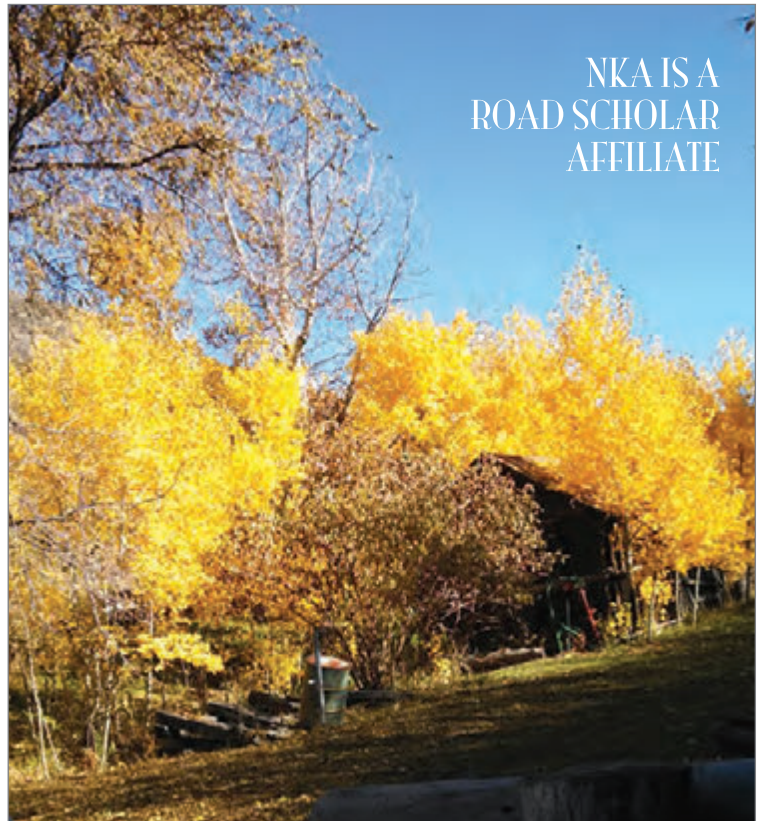


NEW KNOWLEDGE ADVENTURES

FALL 2014
CATALOG



A MESSAGE FROM THE NKA PRESIDENT

Another year has passed! The NKA membership dues have remained at thirty-five dollars for the 2014 Fall and 2015 Spring semesters. It is amazing the activities and classes that NKA members receive for this minimal amount. We should be thankful that we live within a community, as well as a University area, which assists NKA with resources for classes that are requested every semester. Having lived in many communities in other states, I know the educational and interesting classes offered here are not the norm. Your NKA curriculum committee members who follow through on class requests for presentations should be commended, and they do this twice a year.

As your new president, I would like to issue a challenge to the NKA members that *would not* impact our ability to present curriculum objectives that serve the NKA membership. My challenge is this “*What can NKA members do for our community and ISU beyond classes for our membership?*” I believe that NKA is at a crossroads where we can “Spread Our Wings” and give back to our community.

Your town may be Inkom, Blackfoot, American Falls, Aberdeen, McCammon, Lava, as well as Pocatello and Chubbuck. Keep in mind, this is not a challenge to make funds available, only for you to be available. NKA members have a multitude of educational and administrative experiences and abilities that have already been identified as needed by community organizations that could use your help. I intend to create an Ad Hoc committee to facilitate people becoming involved. *Think about it.* A last request: *Become an active member and get involved* in NKA’s Curriculum Committee. It is NKA’s “Bread and Butter” program.

Thank you for this opportunity to be your president.

—John R. Carlson, NKA President

OFFICERS

President: John Carlson	237-0635
President Elect: Audrey Cole	233-6744
Secretary: Marilyn Ames	(208) 705-8451
Treasurer: Barbara Harcus	(419) 297-0732
Members-at-Large:	
Jack Ard	237-0771
Marie Robello	237-1163
Jim Liday	237-8014
Past President: Marjean Waford	237-4367

COMMITTEE CHAIRS

Curriculum Chair:	
Past Chair: Mary Spinner	241-7258
Publicity: Virginia Kelly	232-7417
Social: JoAn Dilweg	232-2656
Communications: Pat Bystrom	251-2356
blog: newknowledgeadventures.blogspot.com	
blog maintained by Cheryl Lyda	
History: Barbara Nicholls	233-0714
Travel: Jennie McCormick	521-2780
co-chair: Lynn Hebdon	339-4841

NKA BLOG

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

Cover photographs by Lynn Hebdon, Angela Luckey, Bev Lyon and Mary Spinner

NKA Learning Tree logo by Erica Lothspeich

EMAIL: extendedlearning@isu.edu

WEB: isu.edu/dce/nka

NKA is a Road Scholar affiliate

Welcome to New Knowledge Adventures

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

HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?

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

NKA MEMBERSHIP CLASS REQUESTS

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

NOTICES

—INSTRUCTORS of individual classes, and coordinators or leaders of field trips or similar activities, have the discretion and right to deny enrollment or continued participation by any member who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the essential requirements of a particular course, field trip or similar activities without jeopardizing the health or safety of the member, other members or participants, or the instructor.

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

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

THANKS TO OUR INSTRUCTORS AND FACILITATORS

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

PARKING

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

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

Table of Contents FALL 2014

CLASSES LISTED BY APPEARANCE ON THE CALENDAR, EARLIEST TO LATEST.

CRAFTS & HOBBIES

Woodcarving.....	1
Knitting & Crocheting Projects	1
Hand-built Pottery	1
Fun Fall Foliage Arrangements	2
Knitting.....	2
Silk Painting	2
Antique Trivia.....	2
Rag Rugs	2
Crazy Quilts for Beginners	3
Silk Scarf Painting.....	3
China Painting.....	3

FITNESS & MOTION

Women's Self Defense for Seniors	3
Lady Niners Golf for Fall	3
Square Dance	4
Line Dancing Classes	
Line Dancing Starter Level	4
Line Dancing Beginner 1	4
Line Dancing Beginner 2/Intermediate	4
Line Dancing Intermediate/Advanced.....	4
Latin Line Dancing.....	5
Performance Latin Line Dancing.....	5
Out of the Box Line Dancing.....	5
Oldies but Goodies Line Dancing.....	5
Hiking & Snowshoeing.....	5
Fit and Fall Proof.....	6
Road Bicycle Touring.....	6
Walking the Greenway.....	6
T'ai Chi Chih – Basics.....	6
T'ai Chi Chih – Advanced	6

FOOD & BEVERAGE

International Cuisine Planning	6
Taste and Share	7
Dutch Oven Cooking	7
Marigold's Wine Tasting	7
Italian Cooking with Greg	7
Marigolds Holiday Cooking	8
Wine Tasting by the Grapevine	8
Celebrating Oktoberfest at the Wine Garden	8
Cooking and Shopping for 1 or 2	8

GAMES

Mahjong	8
Texas Hold'em Poker	9
Lunch and Games	9
Bridge for Beginners	9
Bridge II: Competitive Bridge Bidding	9

GENERAL INTEREST

Dogs in our Lives	9
Book Exchange	10
Historical Hydrology of the North	
American Beaver	10
Portneuf Greenway Trail System	10
Juvenile Court: Preventing Future	
Misery and Crime	10
Fall Vegetation Lecture & Walk	11
What's Going on at Portneuf Medical Center	11
ISU Tree Walk	11
Idaho Enterprises	11
Speaker's Luncheon	12
Gallows Custom Frames & Art	12
Planning Ahead	12
Current State-of-the-State of the Economy	12
Planning a Highway Cleanup Project	12

<i>Whorl-toothed Sharks of Idaho: Catching the Biggest Fish in the Permian Sea</i>	13
<i>How to Protect & Grow Your Assets in an Unstable Market</i>	13
<i>Growth of Pocatello: Managing Idaho's Landscapes for Ecosystem Services</i>	13
<i>Our National Parks: Yellowstone & the Grand Canyon</i>	14
<i>Civil Jury Trials & Personal Injury Cases</i>	14
<i>The Psychology of Resistance to Change</i>	14
<i>Bear Education & Safety</i>	14
<i>An Introduction to Buddhist Thought</i>	15
<i>Yearly Update on Medicare</i>	15
<i>Tour of Applied Science & Technology Program</i> ...	15
<i>Kripples in the Kumboo</i>	15
<i>Digital Art</i>	16
<i>Plants Found Only in Southeast Idaho</i>	16
<i>AARP Driver Refresher Safety Program</i>	16
<i>Technology for Seniors III: Apptastic and Cloudlicious</i>	16
<i>Identity Theft: How You Can Protect Yourself</i>	17
<i>How to Navigate Pocatello City Hall</i>	17

HEALTH & WELLNESS

<i>Introduction to Mindfulness Meditation</i>	17
<i>Health Information for Seniors</i>	17
<i>What's Going on at Portneuf Medical Center</i>	11
<i>Personal Genetics in the 21st century</i>	18
<i>The Aging Reproductive System: Is this system going to fail me, too?</i>	18
<i>Yearly Update on Medicare</i>	15
<i>Hyperbaric Oxygen Therapy & Wound Care</i>	18
<i>Introduction to Eastern Medicine</i>	19
<i>How to Care for Our Aging Skin: A Cosmetologist's Perspective</i>	19
<i>Introduction to National Association for Mental Illness (NAMI)</i>	19
<i>Pharmacy and Related Health Care Trends</i>	20
<i>Adjusting to Vision Loss During Your Retirement Years</i>	20
<i>Post Traumatic Stress Disorder</i>	20

HISTORY

<i>Stained Glass Windows of Pocatello's Historic Houses of Worship</i>	20
<i>The Wartime Rhetoric of Winston Churchill</i>	21
<i>Indian Peace Medals In American History</i>	21
<i>Victorian Style Furniture</i>	21
<i>Voices of Ellis Island</i>	21
<i>Are We Really Winning the War on War?</i>	21
<i>Federalist Papers</i>	22
<i>Honoring our Veterans Community Event</i>	22
<i>Paleontology of Pliocene Lake Idaho</i>	22

ART, MUSIC & THEATRE

<i>Snake River New Horizons Band (Intro Mtg.)</i>	22
<i>Snake River New Horizon Band Practice</i>	23
<i>Readers Theatre</i>	23
<i>Preview to the Symphony</i>	23
<i>Paint like a Master</i>	23
<i>Richard III Play Preview</i>	24
<i>World Dance</i>	24
<i>"Young At Heart" (Movie & Discussion)</i>	24
<i>19th Century Art</i>	24
<i>Inequality For All (Video & Discussion)</i>	24
<i>If There Weren't Any Blacks You'd Have To Invent Them (Video & Discussion)</i>	24
<i>Truman Capote's "A Christmas Memory" (film)</i> ...	24

TRAVEL

<i>Fossil Butte Nat'l Monument & JC Penny Home</i> ...	25
<i>Flying South/Autumn Leaf Day Trip</i>	25
<i>Spring 2015 Trip – Yellowstone by Snow Coach</i>	25

WRITING & LITERATURE

<i>Bag of Books</i>	25
<i>Low Impact Creative Writing</i>	25
<i>Write Your Own Obituary/ Life Story</i>	25
<i>The Mystery of Agatha Christie</i>	26
<i>Writing Our Own History for Our Children</i>	26
<i>You Don't Say! Enjoying Language</i>	26
<i>Horses, Heroes and Hair Ribbons</i>	26
<i>Publish Your Book</i>	26

Alphabetical Listing BY TITLE

A

AARP Driver Refresher Safety Program	16
Adjusting to Vision Loss During Your Retirement Years	20
Aging Reproductive System, The	18
Antique Trivia	2
Are We Really Winning the War on War	21

B

Bag of Books	25
Bear Education & Safety	14
Book Exchange	10
Bridge for Beginners	9
Bridge II: Competitive Bridge Building	9

