon Fall Proof 9:30-10:30am Castle, Greatest 10-11:30am Meditation 10-11:30am Diabetes 1-2:30pm Citizen's Role 1:30-2:30pm Latin Line I 2-3pm Latin Line II 3-4:30pm Stir Fry 4:30-6pm	13 Line Dance Step 9:30-11am Public Land 10-11:30am Hyperbaric I 1-2:30pm Bridge, Beg 1:30-4pm Square Dance 4-7:30pm	14 Driver Safety 8:30am-4pm Carving, Adv. 9am-noon Fall Proof 9:30-10:15am Mahjong 10am-noon Remember 10:30-11:30am Poker 2-4pm Symphony 3-4pm	15 Lorenz Cycle 1-2pm
16	17 Tai Chi, Beg 8:30-9:30am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Latin Line II 10:30am-noon FIELDS Program 11am-noon Opoids, Elderly 1:30-3pm Museum, Bannock Co 1-2:30pm Line Dance, Beg 2-3:30pm Play Instrument 7-8:30pm	18 Line Dance, Int 9:30-10:25am Line Dance, Old 10:30-11:30am Origami II 10:30am-noon Zumba Gold II 11-11:45am Readers Theater 11:30am-1pm Wildlife Volunteer 1-2:30pm Bridge, Int 1:30-4pm Crochet/Knit 2-3 pm Buddha Trail 2-3:30pm Keyboard 3-4 pm Wine Pkgs 5-7pm	19 Carving, Beg. 9am-noon Carving, Adv. 9am-noon Fall Proof 9:30-10:30am Astronomy 6 10-11:30am Taste & Share 11:30am-1pm Diabetes 1-2:30pm Pinochle 1-3pm Latin Line I 2-3pm Latin Line II 3-4:30pm Drumming 3:30-5:30pm Stir Fry 4:30-6pm	20 Line Dance Step 9:30-11am Hyperbaric II 1-2:30pm Bridge, Beg 1:30-4pm Square Dnc 4-7:30pm	21 Carving, Adv. 9am-noon Fall Proof 9:30-10:15am Mahjong 10am-noon Forever Fall 10:30am-noon Lunch & Games 12-3pm Poker 2-4pm First Date 5-6pm	22 Mosque Visit 12-2pm
23	24 Tai Chi, Beg 8:30-9:30am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Latin Line II 10:30am-noon Hot Topics 1:30-2:30pm Pottery, Hand 1:30-3:30pm Line Dance, Beg 2-3:30pm Writing, Creative 2-4pm Play Instrument 7-8:30pm	25 Line Dance, Int 9:30-10:25am Line Dance, Old 10:30-11:30am Origami II 10:30am-noon Zumba Gold II 11-11:45am Readers Theater 11:30am-1pm Bridge, Int 1:30-4pm Crochet/Knit 2-3pm Keyboard 3-4pm	26 Trip-Fall Color check-in 7am Carving, Beg. 9am-noon Carving, Adv. 9am-noon Fall Proof 9:30-10:30am Iraq 10-11:30am Meditation 10-11:30am Diabetes 1-2:30pm Portneuf River 1-2:30pm Pinochle 1-3pm Latin Line I 2-3pm Latin Line II 3-4:30pm Drumming 3:30-5:30pm	27 Peru 9-10:30am Line Dance Step 9:30-11am NeighborWorks 11am-noon New Day Products 1-2:30 Tax Act, New 1-2:30pm Bridge, Beg 1:30-4pm Square Dance 4-7:30pm	28 Carving, Adv. 9am-noon Fall Proof 9:30-10:15am Diet, Mediterranean 10-11am Poker 2-4pm	29
30						

OCTOBER 2018

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	1 Tai Chi, Beg 8:30-9:30am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Poky Baseball 10-11:30am Latin Line II 10:30am-noon Harley Cruise 1:30-2:30pm Pottery, Bisque 1:30-3:30pm Line Dance, Beg 2-3:30pm Writing, Creative 2-4pm Play Instrument 7-8:30pm	2 Line Dance, Int 9:30-10:25am Line Dance, Old 10:30-11:30am Origami III 10:30am-noon Zumba Gold II 11-11:45am Readers Theater 11:30am-1pm Extraterrestrial Life 1-2:30pm Bridge, Int 1:30-4pm Crochet/Knit 2-3pm Keyboard 3-4pm	3 Carving, Beg. 9am-noon Carving, Adv. 9am-noon Fall Proof 9:30-10:30am Video Editing 10-11:30am Viking Age 10-11:30am Diabetes 1-2:30pm Pinochle 1-3pm Latin Line I 2-3pm Latin Line II 3-4:30pm Drumming 3:30-5:30pm	4 Line Dance Step 9:30-11am Making a Deal 10-11:30am Geriatric Symposium 1-2pm New Day Products 1-2:30pm Bridge, Beg 1:30-4pm Book Group 4-5:30pm Square Dance 4-7:30pm	5 Carving, Adv. 9am-noon Fall Proof 9:30-10:15am Walk Greenway 10-11:30am Mahjong 10am-noon Poker 2-4pm OTAS Play Preview 4-5 pm	6
7	8 Tai Chi, Beg 8:30-9:30am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Nigeria 10-11:30am Latin Line II 10:30am-noon Train Depot 1-2:30pm Line Dance, Beg 2-3:30pm Writing, Creative 2-4pm Play Instrument 7-8:30pm	9 Line Dance, Int 9:30-10:25am Line Dance, Old 10:30-11:30am Knit Stocking 9:30am-noon Origami III 10:30am-noon Zumba Gold II 11-11:45am Readers Theater 11:30am-1pm Iwamizawa 1-2pm Bridge, Int 1:30-4pm Crochet/Knit 2-3pm Keyboard 3-4pm Food/Wine Bridge 5-7pm Gold 6:30pm	10 Carving, Beg. 9am-noon Carving, Adv. 9am-noon Fall Proof 9:30-10:30am Viking Age 10-11:30am Diabetes 1-2:30pm Latin Line I 2-3pm Beer Tasting 3-4pm Latin Line II 3-4:30pm	11 Line Dance Step 9:30-11am Coffee Rst 10:30am-noon Tax Law Plan 11am-noon Bridge, Beg 1:30-4pm Square Dance 4-7:30pm Sharing the Rough 7-9pm	12 Carving, Adv. 9am-noon Walk Grnway 10-11:30am Fall Proof 9:30-10:15am Tax Law Plan 11am-noon Poker 2-4pm	13 Painting, Acrylic 10am-noon
14	15 Tai Chi, Beg 8:30-9:30am Zumba Gold I 9-10am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Caucasus 10-11:30am Latin Line II 10:30am-noon Pottery, Hand 1:30-3:30pm Line Dance, Beg 2-3:30pm Writing, Creative 2-4pm Play Instrument 7-8:30pm	16 Line Dance, Int 9:30-10:25am Line Dance, Old 10:30-11:30am Knit Stocking 10am-noon Origami III 10:30am-noon Zumba Gold II 11-11:45am Readers Theater 11:30am-1pm Bridge, Int 1:30-4pm Crochet/Knit 2-3pm Keyboard 3-4pm Racism 4-5pm Diamonds 6:30pm	17 Carving, Beg. 9am-noon Carving, Adv. 9am-noon Fall Proof 9:30-10:30am Waltz Clog 10am-noon Taste & Share 11:30am-1pm Pinochle 1-3pm Habitat Home 2-3pm Latin Line I 2-3pm Latin Line II 3-4:30pm Drumming 3:30-5:30pm	18 Line Dance Step 9:30-11am Medicare Update 10am-noon Bridge, Beg 1:30-4pm Square Dance 4-7:30pm Sharing the Rough 7-9pm	19 Carving, Adv. 9am-noon Fall Proof 9:30-10:15am Memory 10-11:30am Walk Grnway 10-11:30am Mahjong 10am-noon Lunch & Games 12-3pm Poker 2-4pm Symphony 3-4pm	20
21 Trip-Opera Check-in 10am	22 Tai Chi, Beg 8:30-9:30am Zumba Gold I 9-10am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Mini-Memoir 10am-noon Latin Line II 10:30am-noon Line Dance, Beg 2-3:30pm Writing, Creative 2-4pm Play Instrument 7-8:30pm	23 Line Dance, Int 9:30-10:25am Line Dance, Old 10:30-11:30am Knit Stocking 10am-noon Origami IV 10:30am-noon Zumba Gold II 11-11:45am Readers Theater 11:30am-1pm Bridge, Int 1:30-4pm Crochet/Knit 2-3pm Keyboard 3-4pm	24 Carving, Beg. 9am-noon Carving, Adv. 9am-noon Fall Proof 9:30-10:30am Black Death 10-11:30am Bats, Lives of 1-2:30pm Pinochle 1-3pm Latin Line I 2-3pm Latin Line II 3-4:30pm Drumming 3:30-5:30pm	25 Line Dance Step 9:30-11am A & P in Film 10-11:30am Flowers w/LD 1-3pm Bridge, Beg 1:30-4pm Square Dance 4-7:30pm	26 Carving, Adv. 9am-noon Fall Proof 9:30-10:15am Walk Grnway 10-11:30am Mahjong 10am-noon Silk Painting, Salt 1:30-3:30pm Poker 2-4pm <i>Lily's Purse</i> 5-6pm	27
28	29 Tai Chi, Beg 8:30-9:30am Zumba Gold I 9-10am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Mini-Memoir 10am-noon Latin Line II 10:30am-noon Hot Topics 1:30-2:30pm Silk Painting, Fence 1:30-3:30pm Line Dance, Beg 2-3:30pm Writing, Creative 2-4pm Play Instrument 7-8:30pm	30 Line Dance, Int 9:30-10:25am Line Dance, Old 10:30-11:30am Knit Stocking 10am-noon Origami IV 10:30am-noon Zumba Gold II 11-11:45am Readers Theater 11:30am-1pm Wildlife Mngmt 1-2:30pm Bridge, Int 1:30-4pm Crochet/Knit 2-3pm Keyboard 3-4pm	HALLOWEEN Carving, Beg. 9am-noon Carving, Adv. 9am-noon Fall Proof 9:30-10:30am Pinochle 1-3pm Latin Line I 2-3pm Latin Line II 3-4:30pm			