C

Celebrating Oktoberfest at the Wine Garden	8
China Painting	3
Civil Jury Trials & Personal Injury Cases	14
Cooking and Shopping for 1 or 2	8
Crazy Quilts for Beginners	3
Creative Writing, Low Impact	25
Current State of the State of the Economy	12

D

Digital Art	16
Dogs in our Lives	9
Dutch Oven Cooking	7

F

Fall Vegetation Lecture and Walk	11
Federalist Papers	22
Fit & Fall Proof	6
Flying South/Autumn Leaf Day Trip	25
Fossil Butte Nat'l Monument & JC Penny Home ..	25
Fun Fall Foliage Arrangements	2

G

Gallows Custom Frames & Art	12
Growth of Pocatello: Managing Idaho's Landscape for Ecosystem Services	13

H

Hand Built Pottery	1
Health Information for Seniors	17
Highway Cleanup Project, Planning for	12
Hiking and Snowshoeing	5
Historical Hydrology of North American Beaver ..	10
Honoring Our Veterans Community Event	22
Horses, Heroes, and Hair Ribbons	26
How to Care for Our Aging Skin: A Cosmetologist's Perspective	19
How to Navigate Pocatello City Hall	17
How to Protect and Grow Your Assets in an Unstable Market	13
Hyberbaric Oxygen Therapy and Wound Care	18

I

Idaho Enterprises	11
Identity Theft: How You Can Protect Yourself	17
If There Weren't Any Blacks You'd Have to Invent Them (Video)	24
Indian Peace Medals in American History	21
Inequality for All (Video)	24
Introduction to Buddhist Thought	15
International Cuisine Planning	6
Introduction to Eastern Medicine	19
Introduction to Mindfulness Meditation	17
Introduction to National Association for Mental Illness (NAMI)	19
ISU Tree Walk	11
Italian Cooking with Greg	7

J

Juvenile Court: Preventing Future Misery and Crime	10
---	----

K

Knitting	2
Knitting and Crocheting Projects	1
Kripples in the Kumbuu	15

L

<i>Lady Niners Golf</i>	3
<i>Line Dancing, Beginner 1</i>	4
<i>Line Dancing, Beginner 2/Intermediate</i>	4
<i>Line Dancing, Intermediate/Advanced</i>	4
<i>Line Dancing, Latin</i>	5
<i>Line Dancing, Oldies but Goodies</i>	5
<i>Line Dancing, Out of the Box</i>	5
<i>Line Dancing, Performance Latin</i>	5
<i>Line Dancing, Starter Level</i>	4
<i>Low Impact Creative Writing</i>	25
<i>Lunch & Games</i>	9

M

<i>Mahjong</i>	8
<i>Marigolds Holiday Cooking</i>	8
<i>Marigolds Wine Tasting</i>	7
<i>Mystery of Agatha Christie, The</i>	26

N

<i>19th Century Art</i>	24
-------------------------------	----

O

<i>Our National Parks: Yellowstone and the Grand Canyon</i>	14
---	----

P

<i>Paint Like a Master</i>	23
<i>Paleontology of Pliocene Lake Idaho</i>	22
<i>Personal Genetics in the 21st Century</i>	18
<i>Pharmacy and Related Health Care Trends</i>	20
<i>Planning Ahead</i>	12
<i>Plants Found Only in Southeast Idaho</i>	16
<i>Portneuf Greenway Trail System</i>	10
<i>Post Traumatic Stress Disorder</i>	20
<i>Preview to the Symphony</i>	23
<i>Psychology of Resistance to Change, The</i>	14
<i>Publish Your Book</i>	26

R

<i>Rag Rugs</i>	2
<i>Readers Theater</i>	23
<i>Richard III Play Preview</i>	24
<i>Road Bicycle Touring</i>	6

S

<i>Silk Scarf Painting</i>	3
<i>Silk Painting</i>	2
<i>Snake River New Horizons Band, Intro</i>	22
<i>Snake River New Horizons Band, Practice</i>	23
<i>Speaker's Luncheon</i>	12
<i>Spring 2015 Trip – Yellowstone by Snow Coach</i>	25
<i>Square Dance</i>	4
<i>Stained Glass Windows of Pocatello's Historic Houses of Worship</i>	20

T

<i>T'ai Chi Chih, Advanced</i>	6
<i>T'ai Chi Chih, Basic</i>	6
<i>Taste & Share</i>	7
<i>Technology for Seniors III "Apptastic and Cloudliscious"</i>	16
<i>Texas Hold'em Poker</i>	9
<i>Tour of Applied Science & Technology Program</i> ...	15
<i>Truman Capote's "A Christmas Memory" (Film)</i> ..	24

V

<i>Victorian Style Furniture</i>	21
<i>Voices of Ellis Island</i>	21

W

<i>Walking the Greenway</i>	6
<i>Wartime Rhetoric of Winston Churchill, The</i>	21
<i>What's Going on at Portneuf Medical Center</i>	11
<i>Whorl-Tooth Sharks of Idaho: Catching the Biggest Fish in the Permian Sea</i>	13
<i>Wine Tasting by the Grapevine</i>	8
<i>Women's Self Defense for Seniors</i>	3
<i>Woodcarving</i>	1
<i>World Dance</i>	24
<i>Write Your Own Obituary/Life Story</i>	25
<i>Writing Our Own History for Our Children</i>	26

Y

<i>Yearly Update on Medicare</i>	15
<i>You Don't Say! Enjoying Language</i>	26
<i>Young At Heart (Film)</i>	24

Adventures for the Fall of Twenty Fourteen

CRAFTS & HOBBIES

Woodcarving (#3101)

Classes will be held Monday, Wednesday, and Friday mornings from 9 a.m. to 12 noon (cleanup 11:30-noon). Beginning carvers will be scheduled Wednesday mornings only, with a maximum of six beginning carvers per semester. Returning carvers may select any one section for their scheduled carving day (please indicate 1st, 2nd or 3rd choice for desired section when enrolling).

Woodcarvers will use rotary carving tools and/or knives and gouges. Rotary power tools and associated equipment will be provided for beginner/new carvers. Returning carvers will provide their own tools and equipment. Beginning carvers will start with a stylized bird, then carve a shelf cat, and finally a stylized deer, before going on to more advanced projects. Returning carvers will continue with projects underway.

Returning Carvers: *Open Carving Sept. 3, 8 & 10.*

SECTION 1 - Beginning Carvers

*Wednesday: September 24 – December 17;
9 - 12 noon*

Location: CE 108A

Instructor: Shorty Miller

Facilitator: Diane Porter 238-0762

Limit: 6

SECTION 2 – Returning Carvers

Monday: September 15 – December 15; 9 - 12 noon

Location: CE 108A

Instructor: Shorty Miller

Facilitator: Diane Porter 238-0762

SECTION 3 – Returning Carvers

*Wednesday: September 17 – December 17;
9 - 12 noon*

Location: CE 108A

Instructor: Shorty Miller

Facilitator: Diane Porter 238-0762

Limit: 7

SECTION 4 – Returning Carvers

Friday: September 19 – December 19; 9 - 12 noon

Location: CE 108A

Instructor: Shorty Miller

Facilitator: Diane Porter 238-0762

Knitting & Crocheting Projects (#3196)

*Thursday: September 4 – December 4;
11:30 a.m. – 12:30 p.m.*

These sessions will continue every Thursday from 11:30-12:30 to knit or crochet squares for lap robes, baby hats and other items for PMC. If you like to knit or crochet, join us for an hour of fun. It is not necessary to be there every week. Instructions and yarn for PMC projects are provided. Please bring #8 needles. Donations of acrylic yarn gladly accepted. Class members may make their own projects, but will need to provide their own yarn for personal projects.

Location: CE 203

Instructor: Gail Poole

Facilitator: Linda Fairchild 251-2586

Hand-built Pottery (#3165)

*Monday: September 15 and September 29;
1:30 - 3:30 p.m.*

This popular, fun class has returned for those who would like to continue or missed the dabbling adventure in clay. Come explore hand-built pottery techniques with Mary Miller, a local potter with years of experience. Mary will demonstrate and explain techniques including coil, pinch pot, and slab. You will create your own hand-built pottery using a combination of techniques in the first class. A few weeks later after the initial firing, the second class will be dedicated to glazing your piece, plus Mary will share what the ISU Craft Shop has to offer to the public. The ISU Craft Shop is “Where all your creativity and craft projects will unfold.” All materials are included in the class fee. This class has two sessions. (*continues*)

(continued: Hand-built Pottery)

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

Instructor: Mary Miller, Director of ISU Craft Shop

Facilitator: Jane Thornley 237-1659

Class Fee: \$10 to be paid at first class (materials and glazing) All materials are included in the fee.

Class Limit: 15

Note: Parking permit required to park on campus.

Permit is obtained at the NKA office, or mark the registration form.

Fun Fall Foliage Arrangements (#3294)

Wednesday: September 24; 11:00 a.m. - 12:30 p.m.

Brady Prescott, owner of A&J Floral Design, will help us create a fun fall centerpiece. Please bring a real pumpkin and shears. We will gut the pumpkin and line the inside so it can hold the arrangement of fresh flowers, twigs and whatever Brady can obtain to make an interesting and creative arrangement.

Location: CE 162

Instructor: Brady Prescott

Facilitator: Jane Riley 237-6801

Class Limit: 30

Class Fee: \$25.00 (Payment is to be made to: A&J Floral by September 6)

Address: 2025 Flandro, Chubbuck, Idaho 83202

Knitting (#3102)

Thursday: October 2, 9, 16, 23; 10 – 11 a.m.

Each person brings her or his own project, or chooses one from the store. The instructor will help as needed.

Location: Mustard Seed Dreams, 362 N. Main Street

Instructor: Meg Downey

Facilitator: Ann Munoz 237-6593

Class limit: 12

Silk Painting (#3216)

Monday: October 13; 1:30 - 3:30 p.m.

This class has returned for those who want to learn the art of painting silk. You will paint on a pre-stretched piece of silk mounted on a 10 inch

metal hoop ring. Your finished project could be hung in a window or incorporated in a fabric creation. Bring a simple design of your own or use one of ours. You will learn techniques of silk painting, including the use of wax resist and salt for some amazing effects. Mary Miller, the ISU Craft Shop director, will also share what the ISU Craft Shop has to offer to the public. The ISU Craft Shop is “Where all your creativity and craft projects will unfold.” All materials are included in the class fee. This is a one session class.

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

Instructor: Mary Miller

Facilitator: Jane Thornley 237-1659

Class Limit: 18

Class Fee: \$10 to be paid at class

Note: Parking permit is required to park on campus.

Permit is obtained at the NKA office, or mark the registration form.

Antique Trivia (#3216)

Thursday: October 16; 10 – 12 noon

Antiques through the years will be emphasized, using facts, definitions, and more to better understand more about these treasures.

Location: CE 125

Instructor: Jerry Craven

Facilitator: Linda Fairchild 251-2586

Rag Rugs (#3295)

Thursday: October 16, 23, 30 and November 6; 2:30 – 4 p.m.

Come and learn how to turn your old sheets into crocheted rag rugs like grandma used to make, just in time for Christmas gifts. Start saving your old worn old sheets now. You will learn a simple crochet stitch and how to make different sizes and shapes of these cozy, quaint rugs.

Location: CE 125

Instructor: Linda Lindley

Facilitator: Julie Newsome 520-2440

Class limit: 12; **Class fee:** \$5.00

Crazy Quilts for Beginners (#3291)

*Thursday: October 30, November 6, 13, 20;
1 - 3:00 p.m.*

In this class you will learn how to coordinate fabrics and attach to foundation pieces. You will learn several embroidery stitches and how to embellish with beads, sequins, trims, and buttons. BJ has been crazy quilting since 1998, has taken classes from Judith Baker Montano and has taught classes herself. There is a class fee to cover a baggie of foundation fabrics, threads, etc. No sewing machine is necessary. Supplies needed: bring sewing scissors, white thread and various needles (like chenille and tapestry needles).