NKA 2018 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-mailPreferred method of registration receipt: ☐ Mailed ☐ E-mailed**REGISTRATION DUE BY SEPTEMBER 1**

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:**

777 Memorial Drive, Roy F. Christensen Bldg., #48

3—Online (available August 9) 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**

I, the undersigned, am aware that participation in activities as a member of ISU New Knowledge Adventures (NKA) is voluntary and may be risky and dangerous to include bodily injury, including death, as well as damage to property or third parties. By participating, I certify that I have full knowledge of and assume all risks, and that I am in good health and have no physical or mental limitations that would preclude the safe participation or the use of equipment related to the activities of ISU NKA. To the fullest extent permitted by law, and in consideration of gaining membership or being allowed to participate in the activities and programs of ISU NKA and to use its facilities and equipment, I, on behalf of myself, my heirs, representatives, executors, administrators, and assignees (the Releasing Parties) hereby agree to indemnify, defend, save, hold harmless, release, and covenant not to sue ISU NKA, the State of Idaho, Idaho State University, its State Board of Education, its members, respective officers, employees, volunteers, and agents (the Released Parties) for any negligently caused injuries or losses arising out of, or connected with, my participation in any activities of ISU NKA. On behalf of myself, I hereby consent to emergency medical care, including transportation to and exchange of medical information with a medical facility. I understand that I am responsible for all medical expenses for myself.

I do assume responsibility for my participation in class and will call 208-282-3372 if I cannot attend.

Date: _____ NKA Member or Participant 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

- ☐ ISU Dance Concert Preview #3636
- ☐ Keyboard Lessons #3715
- ☐ Play Your Band Instrument #3880
- ☐ Preview to *First Date* #3881
- ☐ Preview to *Lily's Purple Plastic Purse* #3882
- ☐ Preview OTAS Play: *The Lorenz Cycle* #3883
- ☐ Preview OTAS Play: *(title pending)* #3884
- ☐ Preview to the Symphony #3322
- ☐ Readers' Theater #3134

CRAFTS & HOBBIES

- ☐ Advanced Woodcarving #3558
- ☐ Beginning Woodcarving #3101
- ☐ Crochet/Knitting Service Group #3196
- ☐ Flowers with LD #3487
Section: ☐ 1 ☐ 2
- ☐ Forever Fall #3885
- ☐ Glazing Bisque Pottery #3629
- ☐ Hand Built Pottery #3165
- ☐ Knitting: Fair Isle Christmas Stocking #3886
- ☐ Painting with Acrylics #3198
- ☐ Rustic Painting #3725
- ☐ Silk Painting – Fence Technique #3486
- ☐ Silk Painting – Salt Technique #3430
- ☐ Steampunk Jewelry #3953
- ☐ Tie-Dying #3368

FITNESS & MOTION

- ☐ Fit & Fall Proof #3106
- ☐ Latin Line Dance I #3107
- ☐ Latin Line Dance II: Performance #3108
- ☐ Learn to Waltz Clog in Two Hours #3887
- ☐ Line Dancing: Beginning #3111
- ☐ Line Dancing: Intermediate #3113
- ☐ Line Dancing: Oldies but Goodies #3110
- ☐ Line Dancing: Step It Up #3819
- ☐ Remembering When #3888
- ☐ Square Dance Lessons & Practice #3105
Section: ☐ 1 ☐ 2 ☐ 3
- ☐ T'ai Chi Chih (Advanced) #3104
- ☐ T'ai Chi Chih (Beginners' Class) #3103
- ☐ Walking the Greenway #3115
- ☐ Zumba Gold I #3820
- ☐ Zumba Gold II #3952

FOOD & BEVERAGE

- ☐ Food and Wine Pairing at the Bridge #3642
- ☐ Introduction to Coffee #3823
- ☐ Living the Dream of Coffee Roasting #3889
- ☐ Mediterranean Diet #3890
- ☐ My, Oh My..., Quick Stir Fry #3891
- ☐ Taste & Share #3197
- ☐ What's New with the Brews? #3892
- ☐ Wine Tasting at Café Tuscano #3120
Section: ☐ 1 ☐ 2
- ☐ Wine Tasting at PV's Uncorked #3943

GAMES

- ☐ Beginning Bridge #3128
- ☐ Intermediate Bridge #3228
- ☐ Lunch and Games #3126
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
- ☐ Mahjong #3125
- ☐ Pinochle #3496
- ☐ Texas Hold'em Poker #3127

GENERAL INTEREST

- ☐ The Buddha Trail #3893
- ☐ The Caucasus #3894
- ☐ A Citizen's Role #3895
- ☐ Cruising into Retirement – A Trip around the United States #3896
- ☐ Diamonds: From Dirt to Destiny #3712
- ☐ Driver Safety #3130
- ☐ The Economy and the New Tax Act #3897
- ☐ Emmy and Uma's Excellent Adventure #3898
- ☐ Gold: Its Origins, History, and Uses #3900
- ☐ Habitat for Humanity Home Tour #3901
- ☐ Horses and Rodeo #3902
- ☐ Hot Topics #3827
- ☐ Intellectual Freedom #3903
- ☐ Majesty of Peru #3904
- ☐ Metamemory #3906
- ☐ Mosque Visitation #3413
- ☐ Native American Students Take Their "First Flight" through FIELDS #3907
- ☐ Neighborhood Community Revitalization #3908
- ☐ New Day Products Tour #3909
Section: ☐ 1 ☐ 2
- ☐ Normalizing Death #3590
- ☐ Normalizing Grief #3723
- ☐ Pocatello's Sister City in Japan #3910
- ☐ Portneuf River Visioning Plan #3911
- ☐ Psychology of Memory and Intelligence with Age #3912
- ☐ Public Land: US Survey System #3948
- ☐ Racism, America's Challenging Issue #3913
- ☐ *Sharing the Rough*: From Mine to Market #3914
- ☐ The "True Art" of Making a Deal #3915
- ☐ 2018 Tax Law Changes: Impacts on Filing #3916
- ☐ 2018 Tax Law Changes: Impacts on Tax and Estate Planning #3917
- ☐ Team Physician in Iran #3918
- ☐ Where Are We Now in Accounting for Our POW/MIAs? #3919

HEALTH & WELLNESS

- ☐ Cultivating Compassion and Kindness through Meditation #3920
- ☐ Living Well with Diabetes #3921
- ☐ Medicare Workshop – Updates and New Enrollees #3905
- ☐ Misconceptions of Mental Illness #3949
- ☐ Opioids and the Elderly #3950

- ☐ Origami and Theragami (The Science and Art of Celebration and Healing) #3461
Section: ☐ 1 ☐ 2 ☐ 3 ☐ 4
☐ 5 ☐ 6 ☐ 7
- ☐ Therapeutic Drumming/Native American Flute Circle & Performance #3527
- ☐ Thomas Geriatric Symposium #3899
- ☐ Tour of Hyperbaric Oxygen Center and Chamber #3343

HISTORY

- ☐ Across Europe with the Allies of WWII #3922
- ☐ Atoms for Peace, Atoms for War: Nuclear Past and Present #3923
- ☐ Bringing Baseball Back to Pocatello #3924
- ☐ Dr. Seuss Goes to War #3925
- ☐ Europe and the Black Death #3926
- ☐ Garrett Freightlines: A Transportation Saga That Helped Shape Pocatello #3927
- ☐ The Glory Days of the U.P. Depot #3951
- ☐ The Greatest Castle Ever Built #3928
- ☐ Nigeria: Where Muslims and Christians Meet #3929
- ☐ Pocatello in Print: Through the Lens of the Idaho State Journal #3930
- ☐ The Viking Age #3931
- ☐ What Are Those Little Buildings? #3933
- ☐ Who Created Iraq? British Imperialism and Islamic Activism during First World War #3933

NATURE, SCIENCE, & TECHNOLOGY

- ☐ An Amateur Botanist's Exploration of New Zealand #3934
- ☐ The Anatomy and Physiology of Cinematography #3935
- ☐ Astronomy 6: The Really BIG Picture #3936
- ☐ Do Something Wild—Volunteer for Idaho Fish and Game #3937
- ☐ Improving Portneuf River Water Quality #3938
- ☐ Managing Idaho's Wildlife—from Mountain Tops to Urban Landscapes #3939
- ☐ The Perilous Lives of Bats #3940
- ☐ Sea Level #3941
- ☐ Searching for Extraterrestrial Life in the Pacific #3942
- ☐ Video Editing Basics #3944

TRAVEL & FIELD TRIPS

- ☐ Afternoon at the Opera #3945
- ☐ Fall Color Tour at Island Park #3946
- ☐ Loveland Living Planet and Aquarium #3354
- ☐ Northern Idaho Adventure #3878

WRITING & LITERATURE

- ☐ Book Group and a Glass... #3372
- ☐ Kirby Jonas, Author and Cowboy Singer #3691
- ☐ Low-Impact Creative Writing #3136
- ☐ Write Your Own Mini-Memoir #3809

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☐ New Member ☐ Previous Member

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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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- ☐ Metamemory #3906
- ☐ Mosque Visitation #3413
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- ☐ Thomas Geriatric Symposium #3899
- ☐ Tour of Hyperbaric Oxygen Center and Chamber #3343

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- ☐ Across Europe with the Allies of WWII #3922
- ☐ Atoms for Peace, Atoms for War: Nuclear Past and Present #3923
- ☐ Bringing Baseball Back to Pocatello #3924
- ☐ Dr. Seuss Goes to War #3925
- ☐ Europe and the Black Death #3926
- ☐ Garrett Freightlines: A Transportation Saga That Helped Shape Pocatello #3927
- ☐ The Glory Days of the U.P. Depot #3951
- ☐ The Greatest Castle Ever Built #3928
- ☐ Nigeria: Where Muslims and Christians Meet #3929
- ☐ Pocatello in Print: Through the Lens of the Idaho State Journal #3930
- ☐ The Viking Age #3931
- ☐ What Are Those Little Buildings? #3933
- ☐ Who Created Iraq? British Imperialism and Islamic Activism during First World War #3933

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- ☐ An Amateur Botanist's Exploration of New Zealand #3934
- ☐ The Anatomy and Physiology of Cinematography #3935
- ☐ Astronomy 6: The Really BIG Picture #3936
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- ☐ Improving Portneuf River Water Quality #3938
- ☐ Managing Idaho's Wildlife—from Mountain Tops to Urban Landscapes #3939
- ☐ The Perilous Lives of Bats #3940
- ☐ Sea Level #3941
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TRAVEL & FIELD TRIPS

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- ☐ Fall Color Tour at Island Park #3946
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WRITING & LITERATURE

- ☐ Book Group and a Glass... #3372
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- ☐ Write Your Own Mini-Memoir #3809

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5 Tai Chi, Beg 8:30-9:30am Zumba Gold I 9-10am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Jonas, Kirby 10-11am Mini-Memoir 10am-noon Latin Line II 10:30am-noon Tie-Dying 1:30-3:30pm Line Dance, Beg 2-3:30pm Writing, Creative 2-4pm Play Instrument 7-8:30pm	6 ELECTION DAY Line Dance, Int 9:30-10:25am Line Dance, Old 10:30-11:30am Knit Stocking 10am-noon Origami IV 10:30am-noon Zumba Gold II 11-11:45am Readers Theater 11:30am-1pm Crochet/Knit 2-3pm Keyboard 3-4pm	7 Trip-Loveland check-in 6:30am Carving, Beg. 9am-noon Carving, Adv. 9am-noon Fall Proof 9:30-10:30am Tax Law Filing 11am-noon Pinochle 1-3pm Latin Line I 2-3pm Latin Line II 3-4:30pm	8 Line Dance Step 9:30-11am Dr. Seuss to War 10-11:30am Painting, Rustic 10am-1pm Sea Level 1-2:30pm Bridge, Beg 1:30-4pm Square Dance 4-7:30pm	9 Carving, Adv. 9am-noon Fall Proof 9:30-10:15am Mahjong 10am-noon Iran, Team Physician 1-2:30pm Poker 2-4pm	10 Carving, Adv. 9am-noon Fall Proof 9:30-10:15am Mahjong 10am-noon Iran, Team Physician 1-2:30pm Poker 2-4pm
11	12 Tai Chi, Beg 8:30-9:30am Zumba Gold I 9-10am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Mini-Memoir 10am-noon Latin Line II 10:30am-noon Atoms: Peace & War 1-2:30pm Line Dance, Beg 2-3:30pm Writing, Creative 2-4pm Play Instrument 7-8:30pm	13 Line Dance, Int 9:30-10:25am Line Dance, Old 10:30-11:30am Knit Stocking 10am-noon Origami V 10:30am-noon Zumba Gold II 11-11:45am Readers Theater 11:30am-1pm Crochet/Knit 2-3pm Wine Tuscano 2-4pm Keyboard 3-4pm Wine Tuscano 5-7pm	14 Carving, Beg. 9am-noon Carving, Adv. 9am-noon Fall Proof 9:30-10:30am Social Mvmt 9:30-11am WWII Allies 10-11:30am Origami V 10:30am-noon Taste & Share 11:30am-1pm Pinochle 1-3pm Latin Line I 2-3pm Latin Line II 3-4:30pm	15 Line Dance Step 9:30-11am Grief 1-2:30pm Square Dance 4-7:30pm	16 Carving, Adv. 9am-noon Fall Proof 9:30-10:15am Mahjong 10am-noon Lunch & Games 12-3pm Poker 2-4pm	17 Carving, Adv. 9am-noon Fall Proof 9:30-10:15am Mahjong 10am-noon Lunch & Games 12-3pm Poker 2-4pm
18	19 Tai Chi, Beg 8:30-9:30am Zumba Gold I 9-10am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Latin Line II 10:30am-noon European Trip 11am-noon Writing, Creative 2-4pm Play Instrument 7-8:30pm	20 Origami V 10:30am-noon Readers Theater 11:30am-1pm Crochet/Knit 2-3pm	21 Carving, Beg. 9am-noon Carving, Adv. 9am-noon Origami V 10:30am-noon Pinochle 1-3pm Latin Line II 3-4:30pm	22 THANKSGIVING	23 Carving, Adv. 9am-noon Mahjong 10am-noon Poker 2-4pm	24 Carving, Adv. 9am-noon Mahjong 10am-noon Poker 2-4pm
25	26 Tai Chi, Beg 8:30-9:30am Zumba Gold I 9-10am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Latin Line II 10:30am-noon Hot Topics 10:30-11:30am Poky in Print 1:30-3pm Writing, Creative 2-4pm Play Instrument 7-8:30pm	27 Origami VI 10:30am-noon Crochet/Knit 2-3pm	28 Carving, Beg. 9am-noon Carving, Adv. 9am-noon Metamemory 9:30-11am Latin Line II 3-4:30pm	29 Origami VI 10:30am-noon Readers Theater 11:30am-1pm Steampunk Jewelry 1-2pm Square Dance 4-7:30pm ISU Dance: 5-6pm	30 Carving, Adv. 9am-noon Mahjong 10am-noon Poker 2-4pm Symphony 3-4pm	

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Tai Chi, Beg 8:30-9:30am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Portneuf Water 10-11:30am Latin Line II 10:30am-noon Writing, Creative 2-4pm Play Instrument 7-8:30pm	4 Origami VI 10:30am-noon Crochet/Knit 2-3pm	5 Carving, Beg. 9am-noon Carving, Adv. 9am-noon Latin Line II 3-4:30pm	6 Freedom, Intel 10-11:30am Origami VI 10:30am-noon Readers Theater 11:30am-1pm Flowers w/LD 1-3pm Book Group 4-5:30pm Square Dance 4-7:30pm	7 Carving, Adv. 9am-noon Lunch & Games 12-3pm Poker 2-4pm	1
9	10 Tai Chi, Beg 8:30-9:30am Carving, Adv. 9am-noon Tai Chi, Adv 9:30-10:30am Latin Line II 10:30am-noon Writing, Creative 2-4pm Play Instrument 7-8:30pm	11 Origami VII 10:30am-12:30pm Crochet/Knit 2-3pm	12 Carving, Beg. 9am-noon Carving, Adv. 9am-noon Origami VII 10:30am-12:30pm Latin Line II 3-4:30pm	13 Origami VII 10:30am-12:30pm Readers Theater 11:30am-1pm	14 Carving, Adv. 9am-noon Mahjong 10am-noon	15
16	17 Carving, Adv. 9am-noon Writing, Creative 2-4pm	18	19 Carving, Beg. 9am-noon Carving, Adv. 9am-noon	20	21 Carving, Adv. 9am-noon	22
23	24	25 CHRISTMAS	26	27	28	29
30	31					

Lunch & Games (#3126)

Fridays: September 21, October 19, November 16, & December 7; 12:00 – 3:00 p.m.

Lunch is served at noon. Hand and Foot game OR the Dominoes Mexican Train game go from 1 to 3 p.m. 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 the registration form, please select the months you plan to attend. *Call the facilitator if you must cancel.*

SECTION 1 – Friday: September 21; 12-3 p.m.

SECTION 2 – Friday: October 19; 12-3 p.m.

SECTION 3 – Friday: November 16; 12-3 p.m.

SECTION 4 – Friday: December 7; 12-3 p.m.

Location: Juniper Hills Country Club, 6600 S. Bannock Hwy.

Facilitator: Pat Ringe (208-233-5494)

Class Limit: 90

Class Fee: \$13 per lunch. To be paid at the door.

Mahjong (#3125)

Fridays: September 21 – December 14;

10:00 a.m. – Noon

(No class Sept. 28, Oct. 19, Dec. 7)

Mahjong, similar to the Western card game rummy, is a game of skill, strategy, and calculation, and it involves a certain degree of chance. It is commonly played by four players (with some three-player variations found in Korea, Japan, and the Philippines). The game requires players to form melds and to discard until a winning hand is completed. This is a fun game!

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Lucy Bonman (208-243-0856)

Facilitator: Marijana Dolsen (208-233-8735 or cell 208-241-6716)

Pinochle (#3496)

Wednesdays: September 19 – November 21

(No class on October 10): 1:00 – 3:00 p.m.

Members will split into groups of four at each table. Partnership pinochle instructed and played.

Location: Liberty Hall, 325 W. Benton, small room

Facilitator: Virginia Kelly (208-232-7417, ginnyckelly@gmail.com)

Class Limit: 20

Texas Hold'em Poker (#3127)

Fridays: September 14 – December 7:

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: Liberty Hall, 325 W. Benton, small room

Facilitators/Instructors: Annette Tolman (208-226-4597); Betty Adams (208-589-2880); Barbara Hyde (208-760-7260)

Class Limit: 24

GENERAL INTEREST**The Buddha Trail to the Garden of a Thousand Buddhas** (#3893)

Tuesday: September 18; 2:00-3:30 p.m.