Location: CE 203

Instructor: B.J. Sandusky

Facilitator: Angela Luckey 237-2610

Class limit: 10; **Class Fee:** \$20

Silk Scarf Painting (#3360)

Monday: October 27; 1:30 - 3:30 p.m.

This class is an extension of the silk painting on a hoop. You will paint on a hemmed long rectangular piece of white silk. Your finished project can accessorize your wardrobe. Bring a simple design of your own, use one of ours, or just be creative. You will learn techniques of silk painting, including the use of wax resist and salt for some amazing effects. Mary Miller, the ISU Craft Shop director, will also share what the ISU Craft Shop has to offer to the public. The ISU Craft Shop is "Where all your creativity and craft projects will unfold." All materials are included in the class fee. This is a one session class. The class limit is 8, but additional sections may be arranged according to registration numbers.

Location: ISU Craft Shop – located on the lower level of Pond's Student Union Building

Instructor: Mary Miller

Facilitator: Jane Thornley 237-1659

Note: Parking permit is required to park on campus. *Permit is obtained at the NKA office, or mark the registration form.*

Class Limit: 8; **Class Fee:** \$20 (to be paid at class)

China Painting (#3296)

Monday: November 10, 17 & 24; 1 - 4 p.m.

A 7-inch china plate will have a design outline already fired on and ready for you to begin painting. It is a floral design with pink apple blossoms. A picture of the finished plate will be available soon. If you finish ahead and want to try another plate on your own, Dorothy Chatterton has additional porcelain supplies that can be purchased at the classroom. It will take at least 2-3 firings to finish the plate. Porcelain art is not only enjoyable, it is a very calm and relaxing activity we know you will come to love!

Location: Dorothy Chatterton's Home, 2190 Ada

Instructor: Danese Loftspeich

Facilitator: Dorothy Chatterton 237-2739

Class Limit: 10; **Class Fee:** \$30

FITNESS & MOTION***Women's Self Defense for Seniors***

(#3297) *Tuesday and Thursday: September 2, 4, 9, 11, 16, 18, 23, 25, 30, October 2, 7, 9; 1 - 2 p.m.*

This class will help develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked.

Location: Leavitt Center, 1030 E. Sublette, Pocatello (corner of 10th St. and Sublette) Entrance from 10th Street.

Instructor: Marian Twitchell

Facilitator: Angela Luckey 237-2610

Class Limit: 12

Lady Niners Golf (#3116)

*Wednesday: September 3 - October 29;
12:00 Lesson optional/1:00 p.m. play golf*

Ladies, come join us in our fall golfing. There will be an optional lesson for \$5.00 at 12:00 p.m. for those who would like some extra instruction. At 1:00, we will break into groups and go golfing. Riverside and Highland Golf courses have been accommodating by cutting our groups fees in half, which is a great opportunity. Meet in the Riverside Clubhouse at 12:00 on the first day to get more information. (*continues*)

(continued: *Lady Niners Golf*)

Location: Riverside Golf Course

Instructor: Linda Lindley

Facilitator: Roma Hurley 242-6021

Square Dance (#3105)

Thursday: September 4 – December 18; 4 – 6 p.m.

This class provides instruction and practice in square dancing, and is appropriate for beginner through plus level. These lively and fun classes offer physical, mental and social stimulation for all. Wear soft-soled, comfortable dance shoes. Square dance attire is not required; however, dress comfortable. Partners are encouraged but not mandatory.

There are no other square dance instructors or classes available within our region. Fortunately in Pocatello we have classes from an accomplished instructor, and at a great price! Join us and open new worlds of fun. Experienced square dancers may participate in square dances offered throughout the state, nation, and international areas!

Location: Sullivan's Rec Hall, 1935 South 5th

Instructor: Steve Sullivan 237-3609

Facilitator: Sonra Dunkle 904-4925

Class Fee: \$5 per person/semester to be paid at the time of registration

LINE DANCING CLASSES

Line dancing is a FUN way to exercise your body and your mind and to interact with others. All line dancing classes are for Guys and Gals. Each line dancing class offered has a specific skill level. Choose the class or classes that fit your ability level. If you have questions on which class to sign up for, contact the facilitator.

Line Dancing Starter Level (#3111)

Monday: September 15 – November 17; 2 – 3 p.m.

If you are new to line dancing, you want to “start” with this class. You will learn simple, fun dances, step patterns and rhythms, which will help to build memory, so you will get both physical and mental exercise. If you have line danced before and

want to practice some easy dances just for “kicks”, you are welcome to join us! This class is for guys and gals. Tennis or soft-soled shoes are required in order to avoid scuffing the polished hard-wood floor in the church's gym.

Location: Congregational Church (corner of Garfield and Lander)

Instructors: Bob Schaffner and Marti Collins

Facilitator: Anita Affa 478-1744

Line Dancing Beginner 1 (#3112)

Monday: September 15 - November 17; 3 – 4 p.m.

The line dances taught in this class are more complex than the Starter Level dances, but still fun and relatively easy. Guys and gals, come enjoy the FUN of line dancing.

Location: Congregational Church (corner of Garfield and Lander)

Instructors: Susan Cramer and Nancy Frank

Facilitator: Anita Affa 478-1744

Line Dancing Beginner 2/Intermediate (#3113)

**Tuesday: September 16 – November 18;
9:30 - 10:30 a.m.**

Beginner 2/Intermediate introduces a bit more challenging dances than the Starter and Beginner 1 classes. We will start the semester slowly and keep adding to our repertoire, up to the intermediate level. You'll have lots of fun dancing to much more challenging dances designed for persons who have completed Beginning I Line Dance.

Location: CE 162

Instructors: Marjean Waford & Sharon Bieda

Facilitator: Marjean Waford 237-4367

Class limit: 30

Line Dancing Intermediate/Advanced

(#3114) **Tuesday: September 16 – November 18;
10:30 - 11:30 a.m.**

This class introduces a bit more challenging dances than Beginner 2/Intermediate. This class is designed for experienced dancers who have participated in Intermediate Line Dancing and want to expand their dance repertoire including

standards and favorites. Newer more difficult dances will also be introduced. This class will provide continued exercise and lots of fun.

Location: CE 162

Instructor: Joyce DeGarlais

Facilitator: Marjean Waford 237-4367

Class limit: 30

Latin Line Dancing (#3107)

*Wednesday: September 17 - November 19;
2 - 3:00 p.m.*

Dance to Latin rhythms—mambo, cha cha, rumba, tango, samba, merengue with a little salsa thrown in. No partners required. Dances will begin at beginner level and may go on to intermediate level. Here is your chance to “dance like no one is looking,” meet people, get in shape and have fun! The music delights the brain, and the dance itself is a full-body workout! What a winning combination!

Location: CE 162

Instructor: Lucy Bonman

Facilitator: Marjean Waford 237-4367

Class limit: 35

Performance Latin Line Dancing

(#3108) *Wednesday: September 17 - November 19;
3:00 - 4:30 p.m.*

Latin line dancing is taken a step further. Developing, organizing, and polishing a set of Latin line dances to share the joy of dancing by providing entertainment to various nursing, convalescent and retirement homes as well as other venues where the performance is welcome. This class will practice each Monday from 2 - 4 p.m.

Location: CE 162

Instructor: Lucy Bonman

Facilitator: Marjean Waford 237-4367

Class limit: 18

Out of the Box Line Dancing (#3109)

*Thursday: September 18 - November 20;
9:30 - 11:00 a.m.*

We'd like to move 'Out of the Box' of traditional line dancing and introduce the seasoned line

dancer to more challenging line dances with a variety of music and rhythm. We will focus on learning the dances well and then easily dancing them to a variety of music. Most importantly, we want to have a good workout and lots of fun!

Location: CE 162

Instructor: Jan Green and Joyce DeGarlais

Facilitator: Marjean Waford 237-4367

Class Limit: 30

Oldies but Goodies Line Dance (#3110)

*Thursday: September 18 - November 20;
11 - 12:00 p.m.*

Let's keep our line dance repertoire up and running by reviewing and practicing some of the oldies and goodies we've learned in the other line dance classes in the past few years. We won't be teaching any new dances in the class, just quick reviews and dance, dance, dance. This class is to have fun and exercise.

Location: CE 162

Instructors: Sue Schaffner, Judy Liday, Tom Baxter

Facilitator: Joyce DeGarlais 238-1247

Class limit: 30

Hiking & Snowshoeing (#3118)

*Friday: September 12 - December 19;
1:00 - 4:00 p.m.*

We will take advantage of late summer/early fall weather and do weekly day hikes at various trails around Pocatello and surrounding area. Hiking dates will be varied beginning on September 12th, 19th, and 26th; then October 3rd, 17th, and 31st; then November 7th and 14th. We hope to facilitate snow shoe hikes on December 5th and 19th depending on snow conditions at that time. No prior experience is necessary as all can go at their own pace. As always, we welcome any input or desires for other locations.

Location: Continuing Education/Trail Heads to be determined

Instructor: Lynn Hebdon

Facilitator: Bill Steckbauer 233-4286

Fit and Fall Proof (#3106)

***Wednesday/Friday: September 17 – November 21;
9:30 – 10:30 a.m.***

Fit and 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 so that strength and endurance is built up gradually using a chair, the wall, and resistance bands. Research shows that with exercise, anyone can counteract the lower body weakness, loss of muscle mass and poor posture that contributes to falls in the aging body. Join us and be accountable to some level of activity. We strive to make it fun! Bring a bottle of water and wear comfortable clothes.

Location: CE 162

Instructor: Ardith Moran

Facilitator: Henry Moran 232-8087

Class limit: 35

Road Bicycle Touring (#3117)

***Tuesday: September 30, October 7, 14, and 21;
1 – 4 p.m.***

Come join us to enjoy beautiful fall colors touring around Pocatello and surrounding greenbelt trails, the Blackfoot Greenbelt Trail and the Idaho Falls Greenbelt Trail around the falls. Hopefully we will see gorgeous fall colors on our rides.

Location: Starting Locations/routes to be determined

Instructor: Linda Lindley

Facilitator: Julie Newsome 520-2440

Walking the Greenway (#3115)

***Friday: September 26 – October 31;
9:00 – 10:30 a.m.***

Come with NKA walkers to enjoy the Portneuf Greenway Trails. These will be flat terrain walks on paved trails. Walk at your own pace. Meet at the Continuing Education Building parking lot to carpool to the site.

Dress for the weather. Wear comfortable walking shoes. Bring your own water.

Location: CE Parking Lot

Facilitator: Sandra Babb 238-2034

T'ai Chi Chih – Basics (#3103)

Monday: October 27 – December 15; 9 – 10 a.m.

T'ai Chi Chih (TCC) is often described as “joy through movement”, with emphasis on moving meditation, associated disciplines, and balance of “Yin/Yang” forces for life in general, as well as physical balance. First day class (Oct 27th) will be academic classroom for introduction to TCC, then all other classes will be learning and practicing the disciplines for which you will want to dress in loose fitting/comfortable clothing such as you would wear at a gym. All five senses will be stimulated, and if weather permits during this late period of the semester, we will try to go to outdoor locations to enhance the experience.

Location: CE 162

Instructor: Lynn Hebdon 339-4841

Class Limit: 40

T'ai Chi Chih – Advanced (#3104)

Monday: October 27 – December 15; 10 – 11 a.m.

This T'ai Chi Chih (TCC) advanced class is for those who have already attended a basic class, such as in the last semester, and who want to simply do the meditation in a group. This “joy through movement” or “moving meditation” group will not include basic training of the associated disciplines, but rather a review of those already learned, and of which we will then practice/meditate together. If weather permits, we will locate the group to an appropriate outdoor location, but being later in the semester it's likely most classes will be conducted in the classroom.

Location: CE 162

Instructor: Lynn Hebdon 339-4841

Class Limit: 40

FOOD & BEVERAGE***International Cuisine Planning*** (#3119)

Monday: September 8; 1 – 2 p.m.

This is a planning meeting. The class selects two different cultures. During the semester participants prepare food for two dinners featuring cuisine from the selected cultures. The events are held at

the Pocatello Senior Citizen Community Center. PARTICIPANTS SHOULD BE WILLING TO PREPARE A DISH FOR EACH DINNER. If for some reason a participant is unable to prepare a dish, he or she will be allowed to pay an \$8 fee to attend the dinner.

Location: CE 203

Facilitators: Marilyn Edwards 237-0751

Marjean Waford 237-4367; Ruth Dyer 232-0479;

Liz Meske 234-1544

Taste and Share (#3197)

Wednesday: September 10, October 8, & November 19; 11:30 a.m. – 1:00 p.m.

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

Location: CE 162

Instructor: Marilyn Edwards

Facilitators: Liz Meske 234-1544;

Linda Fairchild 251-2586

Class limit: 30

Dutch Oven Cooking (#3225)

Tuesday: September 23; 3 – 6 p.m.

Did you know that any of your family's favorite tried-and-true recipes can be adapted to a Dutch oven? Dutch oven cooking is not hard and the food can be absolutely delicious! The class will start with an informative talk by Allan that will teach you how to cook in a Dutch oven. A handout, including recipes, will be provided for each participant. This class is "hands on" so everyone will then have fun together preparing the different recipes and watching the ovens cook. After eating and socializing, all will help clean up.

What you need to bring: Bring your own folding chair, beverage, and maybe a windbreaker jacket. (Paper plates and cutlery will be provided.)

\$10 Fee Payment: Please send in your fee payment of \$10 on or before September 13. If your

check is not received by then, someone on the waiting list will be called to fill your spot. (The fee payment goes towards the park rental fee and the cost of the food and supplies for all.)

Make fee payment check payable to **Kathy Priddy** and mail to the facilitator's address below.

Location: Empire Park, N. 18th and Davis

Instructors: Allan & Kathy Priddy

Facilitators: Mel & Barbara Nicholls 233-0714; 1780 Lance Drive, Pocatello, Idaho - 83204

Class Limit: 30 people

Class fee: \$10 (See above note.)

Marigolds Wine Tasting (#3120)

Thursday: September 25; 5:00 – 7:00 PM

What a nice way to begin our NKA fall semester at a wine tasting with Jean and company. Again she will be serving new wines for us to try and pairing it with the perfect little snack.

Location: 1800 Flandro Drive, Suite 300

Instructor: Jean Christensen

Facilitator: Sharon Manning 233-9425

Class fee: \$12 to be paid at the door

Italian Cooking with Greg (#3222)

Greg makes cooking fun. This fall, Greg's menu will include his Mother Carol's Chicken Marsala, Fresh Acorn Squash Soup and Uncle Mickey's Beans and Pasta. This is a hands on class, where you'll learn to make some healthy, family favorite dishes. Discover recipes from Greg's family: Mom, Dad, uncles, aunts, cousins, siblings, and grandparents. *Mamma mia!*

Class limit: 15 per section

Cost: \$15.00 Fee will be collected at least one week in advance of section by facilitator

Choose just one section to attend.

SECTION 1 – Monday: September 29; 4 – 6:30 p.m.

Location: College of Technology Culinary Arts Kitchen

Instructor: Greg Grasso

Facilitator: Jane Riley 237-6801

(continues)

(continued: Italian Cooking with Greg)

SECTION 2 – Monday: October 6; 4 – 6:30 p.m.

Location: College of Technology Culinary Arts Kitchen

Instructor: Greg Grasso

Facilitator: Jane Riley 237-6801

SECTION 3 – Monday: October 13; 4 – 6:30 p.m.

Location: College of Technology Culinary Arts Kitchen

Instructor: Greg Grasso

Facilitator: Jane Riley 237-6801

Marigolds Holiday Cooking (#3221)

Get ready for the holidays by attending this hands-on cooking class. Not only will you be preparing some delicious treats and testing their goodness; but you will also have all the recipes and fun ideas in hand as you begin to prepare for the holidays ahead with family and friends. Select between section 1 or 2.

**SECTION 1 - Monday: October 6;
10:00 am - 12:00 pm**

Location: 1800 Flandro Drive, Suite 300

Instructor: Jean Christensen

Facilitator: Sharon Manning 233-9425

Class fee: \$15 to be paid at the door

SECTION 2 - Monday: October 6; 1:00 - 3:00 pm

Location: 1800 Flandro Drive, Suite 300

Instructor: Jean Christensen

Facilitator: Sharon Manning 233-9425

Class fee: \$15 to be paid at the door

Wine Tasting sponsored by the Grapevine (#3122)

Tuesday: October 7; 5 – 7 p.m.

Join us for a great wine tasting evening provided by the Grapevine, a popular wine and gift shop in Pocatello. Kathleen always picks a delightful selection of wines for your tasting pleasure.

Location: to be announced

Instructor: Kathleen Hughes

Facilitator: Pauline Havens 234-8517

Class fee: \$7.50 paid at the door

Celebrating Oktoberfest at the Wine Garden (#3223)

Tuesday: October 21; 4 – 6 p.m.

Back by request, members will have the opportunity to celebrate Oktoberfest at The Wine Garden in Blackfoot. Oktoberfest beers from regional distributors, in addition to several German beers, will be featured. Come and enjoy this tasting experience. Light snacks will also be provided.

Location: The Wine Garden, 310 N. Meridian Suite B; Blackfoot

Instructor: Cathy Southern

Facilitator: Mary Spinner 241-7258

Class limit: 40

Class fee: \$15, paid at the door

Cooking and Shopping for 1 or 2

(#3298) **Tuesday: November 11; 10 a.m. – 12 noon**

Do you have a hard time cooking for just one or two now that the nest is empty? You will learn how to shrink your meal preparations, reduce food waste, and prepare nutritious meals for just one or two. Plan for an engaging class and a hands-on cooking lab—after all, we want to practice what we learn!

Location: CE 203

Instructor: Char Byington

Facilitator: Mary Spinner 241-7258

Class Limit: 16

Class fee: \$5.00

GAMES

Mahjong (#3125)

**Friday: September 5 – December 19;
10 a.m. – 12 noon**

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

Location: TBA**Instructor:** Lucy Bonman**Facilitator:** Donna Hillard 232-2398

Texas Hold'em Poker (#3127)***Friday: September 5 – December 19******(Not on Lunch & Games days); 2 – 4 p.m.***

This will be a time for people who know how to play Texas Hold'em Poker and for those who are new to the game. We have three tables which is enough room for 24 players. We will divide the group by ability levels: beginner, intermediate, and advanced. We will be happy to teach you how to play even if you have never played poker before. We play every Friday.

Location: CE 162**Facilitators:** Annette Tolman 226-4597;
Sandra Noakes 251-2862

Lunch and Games (#3126)

Lunch is served at noon. Hand and Foot card game OR the Dominoes Mexican Train game go from 1:00-3:00 p.m. There is no cost for the games.

You must sign up to participate each month. The Coordinator will verify attendance by placing a telephone call to everyone who signs up for the class. On the registration form, please choose the months you plan to attend.

Location: Juniper Hills Country Club
(6600 Bannock Hwy)**Facilitator:** Pat Ringe 233-5494**Class fee:** \$12.00 for each lunch, paid at the door.**Class limit:** 90SECTION 1 - *Friday: September 19; 12 – 3 p.m.*SECTION 2 - *Friday: October 17; 12 – 3 p.m.*SECTION 3 - *Friday: November 21; 12 – 3 p.m.*SECTION 4 - *Friday: December 12; 12 – 3 p.m.*

Bridge for Beginners (#3128)***Tuesday: September 9, 16, 23, 30, and October 7;
1:30 – 4:00 p.m.***

This class is for anyone who has never played bridge before or for anyone wanting a review of

basic concepts. Very basic counting of the hand, basic bidding including no trump bids, major suits and responses to no trump and major suits openings, and playing will be covered. You will play dealt hands that match the lessons. Recommended text is Bridge Basic I: An Introduction by Audrey Grant. The Little Slam bridge Club or class instructor can order books and probably get them for less, so please contact a class facilitator if you want her to order a book for you.

Location: CE 162**Instructor:** Jeanne Moore and Joy Burke**Facilitators:** Janice Matteson-Howell 478-9538;
Barbara Bain 232-3415

Bridge II: Competitive Bridge Bidding***(#3209) Tuesdays: October 21, 28, November 4, 11
and 18; 1:30 – 4:00 p.m.***

Topics covered are pre-emptive opening bids, overcalls, advances in takeout doubles, advances in being competitive. You will play dealt hands that match the lessons. Recommended text is Bridge Basics 2: Competitive Bidding by Audrey Grant. The Little Slam bridge Club or instructor can order books and probably get them for less, so please contact a class facilitator if you want her to order a book for you.

Location: CE 162**Instructor:** Jeanne Moore and Joy Burke**Facilitators:** Janice Matteson-Howell 478-9538;
Barbara Bain 232-3415

GENERAL INTEREST

Dogs in our Lives (#3299)***Tuesday: September 2, 9, 16; 10 – 11 a.m.***

This class is a brief introduction on dogs, their care and training. The class will discuss many activities we can do with our dogs, including dog sports and pet therapy.

Location: CE 125**Instructor:** Jane Guidinger**Facilitator:** Angela Luckey 237-2610

Book Exchange (#3129)**Thursday: September 4; 2:00 – 3:30 p.m.**

Each participant will bring up to 5 books to be exchanged (good reads only, please). Participants encouraged to explain why they chose these particular books, and why they want to share them with others.

Location: CE 125**Instructor:** Marijana Dolsen**Facilitator:** Pat Bystrom 251-2356**Historical Hydrology of the North American Beaver** (#3300)**Monday: September 8; 11:00 - 12:00 noon (Lecture) Monday: September 15; 1:00 - 4:00 p.m. (Field Trip)**

Students will take a step back to the 1820s in Southeast Idaho and gain an appreciation for the historical role beaver trapping played in dramatically changing the western landscape from one of lush, wide river valleys to narrow, incised streams we see in our region today. Next, students will learn the fundamentals of hydrology as it relates to geohydrology and water storage. Students will learn how to estimate the flow of a stream and why it is important to be able to estimate stream flow (field trip). Finally, we will place the two together and develop an appreciation of how this diminutive rodent fills an important ecological niche and also may be the most cost-effective means for mitigating drought in a global climate change world.

Location: CE 125 (Lecture); CE Parking Lot (Field Trip)**Instructor:** Mike Settell**Facilitators:** Allan Priddy 234-2849;
Mary Spinner 241-7258**Portneuf Greenway Trail System****(#3301) Tuesday: September 9; 1 - 2 p.m.**

In 1992, The National Park Service funded The Portneuf Greenway Implementation Plan. This plan was to guide the development of the Portneuf Greenway Trail System. The plan envisioned a trail

system to link the Portneuf River to Old Town Pocatello, Idaho State University, public lands, and the hills which surround the valley. The primary goal of this plan is to link the community to the river and public lands. Over the last years the vision of the Portneuf Greenway Trail System has grown from a focus on just the river to the entire valley. The trail system expands from multi-use trails to include other bicycle and pedestrian facilities to ensure connectivity throughout the valley.

The City of Pocatello, Trails Working Group (TWG), and the Portneuf Greenway Foundation (PGF) are the primary partners involved in the management of the Portneuf Greenway Trail System. The City of Pocatello and City of Chubbuck have the final authority and responsibility for facilities located within their boundaries.