A beginner's presentation of a personal journey to Arlee, Montana, to visit the Garden of a Thousand Buddhas, featuring an inspiring slide presentation of photographs and experiences plus discussion on how and why to create a personal journey for yourself.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Midge Woods, Travel and Events Agent

Facilitator: Donna Hillard (208-241-9855, hilldonn73@gmail.com)

The Caucasus (#3894)

Monday: October 15; 10:00 – 11:30 a.m.

The Caucasus consists of three independent countries, Armenia, Azerbaijan, and Georgia, as well as Nagorno-Karabach. This lecture will cover geographic, ethnic, linguistic, religious, historical and political aspects of the region, including its relations with Russia, Turkey and Iran. There will also be a discussion of the Armenian genocide, which is now coming into ever greater international recognition.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Arthur Dolsen, Professor Emeritus, Department of Global Studies and Languages, ISU

Facilitator: Marijana Dolsen (208-241-6716, dolsmari@isu.edu)

A Citizen's Role (#3895)*Wednesday: September 12; 1:30 – 2:30 p.m.*

In today's world, civic engagement has been reduced to voting between two candidates or two opinions. This reduces citizens to passive consumers in the governing process. The effect of this role is citizens who feel they have no place and little influence in the governing process, when in reality the entire system is based on participation. Citizens just need to get involved to have influence. This course will provide a deeper understanding of civic responsibility, why it's important, and how to accomplish a greater level of engagement.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Lisa Smith, Community Engagement Coordinator, NeighborhoodWorks, Pocatello**Facilitator:** Lee Dille (208-339-5346)**Cruising into Retirement – A Trip around the United States (#3896)***Monday: October 1; 1:30-2:30 p.m.*

In this session, we will share our experience of riding our Harley-Davidsons around the perimeter of the country while fulfilling a bucket-list desire. This trip of a lifetime may inspire you to work on your own bucket list.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructors:** Torrey Whitaker & Nicki Chopski**Facilitator:** Sharon Manning (208-233-9425)**Diamonds: From Dirt to Destiny (#3712)***Tuesday: October 16; 6:30 p.m.*

"A Diamond Is Forever" has been the copyrighted tagline of De Beers Diamonds since 1947, as well as becoming a fan favorite book/movie title for James Bond followers. Learn the real dirt about the history and origin of diamonds on their journeys to their forever destinies as treasured gemstones, as well as the international diamond trade, valuation methods, uses, facts, and lore.

Location: Molinelli's Jewelers, 126 Main Street, Pocatello**Instructor:** Lance Buttars, Owner, Molinelli's Jewelers; Goldsmith; Gemological Institute of America diamond and colored stone specialist**Facilitator:** Janet Turner (801-637-0246)**Class Limit:** 30**Driver Safety (#3130)***Friday: September 14; Registration and fee payment from 8:30 to 9:00 a.m.; Class 9:00 a.m. – 4:00 p.m. (Lunch on your own from noon – 1:00 pm)*

Learn current rules of the road, defensive driving techniques, and how to operate your vehicle safely in today's challenging driving environment. Managing and accommodating age-related changes in vision, hearing, and reaction time is discussed. Participants will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuries. No tests or driving required.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Roger Wheeler, AARP Driver Safety Instructor**Facilitator:** Aleen Shearer (208-233-4803, ajshearer@cableone.net)**Class Limit:** 25**Class Fee:** AARP members \$15/ Non-members \$25. Registration is from 8:30 – 9:00 a.m. Make check payable to AARP or bring the exact amount of cash to the class. No change will be available.**The Economy and the New Tax Act (#3897)***Thursday: September 27; 1:00-2:30 p.m.*

As this class description is written (3/16/18), the economy is firing on all cylinders and the recent tax package should only be a tailwind to that momentum. In fact, it's creating the opposite concerns: is the economy running too hard, too fast and should the Fed be pumping the brakes? We have had 9 months (when Joel will be giving this presentation) of data to judge the tax package. This class will give up-to-date information on this important topic.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Joel Phillips, Sanctuary Wealth Management**Facilitator:** Jim Manning (208-233-9425)

Emmy and Uma's Most Excellent Adventure (#3898)

Monday: November 19; 11:00 a.m. - Noon.

Five countries, five weeks, and a fifty year difference in perspectives on travel, culture, language, art, and food make for a unique European trip. Granddaughter Emory Albertson (Emmy) and grandmother Priscilla Reis (Uma) share their different, and sometimes conflicting, views as they make their way through Spain, Portugal, France, Greece, and, for the sole survivor, the Republic of Georgia.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Emory Albertson and Priscilla Reis

Facilitator: Priscilla Reis (208-604-3638)

Gold: Its Origins, History, and Uses (#3900)

Tuesday: October 9; 6:30 p.m.

Gold has held a special social and economic status since it was first documented in recorded history. It has influenced cultures around the world, becoming a status symbol as well as a form of currency. In some parts of the world, that currency is worn in the form of jewelry, combining wealth storage with aesthetics. Come learn about the myths, history, and origin of gold, its physical characteristics, its scarcity, and its numerous uses in industry and, of course, as jewelry.

Location: Molinelli's Jewelers, 126 Main Street, Pocatello

Instructor: Lance Buttars, Owner, Molinelli's Jewelers; Goldsmith; Gemological Institute of America diamond and colored stone specialist

Facilitator: Janet Turner (801-637-0246)

Class Limit: 30

Habitat for Humanity Home Tour (#3901)

Wednesday: October 17; 2:00 - 3:00 p.m.

Allan Priddy, a local foreman for Habitat for Humanity, will take us through the current project. He will explain how the prospective owner is chosen, what they have to contribute and how it is done. He will also cover the financing and management of the project.

Location: 663 E. Clark Street (the house that was on stilts for so long across from the post office)

Instructor: Allan Priddy, Foreman, Habitat for Humanity

Facilitator: Geoff Hogander (208-232-3437)

Horses and Rodeo (#3902)

Tuesday: September 11; 1:00-2:30 p.m.

This class attempts to clarify some misconceptions about rodeo, emphasizing that rodeo is not cruel or inhumane to animals. K.T. Anderson has been with horses for over fifty years, riding and training them. The class will note the skills of modern rodeo that continue the skills of the 19th century cowboy; it will define some terms and briefly comment on all of the various rodeo events. Gear from the rodeo will be at the class, as well as a horse!

Location: Bannock County Event Center, Indoor Arena, 10588 Fairgrounds Road, Pocatello

Instructor: K.T. Anderson, Chair, DNCFR in Pocatello (1999-2006)

Facilitator: Pat Packer (208-232-8809)

Hot Topics (#3827)

Mondays: September 24, October 29; 1:30 - 2:30 p.m.; November 26; 10:30 - 11:30 a.m.

Events are moving very quickly in our modern world. Some move so quickly we can't even calendar them for the following semester, but need to address them as they unfold. Just in case this semester will see some strange and exciting events, we are leaving time open to discuss those topics hot off the press. Suitable instructors will be invited as events unfold.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Various

Facilitator: Trent Stephens (280-240-4994)

Intellectual Freedom (#3903)

Thursday: December 6; 10:00-11:30 a.m.

Intellectual freedom is the right of every individual to both seek and receive information from all points of view without restriction. It includes such topics as censorship, net neutrality, and privacy. This presentation will include information about intellectual freedom in general (*continues...*)

(continued: *Intellectual Freedom*)

and delve into library-specific aspects of the subject.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Eric Suess, Marshall Public Library Director and past chair of the American Library Association's Intellectual Freedom Round Table

Facilitator: Jane Riley (208-237-6801)

Majesty of Peru (#3904)

Thursday: September 27; 9:00 – 10:30 a.m.

Peru is a majestic country with some of the most impressive archeology in South America. This presentation will focus on the land, the culture, the people, and the humanitarian service that is being done for the indigenous population in the Andean villages surrounding Cusco, Peru. It features stunning photographs of the people and the topography. Dr. Johnson is a local orthodontist and photographer who has participated in and documented the work done by the local humanitarian organization "Idaho Condor".

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Eric Johnson, DDS MS

Facilitator: Neila Loeb (loebbruc@isu.edu)

Class Limit: 40

Metamemory (#3906)

Wednesday: November 28; 9:30-11:00 a.m.

What do older adults believe about cognition? What are their actual cognitive abilities? Why might there be a mismatch between subjective abilities and objective abilities and what can be done to make them more aligned?

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Erika Fulton

Facilitator: Barbara Bain (bainbarb@isu.edu)

Mosque Visitation (#3413)

Saturday: September 22; Noon – 2:00 p.m.

Members will meet at the Mosque for a lecture concerning the Islamic community in Pocatello.