Tamara Code is the Executive Director of Portneuf Greenway Foundation. She will talk about the history, plans, and accomplishments of the Greenway up to date.

Location: CE 125**Instructor:** Tamara Code**Facilitator:** Bill Brydon 233-4278**Juvenile Court: Preventing Future Misery and Crime** (#3302)**Thursday: September 11; 1:30 - 3:00 p.m.**

At juvenile court in Bannock County we use the Balanced Approach to solve juvenile issues. We focus on Community Protection, Accountability, and Competency Development. We will provide an overview of how Juvenile Justice is about serving families and kids. We seek to help both become healthy and productive. In addition to Judge Murray's presentation, he has also arranged for us to tour the Juvenile Facility.

Location: Juvenile Facility, 137 South 5th, Pocatello**Instructor:** Judge Bryan Murray**Facilitator:** Sharon Manning 233-9425**Class Limit:** 60

Fall Vegetation Lecture and Walk

(#3303) *Monday and Wednesday: September 15 (Lecture) and September 17 (Walk); September 15: 10 – 11:30 a.m.; September 17: 1 – 4 p.m.*

Let's transition into fall by first hearing a class presentation and then taking a walk with Dr. Karl Holte, ISU Professor Emeritus of Botany. Karl Holte enjoys teaching about plants, and makes it fun and educational. The walk will be at Scout Mountain. The group will meet at the Continuing Education parking lot at 12:30 p.m. and carpool to Scout Mountain. Bring water, sun screen, walking sticks and a plant magnifying glass.

Location: Lecture CE 125, Walk at Scout Mountain

Instructors: Dr. Karl Holte and Dick Anderson

Facilitator: Juanita Bailey 242-3707

What's Going on at Portneuf Medical Center - Update (#3304)

Tuesday: September 16; 1:00 - 2:00 p.m.

The Portneuf Medical Center is a general medical and surgical hospital serving the health care needs of Eastern Idaho and surrounding areas. Portneuf Medical Center is owned and operated by a joint venture consisting of LHP Hospital Group Inc. and The Portneuf Health Care Foundation. This joint venture provides the benefits of local governance through the Foundation, and the benefits and expertise of a national leader in hospital management and capital through LHP.

Shaun Menchaca is the President & CEO, ex-officio of the Portneuf Health Care Foundation. He will update the class on the status of the Portneuf Medical Center, discuss the new additions to the medical staff, and the new services that are now available. In addition, Shaun will also discuss the actions and activities of the Portneuf Health Care Foundation. Attend this class to become informed about the health care services available to southeast Idaho, and companies/associations who have received grants from the Foundation.

Location: CE 125

Instructor: Shaun Menchaca

Facilitator: Bill Brydon 233-4278

ISU Tree Walk (#3203)

Monday: September 22; 4 – 6 p.m.

Take a slow stroll by many beautiful trees with Dr. Karl Holte, ISU Professor Emeritus of Botany. Karl Holte so enjoys teaching and will present many interesting facts about the trees found there, plus relate personal stories about the different trees and the history of the ISU Tree Walk, which he started long ago.

Meet by the Bison Sculpture in back of the Idaho Museum of Natural History Building, ISU lower campus; this building is adjacent to the Pond Student Union Building. Park in the parking lot behind the Museum, 5th and Dillon; parking is free after 4:00 p.m.

Location: ISU Lower Campus

Instructor: Dr. Karl Holte

Facilitator: Barb Nicholls 233-0714

Class Limit: 30

Idaho Enterprises (#3305)

Tuesday: September 23, September 30, October 21, and October 28, 2014; 2 - 3 p.m.

What do people DO in Idaho? The goal of this class is to "become fourth graders again," and explore fascinating activities, be they commercial enterprises or people's lifelong hobbies, first by talking and sharing information about them, and ultimately by going to visit. This is a participation class, where YOU bring the stories and your interest, and together WE decide where and when to go.

Location: CE 125

Instructor: Ruth Moorhead

Facilitator: Marijana Dolsen 233-8735

Class Limit: 12

“Since I joined this fine organization, I have made many close friends and attended many interesting classes. Mostly, my favorite is line dancing - good for exercise and visiting the elderly that are in assisted living - it makes their day.” —MR

Speaker's Luncheon (#3208)**Friday: September 26; 12:00 – 1:30 p.m.**

Join us for lunch and meet Jeff Hough. Jeff is the director of Continuing Education and Work Force Training at ISU. NKA is a division in the Continuing Education Department. Jeff is also a business consultant and frequently contributes articles to our local newspapers. Jeff has many interests and abilities and contributes to our community in a variety of ways.

Location: Juniper Hills Country Club, 6600 Bannock Highway, Pocatello

Instructor: Jeff Hough

Facilitator: Jane Riley 237-6801

Class limit: 90

Luncheon cost: \$15.00

Payment is to be made to ISU at time of registration. Please *register by September 18, 2014* to be included in the count for the luncheon.

Gallows Custom Frames & Art**(#3306) Monday: September 29; 9:00 - 11:30 a.m.**

Joydean's "Gallows Frames and Art" establishment features custom framing and matting, Troll beads, Brighton jewelry and Vera Bradley Designs. Scott Gardner will tell you how to make the most of your favorite photos by showcasing them in a beautiful mat and frame. He will show you a variety of frames, share picture framing information, mounting techniques, mat board types, preservation framing, glazing choices and more.

Location: CE 125

Instructor: Scott Gardner

Facilitator: JoAn Dilweg 232-2656

Planning Ahead (#3307)**Tuesday: September 30; 10 – 11 a.m.**

All of us will at sometime have to deal with a funeral. We will need to make some of our most important decisions in a short amount of time. Wouldn't it be comforting to be somewhat prepared? Come and learn many aspects of a funeral, such as :

- burial/cremation,
- complete funeral/family only viewing,
- costs involved, including pre-pay and payment plans,
- following the person's wishes.

Questions will be answered following the presentation.

Location: CE 125

Instructor: Adam Simpson

Facilitator: Glenda Vaughn 840-0121

Current State-of-the-State of the Economy (#3308)**Thursday: October 2, 2014; 1:00 - 2:30 p.m.**

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

Location: CE 125

Instructor: Joel Phillips

Facilitator: Jim Manning 233-9425

Planning for a Highway Cleanup Project (#3309)**Tuesday: October 7 and 14; 2 - 3 p.m.**

These are planning sessions for the first clean-up to be scheduled in Spring 2015. We will talk about what is involved, how we might make the work easy, what locations are available, and what we might want to do afterward. If we can get online, we may be able to seek information and possibly even sign up for a stellar stretch of highway, just suited to our idea of a good time. Highway cleanup is not difficult, and with enough people and the right equipment, it can be a lot of fun and a very satisfying way to do something positive on two mornings a year. We might decide to work with an already-established group, or to set up our own

NKA clean-up team. After that, we'll schedule a clean-up day in the spring and again in the fall each year for as long as people are interested.

Location: CE 125

Instructor: Ruth Moorhead

Facilitator: Marijana Dolsen 233-8735

Whorl-toothed Sharks of Idaho: Catching the Biggest Fish in the Permian Sea (#3310)

Wednesday: October 8; 1:00 - 2:30 p.m.

The story of *Helicoprion* is not just a report on an extinct fish, it is more like an epic fisherman's tale. Anyone who has seen this iconic fossil will agree that it is hard to imagine how the spiral of teeth could function, or what the animal looked like. Indeed, for more than a century scientists have tried to make sense out of this fossil, only to be frustrated by the rarity and poor preservation of the fish. *Helicoprion* is one of the most distinctive fossils to come out of the ground in the Intermountain West. More than 150 teeth are arranged in a perfect spiral the size of a dinner plate or larger. *Helicoprion* fossils have been found all over the world in marine rocks that are 270 million years old, including the phosphate rocks mined in our region. Owing largely to a century of active mining, our region boasts the greatest number of *Helicoprion* specimens in the world, 30 of which are curated at the Idaho Museum of Natural History. Our large collection gives us a unique opportunity to study the animal in great detail. This lecture will highlight some of the new discoveries our team has recently made, including the first images of the animal's jaw and a new reconstruction of this magnificent animal. This talk will chronicle the many people who have obsessed over the *Helicoprion* mystery and whose ideas helped in achieving understanding.

Location: CE 125

Instructor: Dr. Leif Tapanila

Facilitator: Shirley Rodgers 233-4662

How to Protect & Grow Your Assets in an Unstable Market (3311)

Thursday: October 9; 11 - 12 noon

Jennifer Landon is an accomplished financial advisor, educator and speaker. She is the Founder and President of Journey Financial Services. She has been featured in *Senior Market Advisor Magazine*, a premier financial services industry publication. She has served as a financial resource in the Idaho Falls area, written columns for both the *Idaho Falls Magazine* and the *Idaho Falls Post Register*, and conducted radio interviews on local radio stations. Jennifer has been a sought after contributor for *USA Today*, *Fox Business News*, *CNBC*, along with other media groups. Jennifer graduated from Idaho State University with a degree in finance and is a lifelong resident of Idaho.

The topics covered in this presentation "Help Protect & Grow Your Assets in Unstable Markets" will include: (1) understanding current stock market trends; (2) planning for the impact of new tax laws; (3) how what's happening in other lands could affect U.S. investors; (4) methods to help protect your assets; and (5) building a portfolio to suit your lifestyle.

Attend this class for insight, ideas and relevant information to make informative decisions on your personal path to and through retirement.

Location: CE 125

Instructor: Jennifer Landon

Facilitators: Bette Lochridge 241-5211;

Joanie Stenzel 552-9169

Growth of Pocatello: Managing Idaho's Landscapes for Ecosystem Services (#3312)

Wednesday: October 15; 10:00 - 11:30 a.m.

Dr. Donna Lybecker teaches in the ISU Political Science Department focusing on International Relations and Environmental Politics. As a part of focus, she is involved in a recently received National Science Foundation (continues)

(continued: *Growth of Pocatello*)

grant to help make scientific decisions concerning the state of Idaho's urban growth, ecosystem, and sustainable management. This class will examine preliminary results from the research and ask for input from participants concerning the development of growth in Idaho.

Location: CE 125

Instructor: Dr. Donna Lybecker

Facilitator: Jane Riley 237-6801

Our National Parks: Yellowstone and the Grand Canyon (#3175)

**Friday: October 17 and November 7;
11:00 - 12:00 noon**

Yellowstone National Park is located primarily in Wyoming, extending into Montana and Idaho. Yellowstone has the world's largest collection of geysers. The park is the core of one of the last, nearly intact, natural ecosystems in the Earth's temperate zone. Dr. Youngs, for her first session in October, will follow up her last year's history of Yellowstone Park with a discussion about maps and mapping Yellowstone Park.

In her second session in November, Dr. Youngs will discuss the history, significance, and the geology of the Grand Canyon. The Grand Canyon, located in the state of Arizona, is a unique combination of geologic color and erosional forms. The canyon is 277 river miles long, 18 miles wide, and a mile deep. The area is encompassed by over one million acres. To put it into perspective, the island of Manhattan would fit in the Grand Canyon Park nearly 58 times. The geological process that formed the Grand Canyon began 17 million years ago as the Colorado River began carving the canyon.

Dr. Youngs' research expertise is in national parks, environmental history, cultural geography, and the American West.

Location: CE 125

Instructor: Yolonda Youngs, Ph.D.

Facilitator: Bill Brydon 233-4278

Civil Jury Trials & Personal Injury Cases (#3313)

Monday: October 20; 1:00 – 2:30 p.m.

The presenters, local attorneys, will cover a variety of subjects including: (1) attempts by special interests to erode access to the civil justice system through tort reform and what you can do about it, (2) how much insurance and what types you should have to protect your assets if you cause an accident, (3) what legal rights you have when you are injured in an auto accident, and (4) how health, auto and disability insurance and other funds can be used to pay your bills when you are injured in an accident.