Location: 1513 S. 5th Avenue, Pocatello

Instructor: Yousef Deikna

Facilitator: Virginia Kelly (ginnyckelly@gmail.com, 208-232-7417)

Class Limit: 75

Native American Students Take Their "First Flight" through FIELDS (#3907)

Monday: September 17; 11:00 a.m. – Noon

The Shoshone-Bannock Junior/Senior High School, with support from the Battelle Energy Alliance of the INL and other corporate sponsors, has started an exciting new program aimed at creating growth opportunities for tribal youth. Pocatello resident Dr. Doyle Anderson, a member of the Red Pheasant Cree Nation of Canada and President and CEO of FIELDS, will outline the program in which students take their "First Flight" Mentor Training and learn the skills needed to help support their success in many new learning opportunities. He will also highlight the new technology training programs now available to Shoshone-Bannock students.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Doyle Anderson, President and CEO of FIELDS

Facilitator: Priscilla Reis (208-604-3638)

Neighborhood and Community Revitalization (#3908)

Thursday: September 27; 11:00 a.m. – Noon

NeighborWorks Pocatello (NWP) builds and rehabilitates homes, provides home improvement and down payment assistance loans to people of low and moderate incomes, educates first-time home buyers, and assists residents who already own their homes who have fallen upon difficult circumstances. It has undertaken projects such as the construction of the new pavilion at Caldwell Park and has initiated a marketing campaign for the Neighborhoods of Historic Old Town. Come learn how NeighborWorks Pocatello can assist you, a friend, or a family member and how NWP fits into the local community development circle.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Mark Dahlquist, Executive Director, NeighborWorks Pocatello

Facilitator: Lee Dille (208-339-5346)

New Day Products Tour: Don't Diss-My-Ability (#3909)

*Thursday: September 27 OR
October 4; 1:00 – 2:30 p.m.*

Tour of New Day Products, showing employment built on people's strengths and helping look for positive ways to help people in Pocatello reach their fullest potential. PLEASE CHOOSE ONE SECTION TO ATTEND.

SECTION 1 – Thursday: September 27;

1:00 – 2:30 p.m.

SECTION 2 – Thursday: October 4;

1:00 – 2:30 p.m.

Location: 1704 North Main, Pocatello

Instructor: Terry Fredrickson

Facilitator: Kemper Marple (208-237-1735)

Class Limit: 25 per section

Normalizing Death (#3590)

Thursday: November 1; 1:00 – 2:30 p.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: Liberty Hall, 325 W. Benton, lecture room

Instructor: Kelly Lind

Facilitator: Virginia Kelly (ginnyckelly@gmail.com)

Normalizing Grief (#3723)

Thursday: November 15; 1:00 – 2:30 p.m.

Grief is experienced differently by everyone. There is no right way to grieve. This session will talk about the stages of grief and what to expect after a significant loss.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Kelly Lind

Facilitator: Virginia Kelly (ginnyckelly@gmail.com)

Pocatello's Sister City in Japan (#3910)

Tuesday: October 9; 1:00-2:00 p.m.

Why, when and how did Pocatello get a "sister city" in Japan? Come and find out all about Iwamizawa, Japan, and what makes Iwamizawa our Sister City!

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Douglas Woolley, Chairman of the Pocatello Committee on Sister City in Japan

Facilitator: Marilyn Ames (208-705-8451, mamesid@gmail.com)

Portneuf River Visioning Plan Report (#3911)

Wednesday: September 26; 1:00– 2:30 p.m.

Hannah Sanger will provide an update on the Portneuf River Vision and its implementation progress. In 2016, based on community input, the city and its partners completed the study which provides a vision for the Portneuf in the Pocatello area. In 2017, additional concepts were developed for integrating river restoration with community development and revitalization efforts. Come learn about the city's recent progress toward turning those ideas into reality.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Hanna Sanger

Facilitator: Lee Dille (208-339-5346)

The Psychology of Memory and Intelligence with Age (#3912)

Friday: October 19; 10:00 – 11:30 a.m.

This class will outline the different types of human memory systems, using knowledge gained from cognitive psychology, neuropsychology, and memory neuroscience. We will also consider the history of intelligence testing, including tests used with older populations. The class will focus on memory and intelligence stability and their change with age, detailing different types of each that are and are not susceptible to the normal aging process. We will end with a summary of best practices with age, in terms of maximizing memory and intelligence processes.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Anna C. McCarrey, Assistant Professor of Psychology, ISU

Facilitator: Barbara Bain (208-232-3415)

Public Land: United States Survey System (#3948)

Thursday: September 13; 10:00 – 11:30 a.m.

I will present on the United States Public Land Survey System (USPLSS). Topics will include the historical beginnings of the PLSS, its evolution, and its societal impact.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Robert Liimakka, Assistant Professor/Coordinator – Surveying and Geomatics Engineering Technology, ISU

Facilitator: Roger Ellis (208-234-1342, rogerr@cableone.net)

Racism, America's Most Challenging Issue (#3913)

Tuesday: October 16; 4:00-5:00 p.m.

This course examines the rise of open discrimination against students of color in our schools around the country. It helps the participants to become better acquainted with the challenges faced by minority groups in our communities and offers ways to help abolish racism and prejudice in our private and collective lives.

Location: Room 108, Christensen Building, ISU

Instructor: Douglas Wooley, Chairman of the Pocatello Committee on Sister City in Japan

Facilitator: Mona Heern (801-867-5843, monaheern@gmail.com)

Sharing the Rough: From Mine to Market (#3914)

Thursday: October 18; 7:00 p.m. (85 minute screening, followed by questions and answers)

Join us for *Sharing the Rough*, a film that documents the passion it takes to bring a colored gemstone from deep within an African mine and transform it into an heirloom. This film weaves together these remarkable stories of the many hands that contribute to the creation of wearable art. A member of the film's crew will be on hand for answering questions following the film. This screening will support the Devon Foundation, a non-profit charitable foundation whose mission is to bring education to gem mining communities in

Africa, as well as providing school lunch programs to its students.

Location: Pond Student Union Theater, Cesar Chavez Avenue, ISU

Instructor: Lance Buttars, Owner, Molinelli's Jewelers; Goldsmith; and Jonathan Farnsworth of Parle jewelry manufacturing GIA graduate gemologist

Facilitator: Janet Turner (208-637-0246)

Class Limit: Advanced registration is required since this showing will be open to the public.

Class Fee: \$5, payable at the door with 100% of the proceeds going to the Devon Foundation.

The "True Art" behind the Art of Making a Deal (#3915)

Thursday: October 4; 10:00 – 11:30 a.m.

This presentation will examine how cooperation is essential to providing or maintaining valuable shared resources, and how the lack of trust increases competition.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Victor C. Joe, Professor Emeritus of Psychology, ISU

Facilitator: Virginia Kelly (208-232-7417, ginnyckelly@gmail.com)

2018 Tax Law Changes: Impacts on Tax and Estate Planning (#3916)

Thursday: October 11; 11:00 a.m. – Noon

The new 2018 Tax Law makes sweeping changes which impact how we plan our taxes and estates to best protect our assets. Attorney Palmer will review the relevant changes in the tax law and explain how they may impact you.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Nathan R. Palmer, LL.M., Attorney; Racine Olson Law Firm

Facilitator: Priscilla Reis (208-604-3638)

2018 Tax Law Changes: Impacts on Filing (#3917)

Wednesday: November 7; 11:00 a.m. – Noon

The new 2018 Tax Law makes sweeping changes in how we are taxed, what we are taxed on, and how we file our taxes. Professor Konicek will outline the relevant changes in the tax law and explain how they impact you.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Dr. Dawn Konicek, CPA, Clinical Assistant Professor of Accounting, ISU
Facilitator: Priscilla Reis (208-604-3638)

Team Physician in Iran (#3918)

Friday: November 9; 1:00-2:30 p.m.

Dr. Esplin had an opportunity to travel to Iran as the team physician with the USA wrestling team. He will share his experiences while traveling in Iran. Dr. Esplin had the opportunity to see Iran from inside the country. He will discuss some of the regulations as a visitor and also interactions with some of the everyday citizens of Iran.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Vernon Esplin, M.D., Idaho Hand Institute
Facilitator: Mary Spinner (208-241-7258)

Where Are We Now in Accounting for Our POW/MIAs? (#3919)

Monday: September 10; 1:00-2:30 p.m.

This course will summarize the current briefings presented at the 19th Annual Meeting of the National League of POW/MIA Families. While the focus will be primarily on those unaccounted for from the Vietnam War, there will be some information on the more global accounting efforts. We will never forget!

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Nicki Chopski, POW/MIA Pocatello
Facilitator: Sharon Manning (208-233-9425)

HEALTH & WELLNESS

Cultivating Compassion and Kindness through Meditation (#3920)

Wednesdays: September 5 - 26; 10:00-11:30 a.m.

Mindfulness meditation is an ancient practice now being used for its physical and emotional benefits, especially for those of us who are older. Participants will learn ways to develop qualities shown to increase our happiness and the welfare of

others: kindness, compassion, sympathetic joy, and equanimity. Each session will include a meditation practice. No previous meditation experience is necessary and all are welcome.

Location: Portneuf Sangha and Meditation Center, 424 W. Lewis Street, Pocatello

Instructors: Drs. Paula and Tony Seikel
Facilitator: Barb Bain (bainbarb@isu.edu)
Class Limit: 25

Living Well with Diabetes (#3921)

Wednesdays: September 5 - October 10; 1:00 - 2:30 p.m.

This is a Medicare-approved program consisting of 6 sessions, 1.5 hours each. It is open to anyone living with diabetes or who may be pre-diabetic, as well as family members interested in learning more about diabetes. Learn about healthy eating, safe exercise, preventing low blood sugar, dealing with depression and stress, etc. This is a fun self-management class developed by Stanford University. Class materials will be provided.

Location: Quail Ridge, 797 Hospital Way, Pocatello
Instructor: Pam Wake, Certified Instructor through Qualis Health
Facilitator: Nancy Ellis (208-237-0995)

Medicare Workshop – Updates and New Enrollees (#3905)

Thursday: October 18; 10:00 a.m. – Noon

An in-depth overview for all Medicare-eligible individuals. There will also be information provided for any updates to your Medicare in 2019. Like untangling a twisted wad of fishing line, unraveling Medicare can be complicated. This workshop is designed to begin pulling the knot apart, strand by strand, until the end of the line becomes obvious.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Helen Mayberry, SHIBA – Medicare Counselor, ID Department of Insurance
Facilitator: Rachel Damewood (208-604-0741, 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 208-282-3155.