Location: CE 125

Instructors: James Ruchti & Joel A. Beck

Facilitator: Sandra Noakes 251-2862

The Psychology of Resistance to Change (#3314)

Wednesday: October 22; 10 – 11:30 a.m.

This class presents a psychological model/theory as to why human beings, depending on the issue/situation, may manifest resistance to change.

Location: CE 125

Instructor: Dr. Victor C. Joe

Facilitator: Virginia Kelly 232-7417

Bear Education & Safety (#3156)

Wednesday: October 22; 1:00 - 3:00 p.m.

Ken Olson returns to Pocatello! If you missed the presentation last fall, here is the opportunity to see the much talked about class. If you saw the presentation, here is the opportunity to review and to become updated. Did you know the color and size of black bears and grizzly bears can be misleading? Grizzly bear numbers are increasing, and the areas where they may be encountered are expanding. Be safe, know your bears!

Ken Olson, a Certified Idaho Master Naturalist and volunteer to Idaho Department of Fish & Game, will present on bear education and safety. Ken Olson is based in Idaho Falls, out of the Fish &

Game office. Ken will arrive with the Fish & Game Bear Trailer. It is loaded with three taxidermy bears, some pelts, bear skulls and a few other items that will be unloaded into the classroom!

The class time will be divided into a split session; the first half is a general discussion of bears and how to properly identify them in the wild. The characteristics of the native black and brown grizzly bears will be discussed, and how to react to them when encountered in the wild. The second half of the presentation is a discussion on bear spray. This is a general discussion covering the purchase, transport, storage, and use of bear spray. The last half hour will be reserved for questions and answers as well as the opportunity to touch some of the items. (2) Handouts will be given to each class member to take home on how to identify bears and how to live among bears.

Location: CE 125

Instructor: Ken Olson

Facilitator: Jane Thornley 237-1659

An Introduction to Buddhist Thought (#3315) *Friday: 7 weeks, October 24, 31, November 7, 14, 21 and December 5 and 12; 10 - 11 a.m.*

This is an introduction to the development of Buddhist thought. We will engage in a survey of the origins and development of Buddhist thinking and terminology, from its early formation to the contemporary era.

Location: CE 203 (This class is upstairs in the Continuing Education Building. Elevator available)

Instructor: William Haines

Facilitator: Barb Bain 232-3415

Yearly Update on Medicare (#3167) *Wednesday: October 29; 1 - 2:30 p.m.*

Susie Stricker (A.K.A. the queen of Shiba) is returning for our yearly update on Medicare. Susie works for the State of Idaho, Department of Insurance as a Senior Health Insurance Benefits Advisor and Program Coordinator. She specializes in Medicare issues. Susie is extremely well versed and equally eager to help. She is always up to date on the ever changing Medicare Part D.

Become informed on reviewing and making your decision with Medicare Part D for the upcoming open enrollment period!

Location: CE 125

Instructor: Susie Stricker

Facilitator: Jane Thornley 237-1659

Tour of Applied Science & Technology Program (#3316) *Monday: November 3; 10:00 - 11:30 a.m.*

During this tour participants will learn about the cutting-edge technology and hands-on training implemented at Idaho State University. The group will tour labs and classrooms to see the type of instruction that continues to bring worldwide recognition to Pocatello. Currently, the College of Technology has a graduate placement rate of 92%, which speaks to the high caliber of applied knowledge. Idaho is placing a great emphasis on higher education and degree attainment, which will be discussed during this tour.

Location: College of Technology

Instructor: Stuart Summers

Facilitator: Mary Spinner 241-7258

Class Limit: 50

Kripples in the Kumboo (#3317) *Friday: November 7; 1:00 - 2:30 p.m.*

Tom McCurdy will offer a presentation titled "Kripples in the Kumboo." Tom was a member of the 1998 All Abilities Trek which included 5 people with disabilities, three of them in wheelchairs, who trekked into Mt. Everest base camp in Nepal. Come hear Tom recount the highlights of this inspiring trip which was in support of CW HOG's founder, Tom Whitaker's third attempt to become the first person with a disability to summit Mt. Everest.

Location: CE 125

Instructor: Tom McCurdy

Facilitator: Kathy Stevens 232-5683

Digital Art (#3318)**Monday: November 10; 3:00 - 4:30 pm**

Digital art is an artistic work or practice that use digital technology as an essential part of the creation or presentation process. Since the 1970's, various names have been used to describe the process including "computer art", and "multimedia art." Digital art is itself placed under the larger umbrella term "new media art." Digital Art brings together Art, Technology, Math and Science.

The techniques of digital art are used extensively by the mainstream media in advertisements, and by film-makers to produce visual effects. Digital art can be purely computer-generated or taken from other sources. It is possible that general acceptance of the value of digital art will progress in much the same way as the increased acceptance of electronically produced music over the last three decades.

This class will provide a demonstration of Digital Art Photo Restoration, Photo enhancement, Digital painting, and framing options

Location: CE 125**Instructor:** Patty Ford**Facilitator:** Beverly Lyon 251-5279**Plants Found Only in Southeast Idaho****(#3194) Tuesday: November 11; 4:00 - 5:00 p.m.**

There's something special about having something no one else has, isn't there? This class focuses on some of the Southeast Idaho endemics—plants that grow ONLY here. We will visit the plant collection (the Ray J. Davis Herbarium) at the Idaho Museum of Natural History, where members of the staff can show us how they mount, catalog, and store plant specimens, and where we can see and compare some of the endemics that reside among the 65,000 pressed plants in the Museum. It will be MUCH easier than going out to visit them where they grow, but who knows? After seeing them and noting from the labels where they can be found, you may wish to go there and meet them after all!

“Several national organizations, including AARP, have listed Pocatello in the top 10 cities in the nation for retirees. NKA is given as one of the reasons for this ranking.”

Location: Idaho Museum of Natural History**Instructor:** Ruth Moorhead**Facilitator:** Marijana Dolsen 233-8735**Class Limit:** 12**AARP Driver Refresher Safety Program** (#3130)**Friday: November 14; 8:30 a.m. - 4:00 p.m.**
(hour for lunch)

This class meets the new 6 hour AARP course requirement. A comprehensive nationwide AARP course, this class is designed to address the normal physiological effects of aging and to promote independence, safety and mobility behind the wheel. No driving or graded test. Many insurance companies give a 5 - 10% discount when you submit your certificate of completion (good for three years). Points for Idaho driving infractions may be reduced. Class fees cover cost of workbooks, supplies and the certificate of completion.

The class fee is \$15 for AARP members; \$20 for non-AARP members. Bring your AARP membership card to the first class for verification. Registration and collection of fees will be at 8:30am. Please bring the correct amount of cash (no change available), or bring a check for the correct amount, payable to AARP.

Location: CE 125**Instructor:** Roger Wheeler**Facilitator:** Aleen Shearer 233-4803**Class Limit:** 25**Class fee:** \$15 AARP member; \$20 non-member.**Technology for Seniors III: "Apptastic and Cloudlicious"** (#3319)**Tuesday: November 18; 6 - 7 p.m.**

"Technology for Seniors III: Apptastic and Cloudlicious" How do you get an app on your mobile device? What is "The Cloud"? In Technology for Seniors III we'll talk about the wide world of apps for your phones and tablets and how

you can use cloud based storage services to keep all of your documents and photos safe.

Location: CE 125

Instructor: Matt Davenport

Facilitator: Mary Spinner 241-7258

Identity Theft: How You Can Protect Yourself (#3320)

Monday: December 1; 11 – 12 noon

The term “identity theft” was coined in 1964; however, it is not literally possible to steal an identity, perhaps less ambiguous terms are *identity fraud* or *impersonation*. Identity theft happens when someone steals your personal information and uses it without your permission, pretending to be you. It’s a serious crime that can cause havoc with your finances, credit history, and reputation. It can also take time, money, and patience to resolve.

Jennifer Landon is an accomplished financial advisor, educator and speaker. She is the Founder and President of Journey Financial Services. She has been featured in *Senior Market Advisor Magazine*, a premier financial services industry publication. She has served as a financial resource in the Idaho Falls area, written columns for both the *Idaho Falls Magazine* and the *Idaho Falls Post Register*, and conducted radio interviews on local radio stations. Jennifer has been a sought after contributor for *USA Today*, *Fox Business News*, *CNBC*, along with other media groups. Jennifer graduated from Idaho State University with a degree in finance and is a lifelong resident of Idaho.

Attend this class to discover how identity theft happens, what to do to protect yourself and steps to take if you become a victim.

Location: CE 125

Instructor: Jennifer Landon

Facilitators: Bette Lochridge 241-5211;
Joanie Stenzel 552-9169

How to Navigate Pocatello City Hall (#3321) **Tuesday: December 9; 1:00 - 2:30 p.m.**

Ever had a problem, and need to contact someone at City Hall? Ever wondered who you

should contact, what departments there are, how the departments interact, which one would address your issues, and where to start? If so, you’re not alone.

Who better to guide us through this maze, but the Pocatello City Clerk! Come hear what Ruth Whitworth has to teach us. Ruth says we will learn the following:

- How to navigate the City of Pocatello Website
- How to access and navigate the on-line City Code resource
- How to determine which City Department to contact for your situation
- Who is my representative on the City Council and how do I contact them?
- How to make a request of the City
- What to do if my issue may go before the City Council or how to arrange for it to be heard at a City Council meeting.

Location: CE 125

Instructor: Ruth Whitworth

Facilitator: Sondra Dunkle 904-4925

Location: CE 125

HEALTH & WELLNESS

Introduction to Mindfulness Meditation (#3339)

Monday: September 8, 15, 22, 29; 5:30-7:00 p.m.

Mindfulness meditation has been shown to improve our response to stress, to enhance our immune system response, and to improve focus and attention. It is an ancient practice based on moment-to-moment awareness that anyone can learn. This 4-week course is suitable for those new to meditation, those who want to deepen their practice, and those who are simply curious about meditation. Mindfulness meditation is compatible with all religious and spiritual traditions.

Location: CE 125

Instructor: Paula and Tony Seikel

Facilitator: Barb Bain 232-3415

Health Information for Seniors (#3340)
Tuesday: September 9; 9:00 a.m. - 11:00 a.m.

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

Location: Eli M. Oboler Library Classroom 212 (ISU Building No. 50) at 850 South 9th Avenue

Instructor: Ruiling Guo, Associate Professor and Medical Librarian

Facilitator: Barbara Bain 232-3415

Class Limit: 25

Personal Genetics in the 21st Century
 (#3341) *Thursday: Sept. 18 & 25; 2:00 - 3:30 p.m.*

In two class periods, participants will explore the new field of personal genetics.

In the first session, learn the basics of DNA and the role of genes in heredity and disease. They will have the opportunity to have one of their own genes sequenced (for the bitter-tasting trait).

In the second session, participants will compare their genotype results (for the gene associated with the bitter-tasting trait) with their phenotype (whether they are a taster or not), and they will learn about personal genomics services like 23andMe.com that provide them with hundreds of genotype results. They'll explore what they can expect from such services and learn how to interpret the results.

Location: CE 125

Instructor: Dr. Mike Thomas, ISU Professor of Biology

Facilitator: Shirley Rodgers 233-4662

***The Aging Reproductive System:
 Is this system going to fail me, too?***
 (#3342) *Monday: October 20 and October 27;
 10:00 - 11:00 a.m.*

As a result of normal aging, men and women experience a variety of anatomical and physiological changes, including changes within their reproductive tracts. Some of these changes have far-reaching effects on organs and tissues distant from the reproductive areas. The most striking age-related changes in the female reproductive system occur between the ages of 45-65, while changes in the male reproductive system occur more gradually and over a longer period of time. Aging consequences in women may include reduction in bone density and skeletal mass, reduction in vasomotor control, shrinkage of tissues, psychological changes; decrease in good cholesterol. Aging consequences in men may include increased body fat, reduced muscle mass, reduced bone mass, reduced libido, and increased risk of anemia.