Misconceptions of Mental Illness (#3949)*Thursday: September 6; 1:00-2:30 p.m.*

A panel will discuss mental illness and the negative misconceptions by many members of the public that have resulted from mass shootings and other serious social disruptions and the reporting of them by the media. The majority of those dealing with mental illness are active members of society in recovery; only a very small percentage of the group are a danger to either themselves or others.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructors:** Linda Hatzenbuehler and five other panelists**Facilitator:** Bob Gehrke (208-680-4766)**Opioids and the Elderly (#3950)***Monday: September 17; 1:30 - 3:00 p.m.*

From the wealthy to the poor, pediatrics to the geriatrics, and small towns to big cities, the opioid epidemic continues to take more and more lives. Class will focus on the elderly who typically are law abiding citizens caught up too often in a dilemma – filling expensive prescription drugs for chronic pain relief, which they cannot afford, or resorting to much less expensive illegal opioids because they are affordable. Come learn the dangers of making the wrong choice.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructors:** Charles Aasand, Portneuf Medical Center, Behavioral Health Unit and/or Chris Daniels, Executive Director of the Hope and Recovery Resource Center.**Facilitator:** Bob Gehrke (208-680-4766, robertjmary_7@q.com)**Class Limit:** 60**Origami & Theragami: The Science and Art of Celebration and Healing (#3461)**

Hugh uses origami, commonly misunderstood as merely arts & crafts, to educate, inspire, self-heal, and instill greater confidence. Theragami has healing and therapeutic benefits, connecting the mind and body. Offered in 7 sections.

Location (all classes): Liberty Hall, 325 W. Benton, small room**Instructor:** Hugh Suenaga**Facilitators:** Nancy Dafoe (nancyd@uidaho.edu, 208-596-0491)**Class Limit:** 25**Class Fees:** see section listings for amount and due dates. Make check payable to Hugh Suenaga. Send to Nancy Dafoe, 2800 Birdie Thompson, Pocatello, ID 83201.**SECTION 1 – My Origami Grandma/Grandpa***Tuesdays: August 21, 28; September 4;**10:30 a.m. – Noon***Class Fee:** \$20 to be paid at the first day of the class.

A three-day session for grandparents who want to have fun advancing their grandchildren's skills in being more creative and resourceful, while advancing their math, science, and problem solving skills by creating fun action toys from origami.

SECTION 2 – Precious Memories in a Box*Tuesdays: September 11, 18 & 25;**10:30 a.m. – Noon***Class Fee:** \$20 to be paid by September 4.

In this three-day session, you will learn that the magic is not just what's in the box but also the beautiful, unique, and elegant box that shelters your precious memories.

SECTION 3 – Star Wars, Science, and Innovations*Tuesdays: October 2, 9 & 16; 10:30 a.m. – Noon***Class Fee:** \$20 to be paid by September 25.

In this three-day session, we will focus on Star Wars, the X-Wing, and the Millennium Falcon. By our unique style of inspirations, the "Force will be with you!" In addition, we will look at creative innovations unveiled by science, new discoveries, and the applications of math for which origami is famous.

SECTION 4 – Origami/Theragami Kusudama I (Beginner to Intermediate)*Tuesdays: October 23 & 30; November 6;**10:30 a.m. – Noon***Class Fee:** \$20 to be paid by October 16.

This three-day seminar on theragami will focus on Kusudama, which in Japanese is derived from two words which mean "prayer and medicine" and are multiple folded, modular projects which are traditionally presented at memorable events such as baptisms and weddings.

SECTION 5 – Origami/Theragami Kusudama II
Tuesdays & Wednesdays: November 13, 14, 20 & 21; 10:30 - Noon

Prerequisite: MUST have completed 2 previous origami classes.

Class Fee: \$20 to be paid by November 6.

This four-day session for intermediate to advanced Kusudama origamists will focus on the powerful, centuries-old traditions of stimulating prayer and natural healing by creating dynamic and systematic bridges between the mind, body and spirit. New research in neuroscience finds that the fingertips are so densely laden with nerve endings that they constitute a “second brain” that works both with and independently of the brain.

SECTION 6 – Kami-Kara – Mechanized and Action Origami

Tuesdays & Thursdays: November 27 & 29 & December 4 & 6; 10:30 - Noon

Prerequisite: MUST have completed Kusudama I and II.

Class Fee: \$20 to be paid by November 20.

This exciting four-day session will focus on advanced engineering and functional creations that move by the mechanization of origami, often referred to as “Kinetic Origami” and “Tesselations through Computation”. This course epitomizes our theme of “Healing Hands, Impossible Folds Made Possible.”

SECTION 7 – Origami Home, Office and Studio Décor

Tuesday, Wednesday and Thursday: December 11, 12 & 13; 10:30 a.m. – 12:30 p.m.

Prerequisite: MUST have completed 2 previous origami classes.

Class Fee: \$35 MUST be paid by November 20.

Classic origami meets beautiful home office and creative décor. Join us to learn how to create elegance, peace, and inspiration, while integrating your beautiful origami. Taught by Julia Kasai Suenaga Bassett and Larry Suenaga-Bassett from Spokane, Washington.

Note: *Thursday class will be held at Quail Ridge, 797 Hospital Way, Pocatello.*

Therapeutic Drumming/Native American Flute Circle & Performance (#3527)

Wednesdays: September 19 – October 24; 3:30 – 5:30 p.m. (No classe October 10)

Therapeutic drumming is facilitated group drumming with these objectives: reduce stress and boost energy; learn scientific research on rhythms and health; develop rhythm and connections; play healing rhythms and Native American (NA) flute melodies; sing and dance; find joy in making music with a group. Weekly practices include: learning basic and world percussion rhythms, integrative play-along with drums and NA flutes, jam session, and optional nursing home performance. Bring your world drums and Native American flutes. No experience necessary.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor/Facilitator: Rachel Damewood (208-604-0741; damerw@cableone.net)

Thomas Geriatric Symposium (#3899)

Thursday: October 4; 1:00 – 2:00 p.m.

This annual event was designed to provide seniors in our community with important updates, knowledge, and insight into the latest in healthy living in all spheres of life: physical, emotional, social, and financial. It has evolved into an avenue for students in health science programs together with seniors from the community to learn from one another. Come learn the history and what topics will be discussed at the 2018 Symposium scheduled for Friday, October 19.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Christopher Owens, Associate Vice President Kasiska Division of Health Sciences, ISU

Facilitator: Jane Riley (208-237-6801)

Tour of Hyperbaric Oxygen Center and Chamber (#3343)

*Thursday: September 13; 1:00 – 2:30 p.m.
 OR September 20; 1:00 – 2:30 p.m.*

Hyperbaric Oxygen therapy has been around since the 1600s, but in the United States, it is under-utilized when compared to the list of diseases and processes it benefits. Attendees (*continues...*)

(continued: *Hyperbaric Oxygen Center Tour*)

will learn about the discovery of the medical benefits, the most common uses in medicine, and the newest discoveries. Please bring any questions. There will be a tour of the facility and the hyperbaric chamber. PLEASE CHOOSE ONE SECTION TO ATTEND.

SECTION 1 – Thursday: September 13;
1:00 – 2:30 p.m.

SECTION 2 – Thursday: September 20;
1:00 – 2:30 p.m.

Location: Idaho Hyperbarics, 1125 Alameda Road, Pocatello

Instructor: Jeff Ellis, Director

Facilitator: Kemper Marple (208-237-1735)

Class Limit: 25 per section.

HISTORY

Across Europe with the Allies of WWII

(#3922)

Wednesday: November 14; 10:00-11:30 a.m.

In 2013, my oldest grandson and I took a self-guided tour of WWI and WWII battlefields. Landing in London, we toured the grass airfield at Duxford and the underground hospital at Dover. We then crossed the English Channel and toured Dunkirk, Flanders Fields, and the beaches of Normandy and then traveled from France to Belgium where we visited Bastogne and other sites of the Battle of the Bulge. We entered Germany, visiting a German air museum and concentration camp. We ended our tour in Berlin where we visited the Museum of Terror and the Berlin Wall.

Location: Quail Ridge, 797 Hospital Way, Pocatello

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

Atoms for Peace, Atoms for War: Nuclear Past and Present (#3923)

Monday: November 12; 1:00-2:30 p.m.

This year marks the 73rd year of the Atomic Age, but nuclear hopes and fears are still very much with us today. This presentation examines the ever-changing role of nuclear science in American

culture and politics since 1945, and in particular, addresses the complex relationship between nuclear weapons and nuclear power.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Sarah Robey, Ph.D., Assistant Professor of History, ISU

Facilitator: Jane Riley (208-237-6801)

Bringing Baseball Back to Pocatello

(#3924)

Monday: October 1; 10:00-11:30 a.m.

A history of baseball in Pocatello and plans for baseball's future in the Gate City. There will be information on how baseball brings a community together and can heal a family. If you build it, they will come. Go Grays!

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Terry Fredrickson, Executive Director

Facilitator: Kemper Marple (208-237-1735)

Dr. Seuss Goes to War (#3925)

Thursday: November 8; 10:00-11:30 a.m.

Theodor Seuss Geisel (Dr. Seuss) wrote over 60 books during his career. Most, but not all, were children's books. Between 1940, when he wrote *Horton Hatches the Egg*, and 1947, when he wrote *McElligot's Pool*, Dr. Seuss took a hiatus from book writing and became a war propagandist. The opinions expressed in his political cartoons, from his extreme dislike of Charles Lindberg and the isolationists, to his absolute hatred of Hitler and Mussolini, are unambiguous. The artwork in his political cartoons are also unambiguously Dr. Seuss. Come see his drawing of an elephant-ostrich whose face looks remarkably similar to Horton.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

Europe and the Black Death: 1348-ca 1750 (#3926)

Wednesday: October 24; 10:00-11:30 a.m.

This course examines the manifestations of disease in Europe from 1348 to about 1750, and its impact on society. The worst of the pandemics

to affect Europe, the first outbreak of the plague wiped out one third to one half of the population. Subsequent outbreaks were nearly as devastating, leaving a continent far different than pre-plague Europe. We will explore changes in demographics, family structures, religious life, agriculture, economy and social class and their implications for modern society.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Stephanie Christelow, Ph.D., Professor Emerita, History Department, Idaho State University and Life Member, University of Cambridge, England

Facilitator: Eric Limbach (208-241-9817, limberic@gmail.com)

Garrett Freightlines: A Transportation Saga That Helped Shape Pocatello (#3927)

Wednesday: September 5; 1:30-3:00 p.m.

Garrett Freightlines began in Pocatello, Idaho in 1913 as the first motorized luggage transfer service for railroad passengers. Learn how the company grew from a single one-cylinder truck to become the fifth largest motor freight carrier in the United States. Find out about its introduction of key innovations to the interstate truck transport industry, all with the help of its dedicated employees. Dr. Bolinger will also describe the background of this unique project, a collaboration between Idaho State University's College of Business, College of Arts and Letters, and the University Honors Program.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Alexander Bolinger, Ph.D., Associate Professor, Department of Management, College of Business, ISU

Facilitator: Janet Turner (208-637-0246)

The Glory Days of the U.P. Depot in Pocatello (#3951)

Monday: October 8; 1:00 – 2:30 p.m.

From its obscure beginnings as a railroad car in 1878, the train depot in Pocatello evolved into a handsome wood structure, built in 1886, and then a beautiful brick building designed by New York architects and built in 1915. Mr. Nielson's

presentation will cover the use of the depots from the 1880s through the 1990s and the trains that often frequented the stations.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Nick Nielson (nicknielson1@gmail.com)

Facilitator: Trent Stephens (208-240-4994)

The Greatest Castle Ever Built (#3928)

Wednesday: September 12; 10:00-11:30 a.m.

King Edward I invaded Wales in 1282 and built castles across the country. He hired James of St. George to build the last and greatest of them all, Harlech Castle. Harlech held out against the siege of Madog ap Llywelyn in 1294-1295, fell to Owain Glyndŵr in 1404, and then was recaptured by the English in 1409. During the War of the Roses, it was a Lancastrian stronghold for seven years until it was surrendered to the Yorkists in 1468. During the English Civil War, it was the last hold-out of the Royalists, falling to the Parliamentarians in 1647.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

Nigeria: Where Muslims and Christians Meet (#3929)

Monday: October 8; 10:00 – 11:30 a.m.

This course will focus on the history of Islam and Christianity in the West African country of Nigeria, both in history and in the present day. Nigeria has the largest population in Africa (over 190 million). It is unique in being almost evenly divided between Muslims and Christians. These different populations were brought together under British colonial rule in the early 20th century. Though there have been conflicts, negotiation and dialog have usually prevailed. But today Nigeria faces new challenges as a result of population growth, environmental problems, and global conflict.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dr. Allan Christelow, Professor Emeritus, History, ISU

Facilitator: Trent Stephens (208-240-4994)

Pocatello in Print: Through the Lens of the Idaho State Journal (#3930)

Monday: November 26; 1:30-3:00 p.m.

In the fall of 2017, a group of honors and graduate students in the College of Business at Idaho State University composed a photographic history of the city of Pocatello and the surrounding region as a semester-long project in a class about teamwork, resulting in a book in press at Arcadia Publishing. Join Dr. Alex Bolinger as he takes you through photos and stories of nearly 150 years of Pocatello history.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Alexander Bolinger, Ph.D., Associate Professor, Department of Management, College of Business, ISU

Facilitator: Janet Turner (208-637-0246)

The Viking Age, Parts 1 and 2 (#3931)

Wednesdays: October 3 & 10; 10:00 – 11:30 a.m.

The first session of the course treats the Viking world of Scandinavia and the North Sea community to which it belonged, with an emphasis on the Vikings themselves. The second session will deal with the Vikings' wide-ranging raids and ultimate settlement in Russia, England, France, and Ireland, in the North Atlantic, as far west as Newfoundland. We'll use sagas, archeology, rune stones, and monastic annals to help us come to grips with Viking identity, mentality, and impact.

Location: Quail Ridge, 797 Hospital Way, Pocatello

Instructor: Stephanie Christelow, Ph.D., Professor Emerita, History Department, Idaho State University and Life Member, University of Cambridge, England

Facilitator: Eric Limbach (208-241-9817, limberic@gmail.com)

What Are Those Little Buildings? (#3932)

Monday: September 17; 1:00-2:30 p.m.

Come and enjoy a look back at Bannock County's history presented by Mary Lee Lien, a former director of the Museum and the creator of many exhibits, and Arlene Walker, current

president of the Bannock County Historical Society. The history of the miniature Frontier Village, which many local businesses supported in its creation, will also be presented. For those who would like to walk across the parking lot, a walking history of the Fort Hall Replica will also be offered. More than 100 years of Bannock County history in one place!

Location: Bannock County Historical Museum, Frontier Town, and Fort Hall Replica, 3000 Avenue of the Chiefs, Pocatello, ID

Instructors: Mary Lee Lien & Arlene Walker

Facilitator: Helen Beitia (208-237-2528)

Who Created Iraq? British Imperialism and Islamic Activism during the First World War (#3933)

Wednesday: September 26; 10:00-11:30 a.m.

This presentation explores the creation of Iraq as a nation-state after World War One. During the war, Britain invaded Iraq and promised Iraqis independence. After the war, Iraqis revolted when it became clear that Britain wanted to rule Iraq directly. What happened next? Come find out!

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Zachery Heern, Ph.D., ISU

Facilitator: Virginia Kelly (208-232-7417, ginnyckelly@gmail.com)

NATURE, SCIENCE, & TECHNOLOGY

An Amateur Botanist's Exploration of New Zealand (#3934)

Tuesday: September 11; 10:00-11:30 a.m.

Another adventure by Paul Allen, a local retired physician, who spent four weeks exploring New Zealand photographing the natural wonders of the south island with a focus on botany.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Paul Allen

Facilitator: Geoff Hogander (208-232-3437, ghogande@yahoo.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 208-282-3155.

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

The Anatomy and Physiology of Cinematography (#3935)

Thursday: October 25; 10:00-11:30 a.m.

The many fields of science are often perceived as “too hard for me.” We will have fun and discuss the basic principles of physics, anatomy, and physiology through “classic” cinema. We will talk about fundamental principles such as surface area to volume ratios, Ohm’s Law (the most important law!), diffusion of ions and nutrients (the happy brain phenomenon), and many others. We will also discuss how these concepts are affected by aging in, hopefully, a very engaging approach to science.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Curt Anderson, PhD, Professor of Physiology, Biological Sciences, ISU

Facilitator: Liz Benson (208-232-0054)

Astronomy 6: The Really BIG Picture, Part II (#3936)

Wednesday: September 19; 10:00-11:30 a.m.

How big can it be? You can travel across the entire universe in 50 years!! In Astronomy 6, we’ll cover any bizarre and esoteric concepts not covered in Astronomy 5. (Attendance at Astronomy 1-5 is not necessary. No math problems.)

Location: Quail Ridge, 797 Hospital Way, Pocatello

Instructor: Jim Mariani

Facilitator: Trent Stephens
(trentstephens1@cablone.net)

Do Something Wild—Volunteer for Idaho Fish and Game (#3937)

Tuesday: September 18; 1:00 - 2:30 pm

Volunteers are one of Idaho’s most valuable natural resources. If you love the outdoors and care about Idaho’s wildlife, Idaho Fish and Game can match your interests, skills, knowledge, schedule, and enthusiasm with any of our many rewarding volunteer opportunities. Discussion will include Fish and Game’s volunteer needs, examples of projects, training opportunities offered, and more! Fish and Game will also share information about its new chapter of Master Naturalist citizen

scientists and what it takes to become a certified Idaho Master Naturalist.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Tessa Atwood, Volunteer Services Coordinator, Idaho Department of Fish and Game

Facilitator: Geoff Hogander, (ghogande@yahoo.com)

Improving Portneuf River Water Quality (#3938)

Monday: December 3; 10:00 – 11:30 a.m.

As part of our ongoing Sustainability Series, a panel will share the latest information about the water quality of the Portneuf River. We will share potential options and ongoing projects for this ribbon of life for our valley.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Sue Skinner, retired EPA & Shannon Ansley, Portneuf Resource Council

Facilitator: Shirley Rodgers (208-233-4662)

Managing Idaho’s Wildlife—from Mountain Tops to Urban Landscapes (#3939)

Tuesday: October 30; 1:00 - 2:30 pm

Tuesday: October 30; 1:00 - 2:30 pm

In 1938, the state of Idaho created the Idaho Department of Fish and Game as result of a citizen’s initiative to manage and perpetuate Idaho’s diverse wildlife resource. This lecture will share an overview of Fish and Game’s role in Southeast Idaho, highlighting a wildlife project or two.

Topics will also include a discussion on living with urban wildlife, including the pitfalls that come with feeding our furry and feathery friends.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructors: Zach Lockyer, Regional Wildlife Manager, Idaho Department of Fish and Game & Becky Abel, Non-game Biologist, Idaho Fish and Game

Facilitator: Geoff Hogander, ghogande@yahoo.com

The Perilous Lives of Bats (#3940)

Wednesday: October 24; 1:00-2:30 p.m.