As a consequence of normal aging, we may ask "Is this system going to fail me, too?" Dr. Seeley will present a sequence of two talks about the aging reproductive system. His expertise is reflected in being a co-author of college texts on anatomy and physiology.

Location: CE 125

Instructor: Rod Seeley

Facilitator: Bill Brydon 233-4278

***Hyperbaric Oxygen Therapy and
 Wound Care*** (#3343)

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

Hyperbaric oxygen therapy (HBOT) is a medical treatment in which the patient is entirely enclosed in a chamber and breathes oxygen while the sealed chamber is pressurized at 1 ½ to 3 times normal atmospheric pressure. The U.S. Food and Drug Administration (FDA) has approved HBOT to treat more than a dozen problems such

“I love NKA and all it has to offer- lifelong learning opportunities, the social activities, the academic learning opportunities and adventure...” —MW

as decompression sickness, carbon monoxide poisoning, gangrene, brain abscess, and injuries in which tissues are not getting enough oxygen.

Jeff Hampsten is owner and operator of the Idaho Doctors Hospital Healing Center in Pocatello. The chambers at this center can accommodate numerous people at one time. Patients enter the submarine-like compression chamber and for two hours breathe 100% oxygen at an air pressure much higher than normal. Hyperbaric treatment works by profusing oxygen under pressure into the blood, allowing it to saturate tissues and increase stem cells that target the injury.

Jeff will discuss the use of hyperbaric oxygen therapy in wound care, the uses of HBOT worldwide, and give a comparison to the use in the United States. A tour of the center will also be given. Attend this class to become informed about hyperbaric treatment and the wonderful facility we have available here in Pocatello!

Location: Idaho Doctors Hospital Healing Center, 1125 W Alameda Drive

Instructor: Jeff Hampsten CHWS, CMT

Facilitator: Anne M. Dillard-Lim 785-6867

Class limit: 26

Introduction to Eastern Medicine

(#3344) *Wednesday: Nov. 19; 10:00 - 11:30 a.m.*

Traditional Chinese Medicine is what we refer to as Eastern Medicine. Many important lessons from the east are applicable to our Western medical practice. Some lessons Western Medicine clinicians can learn from Eastern Medicine include: listening with your whole body using all your senses; always begin with the diagnosis first; treat the whole person; address wellness and prevention; continually improve one's skills in the art of medicine; and care for the individual patient, not a population.

The strength and flexibility of eastern medicine is a direct result of the eastern philosophical views and understandings from which the medicine is drawn. The basic techniques include acupuncture, bodywork (tuina), energywork (qi gong), herbal

medicine, and lifestyle change in diet and exercise. These techniques have been used for thousands of years to help heal diseases of the mind, body, and spirit. Today eastern medicine techniques are used to treat conditions from back pain, depressions, and cancer. Practices such as tai chi and the many varieties of qi gong and meditation have been shown over time and through modern research to improve immunity, balance our emotions and strengthen our bodies.

Ethan Fisher is a licensed acupuncturist in Idaho; Nationally board certified in Oriental Medicine; Nationally board certified in Chinese Herbology; and certified with the National Clean Needle Technique. Ethan will share his expertise of Eastern Medicine; the understanding of holistic medical care; and the benefits of Oriental Medicine toward optimum health and well-being.

Location: CE 125

Instructor: Ethan Fisher

Facilitator: Jane Thornley 237-1659

How to Care for Our Aging Skin: A Cosmetologist's Perspective (#3249)

Tuesday: December 2; 10:00 - 11:30 a.m.

Leta is a cosmetologist and recently retired Instructor from the ISU Cosmetology Department. She will discuss such topics as care of the aging skin, cleansing, moisturizing, benefits of facials, dark spots, facial hair/excess hair, thinning skin, wrinkles, etc. Leta will address these issues and provide suggestions on how to deal with them. The benefits of various skin care products will be discussed, with tips on how/where to find them.

Location: CE 125

Instructor: Leta Wilde

Facilitator: Sondra Dunkle 904-4925

Introduction to National Association for Mental Illness (NAMI) (#3345)

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

One in ten people are affected by mental illness of a family member, friend or acquaintance. One in five people will experience a mental disorder (*continues*)

(continued: Introduction to NAMI)

of some type and severity, at some time in their life, although many go undiagnosed (rates vary by many factors, including country, socio-economic status, rural vs urban, etc.). Funding for treatment of mental disorders was recently decreased in Idaho, leading many to fend for themselves.

NAMI provides education, support, and many programs for patients, their families and friends. It also advocates for proper care of those with mental disorders. NAMI has statewide chapters, and local groups which may offer classes close to one's home. Our speaker is President of the NAMI Upper Valley Idaho group (Idaho Falls), and she is driving in at her own expense to speak with us.

Come learn more about NAMI, its purpose and what it offers. Come help us welcome Jane! Bring your questions and be prepared to expand your knowledge about some common mental illnesses, where to obtain further information, and how NAMI can help.

Location: CE 125

Instructor: Jane Roberts

Facilitator: Sondra Dunkle 904-4925

Pharmacy and Related Health Care Trends (#3346)

Wednesday: December 3; 1 – 2 p.m.

Greg Maag, a local pharmacist, will share information about drug interactions, medication therapy and management, and health care for seniors. He will present up-to-date information and help us to navigate and understand the pharmacy side of health issues as we age.

Instructor: Greg Maag

Facilitator: Jim Manning 233-9425

Adjusting to Vision Loss During Your Retirement Years (#3155)

Tuesday: December 9; 3 – 4 p.m.

If you or a family member has trouble with an eye condition like Macular Degeneration, Cataracts, Glaucoma or Diabetic Retinopathy, this class is for you! Idaho Commission for the Blind and Visually Impaired (ICBVI) Rehab Instructor,

April Mills, will present on typical eye conditions that can lead to functional vision loss for retirees. Participants will also learn about different resources and training available through ICBVI, experience basic alternative skills to blindness, as well as see tools and aids used by people who experience vision loss. So come join us for an informative hour packed with information, tools, and tips to help you adjust to seeing less and still living well.

Location: CE 125

Instructor: April Mills

Facilitator: Sondra Dunkle 904-4925

Post Traumatic Stress Disorder (#3347)

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

PTSD isn't limited to veterans. Tornado, fire, flood, crime, accidents and more can cause it and it can appear years after the event. Dr. Bartlett, who works with veterans with PTSD at the Pocatello VA Community Outpatient Clinic, will provide information on both understanding PTSD and how it can be treated.

Location: CE 125

Instructor: Dr. Barbara Chalmers Bartlett

Facilitator: Mike Doellman 406-1861

HISTORY

Stained Glass Windows of Pocatello's Historic Houses of Worship (#3330)

Friday: September 5; 1 – 4 p.m.

Stained glass windows have played an important role in telling biblical stories in houses of worship (churches). In this class, members will carpool to 6 of Pocatello's historical houses of worship to view the stained glass windows and learn history of each church. The six houses of worship which will be visited are the Greek Orthodox Church Assumption of the Blessed Virgin Mary, Temple Emanuel, the First Presbyterian Church, St. Joseph's Catholic Church, Holy Trinity Episcopal Church, and the Central Christian Church. The meaning of the symbols in the windows will also be covered. Each attendee will receive a packet containing the

historical information of the houses of worship and the stained glass windows.

Location: Meet in Continuing Education Parking Lot

Instructor: JoAn Dilweg

Facilitator: Mary Spinner 241-7258

The Wartime Rhetoric of Winston Churchill (#3331)

Friday: Sept. 12 – October 17; 3:30 – 5:00 p.m.

When presenting Winston Churchill with Honorary United States Citizenship in 1963, President John F. Kennedy declared, “In the dark days and darker nights when England stood alone, he mobilized the English language and sent it into battle.” In this course we will study the rhetoric of Winston Churchill by focusing on his stirring wartime speeches.

Location: ISU Frazier Hall Rm 320

Instructor: Dr. Bruce Loeb

Facilitator: Jane Thornley 237-1659

Indian Peace Medals in American History (#3332)

Tuesday: September 23; 9:00 – 11:30 a.m.

Silver medals, designed for presentation to Indian chiefs and warriors, played a prominent part in American Indian policy. Known as Indian Peace Medals, these tokens of friendship and symbols of allegiance belong not only to the history of Indian-white relations in the United States but to our artistic heritage as well, for the government took great pains to see that the medals were of high merit. Among the Indians the medals were cherished possessions, to be buried with the chiefs or passed down from generation to generation. President Thomas Jefferson spoke of the use of medals among the Indians as “an ancient custom from time immemorial” which had its beginnings in the European practice of giving medals to “the negotiators of treaties and other diplomatic characters, or visitors of distinction.”

Location: CE 125

Instructor: JoAn Dilweg

Facilitator: Virginia Kelly 232-7417

Victorian Style Furniture (#3333)

Monday: September 29; 1:00 – 2:30 p.m.

Guy Cotroneo is a Producer and Director in the Educational Technology Services at ISU. Guy will share his passion for historical furniture by showing photos and discussing why Victorian style was so unique. The museum will have vignettes of this period of furniture on display for us to enjoy.

Location: Bannock County Museum, 3000 Ave. of the Chiefs, Pocatello, Idaho 83204

Instructor: Guy Cotroneo

Facilitator: Jane Riley 237-6801

Class Limit: 50

Class Fee: \$1, collected at the door

Voices of Ellis Island (#3334)

Wednesday: October 8; 10:00 – 11:30 a.m.

Professional story teller, Kathryn Poulter, will share with us, through the voices of our immigrant ancestors, the joys and hardships of coming to the United States and the history of Ellis Island. Twelve million people went through the immigration process from 1892 to 1954.

Location: CE 125

Instructor: Kathryn Poulter

Facilitator: Jane Riley 237-6801

Are We Really Winning the War

on War? (#3335) **Wednesday: September 17, 24, October 1. Monday: October 6; 1:00 – 2:30 p.m.**

For this course, we will read and discuss Joshua Goldstein’s book, *Winning the War on War: The Decline of Armed Conflict Worldwide*, described as an important contribution to public understanding of international affairs. This study, claiming war has both decreased substantially and become less dangerous, focuses on the role of United Nations peacekeeping as a primary causal factor for this decline. To challenge Goldstein’s thesis, we will also consider some contrary evidence—particularly in the case of America—for example, the writing of (continues)

(continue: *Winning the War on War?*)

Eugene Jarecki and Rachel Maddow. As 2014 marks the one-hundredth anniversary of the First World War, or what was often referred to at the time as “The War to End All Wars,” the notion of war being on the decline is an especially timely topic. (The book is available on Amazon, both new and used; new paperback edition is \$13.55.)

Location: CE 125

Instructor: Dr. Linda Leeuwrik

Facilitator: Jane Riley 237-6801

Federalist Papers (#3336)

*Wednesday: November 5 and November 12;
10:00 - 11:00 a.m.*

The Federalist Papers were written and published during the years 1787 and 1788 in several New York State newspapers to persuade voters to ratify the proposed new constitution. The series of 85 articles and essays outlined how the new government would operate, and why this type of government was the best choice for the United States of America. All the essays were signed “PUBLIUS.” The actual authors of these essays were said to be Alexander Hamilton, James Madison, and John Jay. Hamilton being the chief contributor, second was Madison, then Jay. The Federalist Papers are still today an excellent reference to understand the U.S. Constitution.

Dr. Adler, in his first lecture, will discuss the reasons for and the origins of the Federalist Papers. In the second lecture, he will select some of the more important articles and essays of the Federalist Papers and discuss their impact then and now.