Bats are amazing animals that are vital to the health of our environment and economy. Although we may not always see them, they are hard at work all around the world each night – eating tons of

(continues...)

(continued: Perilous Lives of Bats)

insects, pollinating flowers, and spreading seeds that grow new plants and trees. In our modern world, bats face grave threats from disease, development, habitat change, and persecution. Learn about bats around the world and in your own backyard from a citizen scientist who has been helping in efforts to gather information on these fascinating and vulnerable creatures.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Brenda Pace, retired archeologist, Idaho National Laboratory

Facilitator: Pat Ringe (208-233-5494)

Sea Level (#3941)

Thursday: November 8; 1:00 - 2:30 pm

Citizens of Florida are investing billions to prevent damage from rising seas there. Meanwhile, the sea level in Alaska is falling. What's going on? Seas, on a fine scale, are anything but level. This discussion explores the science and technology that are helping us understand how sea levels are changing, and why.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Dave Finkelburg

Facilitator: Bill Brydon, (208-233-4278)

Searching for Extraterrestrial Life in the Pacific (#3942)

Tuesday: October 2; 1:00-2:30 p.m.

Underwater volcanoes may hold the secrets to finding extraterrestrial life in the solar system. ISU professor Dr. Shannon Kobs Nawotniak will talk about her work with NASA using unmanned submarines to explore Loihi Seamount near Hawaii, and how the work relates to Enceladus, one of Saturn's icy moons.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Shannon Kobs Nawotniak, PhD, Assistant Professor, Volcanology Department of Geosciences, ISU

Facilitator: Jane Riley (208-237-6801)

Video Editing Basics (#3944)

Wednesday: October 3; 10:00-11:30 a.m.

You just took the trip of a lifetime – with lots of video. Now what? You'll learn how to turn a set of unrelated clips into a watchable story. Your friends will love it. We'll cover: Choosing the right video editing program; the basics of timeline editing; tips for creating a watchable story.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Jim Mariani

Facilitator: Trent Stephens
(trentstephens1@cableone.net)

TRAVEL & FIELD TRIPS**Afternoon at the Opera** (#3945)

**Sunday: October 21; Check in 10:00 a.m.,
Departure at 10:15 a.m.**

The Utah Opera presents Charles Gounod's *Romeo and Juliet*, "the greatest love story ever told, with music that will stir your emotions." In French, with English superscripts, this five-act opera portraying Shakespeare's tragedy of young star-crossed lovers is notable for its main characters' four haunting duets.

After the opera at the Capitol Theater, we will dine in downtown Salt Lake City (cost of dinner not included in the fee) and return to Pocatello with an estimated arrival time of 9:30 p.m.

Location: Meet at U-Save Rental, 1540 Yellowstone Ave., Pocatello

Facilitator: Priscilla Reis, (208-604-3638)

Class Limit: 14

Class Fee: \$95. Make check out to ISU and send to Priscilla Reis, 2762 W. Buckskin Road, Inkom, ID 83245 by September 21, 2018

If you are unable to attend a class please call the NKA office at 208-282-3155 so the Waitlist may be contacted.

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 208-282-3155.

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

NOTE: Fees for trips must be received thirty (30) days prior to scheduled departure date. Trip payment unless otherwise stated includes all expenses, bus, meals, gratuities, admissions, and hotels. 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 the 30-day period prior to departure 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 and any nonrefundable deposits that NKA has spent on the trip. All costs for overnight trips are double occupancy. For a single add \$50 per night to the fee.

Fall Color Tour at Island Park (#3946)

Wednesday: September 26; Check in 7:00 a.m.; Depart 7:30 a.m.

Travel to Ashton, then travel the Scenic Byway through the Warm River area to the Lower and Upper Mesa Falls viewing area. Upper Falls has board walks with stairs with a route that provides views with very few stairs. We will have lunch at Pond's Lodge. Time permitting, we will tour to Big Springs, returning to Pocatello about 5:00 p.m.

Location: Meet at the Pocatello Regional Transport, 5815 S. 5th Avenue

Instructor: Charlie Sloat

Facilitator: Lynn Hebdon (208-339-4841, hebdllynn@gmail.com)

Class Limit: 54

Class Fee: \$50. Make check out to ISU and send to Linda Ellis (208-237-3530), 2000 Judy Lane, Pocatello, ID 83201 by August 26, 2018.

If you are unable to attend a class please call the NKA at 208-282-3155 so Waitlist may be contacted.

Loveland Living Planet and Aquarium (#3354)

Wednesday: November 7; Check in 6:30 a.m.; Depart 7:00 a.m.

Travel to Draper, Utah to visit Loveland Living Planet and Aquarium. It has five galleries to explore.

1. Ocean Explorer Gallery: Walk through the 40' shark tunnel, visit the stingray touch pool, and discover ocean species from around the world.
2. Expedition Asia: Visit the native species of southern Asia – Asian otters, giant fish, and clouded leopards.
3. Antarctic Adventure: Explore the deep sea lab, watch glowing sea jellies, and waddling penguins.
4. Discover Utah: Work your way through the slot canyons of southern Utah filled with native Utah wildlife including river otters.
5. South American Gallery: A tropical rain forest full of free-flying birds, exotic fish and reptiles, and a 17' waterfall. Lunch in Draper, Utah at 1:30 p.m. Return to Pocatello at 5:00 p.m.

Location: Meet at the Pocatello Regional Transport, 5815 S. 5th Avenue

Instructor: Betty Lochridge

Facilitator: Kathryn Snyder (208-589-7853)

Class Limit: 55

Class Fee: \$60. Make check payable to ISU and send to Linda Ellis (208-237-3530), 2000 Judy Lane, Pocatello, ID 83201 by October 7, 2018

If you are unable to attend a class please call the NKA office at 208-282-3155 so the Waitlist may be contacted.

Northern Idaho Adventure (#3878)

NOTE: This trip will take place in Fall 2018 but must have been reserved by August 7, 2018

Friday – Sunday: September 7 - 9; Check in 6:30 a.m.; Depart 7:00 a.m.

Our adventure begins with our first major stop at Deer Lodge, Montana. Following lunch, we will tour the Old Montana Prison Complex – the Territorial Prison, Vintage Car Museum, and Yesterday's Playthings. We will spend the nights in Coeur d'Alene.

Day 2: Travel to Kellogg for a scenic ride in North America's longest gondola (3.1 miles). The adventure continues to the Museum at the Brig in Farragut State Park by Lake Pend Oreille, once a World War II training center. We will end our day with a dinner cruise on Coeur d'Alene Lake.

(continues...)

(continued: *Northern Idaho Adventure*)

Day 3: After breakfast we will visit Cataldo Mission, the oldest standing building in Idaho. We will then travel back to Pocatello (estimated arrival 6:00 p.m.).

Location: Meet at the Pocatello Regional Transport, 5815 S. 5th Avenue

Instructor: Jennie McCormick (208-521-2780)

Facilitator: Linda Ellis (208-237-3530)

Class Limit: 56

Class Fee: \$425. Make check out to ISU and send to Linda Ellis (208-237-3530), 2000 Judy Lane, Pocatello, ID 83201 by August 7, 2018

If you are unable to attend a class please call the NKA office at 208-282-3155 so the Waitlist may be contacted.

WRITING & LITERATURE

Book Group & a Glass... (#3372)

*Thursdays: October 4, November 1, December 6;
4:00 – 5:30 pm*

Enjoy a glass of wine or other beverage with an appetizer prepared under the supervision of Allyson Burnham while we discuss the book of the month in small groups. Books selected for the fall 2018 semester are:

October 4 – *The Devil in the White City*
by Erik Larson

November 1 – *Everything I Never Told You*
by Celeste Ng

December 6 – *Before We Were Yours*
by Lisa Wingate

Location: Café Tuscano, 2231 E. Center

Facilitators: Ann Smith (208-251-5812) & Sharon Manning (208-233-9425)

Class Limit: 42

Class Fee: \$10 per session, includes gratuity. Make check payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello ID 83204, by September 21 for our first meeting.

Kirby Jonas, Author and Cowboy Singer (#3691)

Monday: November 5; 10:00 to 11:00 a.m.

Kirby Jonas, best-selling Western author, singer, and firefighter, will present an hour of music of the Old West, with a Marty Robins-Chris Ledoux flair, along with entertaining stories about his book-writing adventures.

Location: Quail Ridge, 797 Hospital Way, Pocatello

Instructor: Kirby Jonas

Facilitator: Lee Dille (208-339-5346)

Low-Impact Creative Writing (#3136)

*Mondays: September 24 – December 17;
2:00 – 4:00 p.m.*

Writing for your own pleasure. Fiction, non-fiction, memoirs, poetry, plays – you choose whatever form you fancy. The facilitator or a volunteer brings in story starter ideas and we write for an hour. For the next hour we take turns reading what we wrote, if we want to. Reading your creation is optional. No pressure, no homework, no negative feedback. An encouraging environment that helps everyone become a better writer.

Location: Quail Ridge, 797 Hospital Way, Pocatello

Facilitator: Stephanie Gill (208-234-4184)

Class Limit: 18

Write Your Own Mini Memoir (#3809)

*Mondays: October 22 - November 12;
10:00 a.m. – Noon*

Instructor will provide prompts and writing activities to help participants create a mini memoir exploring their childhood, mentors, experiences, friends, and much more.

Location: Liberty Hall, 325 W. Benton, lecture room

Instructor: Elise Barker, adjunct instructor of English, ISU

Facilitator: Lee Dille (208-339-5346)

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*NKA learning tree logo by
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