David Adler serves as director of University of Idaho’s James A. & Louise McClure Center for Public Policy Research. His teaching and research specialties include: American government, U.S. Constitutional Law, and American Political Thought.

Location: CE 125

Instructor: Dr. David Adler

Facilitator: Bill Brydon 233-4278

Honoring our Veterans

Community Event (#3337)

Tuesday: November 11; 6:00 - 8:00 p.m.

Join us as we honor our Veterans on this day in a community event sponsored by NKA. This will be one of several community events this fall exploring the topic of saving a society’s culture during war. Hitler considered contemporary art to be “degenerate” and wanted it destroyed. Degenerate Art, a 60 minute documentary will be shown followed by a panel discussion led by art historian, Dr. Linda Leeuwrik.

Location: CE 125

Instructor: Linda Leeuwrik

Facilitator: Jane Riley 237-6801

Paleontology of Pliocene Lake Idaho

(#3338) *Wednesday: November 19; 1 - 3 p.m.*

This presentation will cover the climate, geology, and ecology of Lake Idaho, a large lake that existed on the western Snake River Plain for 6.5 million years. It will also discuss the flora and fauna of the region.

Location: CE 125

Instructor: Mary E. Thompson, Ph.D.

Facilitator: Angela Luckey 237-2610

THE ARTS:

ART, MUSIC & THEATRE

Snake River New Horizons Band

(#3132) — Introductory Meeting

Tuesday: September 9; 11 a.m. - 12 noon

Snake River New Horizons Band is part of the New Horizons International Music Association. They have over 200 chapters and 9,000 members internationally and are made up of beginning musicians over 50, many of whom, until recently, have never picked up a musical instrument. It was started by Dr. Roy Ernest at the Eastman School of Music in Rochester, New York. The Snake River Band began in September 2011. There are practices each Tuesday and Wednesday with 25-30 players attending. The directors are band directors from

the middle schools or students from the music department at ISU. The band has played several concerts, including the Stephens Performing Arts Center and two parades. If you would like to expand or reawaken your hidden musical talents in a fun, social environment, *please plan on attending the introductory meeting* where you can learn more about the New Horizons Music Program. After the meeting, you are welcome to attend the practice session.

Location: CE 125

Instructor: John Meiners

Facilitator: Roger Wheeler 760-9507

Snake River New Horizon Band Practice (#3133)

Tuesday & Wednesday: September 2 – December 17; 5:30 – 7:00 p.m.

There are usually 15-25 players at each of the two practices each week. The band has played several concerts throughout the year at various venues in the local area. “Some people call them practice sessions, I call them social hour,” reported one band member.

If you would like to expand or reawaken your hidden musical talents in a fun social environment, please plan to attend the introductory meeting (see previous listing). Remember, in a New Horizons Band, playing your best is good enough.

Location: CE 162

Facilitators: John Meiners 852-6789; Marjean Waford 237-4367; Sally McHargue 251-7203

Class fee: \$25/month

Readers Theatre (#3134)

Thursdays: September 4 - December 18;

Class Times: 12:30 – 2:00 p.m.

Performances: Sept. 25, Oct. 30, Nov. 20 & Dec. 18;

Performance Times: 12:00 – 2:00 p.m. (Sept. 25, 11:30 – 1:30 p.m.)

You are invited to join the NKA Readers Theatre players! Each month, we will produce and perform a different play. Group members will serve as cast or crew for each production, and someone may

even decide to write an original play for the group to perform. Cannot make it to every meeting? That is okay; you can participate in the next month's production. Best of all, no memorizing is required, since it is Readers Theatre!

Even if you do not sign up for this activity, please mark your calendars for the last Thursday of each month and watch for our announcements of each month's play.

Class Location: CE 162

Performance Location: CE 125

Instructor: Peer led

Facilitators: Carol Nelson 238-6369;
Cheryl Lyda 232-8221

Preview to the Symphony (#3322)

Friday: September 19, November 7, and December 5 (and February 6, March 13 and April 17, 2015); 3 – 4:00 p.m.

Dr. Harville will discuss and describe the compositions to be performed at the forthcoming symphony concerts. (concert dates: Saturday, September 27; Friday, November 14; and Friday/Saturday December 12/13). He will talk about the composers, their times and their styles and demonstrate what to expect at the concerts. These Previews to the Symphony will enhance the enjoyment of going to the concerts.

Location: CE 125

Instructor: Dr. Grant Harville

Facilitator: Bill Brydon 233-4278

Paint like a Master (#3198)

Saturday: September 20; 10 a.m. – 12 noon

Copy a “master” to make painting easy and fun. Participants will take home a ready to frame acrylic painting. Please wear clothes appropriate for stray paint. There will be limited instruction by art center members.

Location: Pocatello Art Center, 444 N. Main

Instructor: Pat Geiger

Facilitator: Marg Griffin 233-1898

Class Limit: 12

Class fee: \$15.00 paid at the door. Supplies provided.

Richard III Play Preview (#3323)***Friday: October 3; 5:00 - 6:00 p.m.***

Norm Schroder will be directing Theatre ISU in William Shakespeare's play Richard III. In our preview class Norm will share his vision of portraying this tragedy which is known for its treacherous plots and deceitful lives of those associated with the king. We will meet some of the cast members and learn about the sets, costumes and lighting. This year marked Shakespeare's 450th birthday.

Play Dates: October 10, 11, 13, 17, 18 - 2014**Location:** Bistline Theatre, Stephens Performing Arts**Instructor:** Norm Schroder**Facilitator:** Jane Riley 237-6801

World Dance (#3324)***Friday: October 24; 1:00 - 2:30 p.m.***

Fulbright recipient, Dr. Josephine Garibaldi, will share her recent experience teaching in Latvia. Not only did she teach at the Academy of Culture in Riga, but she presented workshops and seminars throughout the country. Dr. Garibaldi, Associate Professor of Dance, had the opportunity to work on a collaborative project in which students from Latvia were able to communicate face-to-face with ISU students to create original choreographic works and discuss creative and scholarly projects.

Location: CE 125**Instructor:** Josephine Garibaldi**Facilitator:** Jane Riley 237-6801

"Young At Heart" (Movie & Discussion)***(#3325) Monday: October 27; 1:30 - 3:30 p.m.***

This is a British documentary. A large group of senior citizens from an assisted living home and the community form to become an effective musical group traveling to share their talent.

Location: CE125**Facilitator:** Virginia Kelly 232-7417

“Because of NKA, I am not retiring – I am rewiring!” —BL

19th Century Art (#3326)***Thursday: October 30; 10 - 11 a.m.***

The 19th century was an amazing century for the art world, going from classical, to pastoral, to impressionism, as well as other styles. Mr. Thompson delighted us with a well prepared art presentation last semester and we can expect more of the same this semester. This lecture is illustrated with many slides of pictures dear to us.

Location: CE 125**Instructor:** Dustin Thompson**Facilitator:** Marg Griffin 233-1898

"Inequality For All" (#3327)***(Video & Discussion)******Monday: November 3; 1:30 - 3:30 p.m.***

This is a current documentary showing the economic inequality within the United States and the causes. A discussion will follow.

Location: CE 125**Facilitator:** Virginia Kelly 232-7417

"If There Weren't Any Blacks You'd Have To Invent Them" (#3328)***(Video & Discussion)******Monday: November 17; 1:30 - 3:30 p.m.***

This is an award winning British film from the seventies questioning the entrenched beliefs and stereotypes that can easily lead to intolerance and discrimination. Discussion will follow.

Location: CE 125**Facilitator:** Virginia Kelly 232-7417

Truman Capote's "A Christmas Memory" (Film) (#3329)***Friday: December 12; 11 a.m. - 12 noon*****Location:** CE 125**Instructor:** Carol Nelson**Facilitator:** Carol Nelson 238-6369

This film is Truman Capote's Emmy-award-winning recollection of an episode of his youth in the South. This beautiful and poignant film is narrated by Capote and stars Geraldine Page. The film appeared on ABC-TV in 1966. Monochrome (black/white). Running time: 51 minutes.

TRAVEL/FIELD TRIPS

Fossil Butte National Monument & JC Penney Home (#3283)

Wednesday: September 3; 7:30 a.m.

This first trip of Fall 2014, will take us to Southwestern Wyoming, which was once covered by an ocean. This is now a major fossil field. The group will visit Fossil Butte National Monument and then travel into Kemmerer to visit the JC Penny home and first JC Penny store. The group will have lunch in Kemmerer before returning to Pocatello.

Location: CE Parking Lot

Instructor: Lynn Hebdon 339-4841

Facilitator: Lynn Hebdon

Class fee: \$40; **Class Limit:** 54

Flying South/Autumn Leaf Day Trip (#3354) *Wednesday: October 8; 8 a.m. - 5:00 p.m.*

We will visit/tour the Bear River Migratory Bird Refuge first. Following the tour we will then have lunch at Idle Isle in Brigham City, and if time allows stop by Idle Isle Chocolate Shop and maybe stop at the local fruit stands for shopping. After shopping we will then go on for the fall colors tour in the Box Elder and Sardine Canyons, and return home.

Instructor: Dawn Keller

Facilitators: Jennie McCormick 521-2780;
Lynn Hebdon 339-4841

Class fee: \$40; **Class Limit:** 54

Spring 2015 Trip – Yellowstone Snow Coach Tour (#3355)

Late January, early February

Our tentative first spring semester trip in 2015 is being planned as an overnight trip to West Yellowstone, to include a Snow Coach trip into Yellowstone. 'Estimated' cost will be around \$350.00 which includes bus transportation, meals, hotel based on double occupancy, and a Snow Coach tour. Exact details for this trip are still being worked out, and final details and arrangements will be completed by the middle of the upcoming fall

semester, and then get the word will go out to all NKA members.

Instructor: Lynn Hebdon

Facilitator: Jennie McCormick 521-2780

WRITING /LITERATURE

Bag of Books (#3284)

Tuesday: September 11; 11 – 12 noon

Students will meet at Marshall Public Library to form groups of 5 or 6 which will become the Semester Book Club Group. They will meet as a unit, determine the book to be read and when and where the next meeting for the group will be held. The library has scores of books that are in the bags plus many more in the multiples needed to meet our needs, many with study guides. The lists will be available for participants.

If you are already in a group, please have one person send a list of those enrolled to Shirley at mcelshir@isu.edu

Location: Marshall Public Library Community Room

Facilitators: Angela Lucky 237-2610

Low Impact Creative Writing (#3136)

Thursday: September 18 – November 20; 2 – 4 p.m.

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

Location: CE 162

Instructor: Marg Griffin

Facilitator: Marg Griffin 233-1898

Class Limit: 16

Write Your Own Obituary/Life Story

(#3348) *Tuesday: October 14; 10 – 11 a.m.*

Have some say in your final services (it is best to be written). Write your life as you would like it to be presented. Write a letter of forgiveness or closure. Write a letter to someone who really touched your life and you never got around to telling them.

Location: CE 125

Instructor: Adam Simpson

Facilitator: Glenda Vaughn 840-0121

The Mystery of Agatha Christie (#3349)
Wednesday: October 15; 1 - 2 p.m.

Agatha Christie is the bestselling author of all time as well as the playwright of the longest-running stage play in history. How did a wealthy, upper-middle class girl in early 20th century Britain emerge to write the greatest mysteries of all time? What is this spell that her stories and characters weave over us so that her books still sell by the millions--and have been adapted into movies, TV shows, comic books, and video games—nearly 40 years after her death? And what is the truth behind the real life mystery of Christie's own unexplained disappearance for ten days in 1926? Come join us to explore the life of Hercule Poirot and Miss Marple's fascinating creator!

Location: CE 125

Instructor: Amy Campbell

Facilitator: Marilyn Ames 237-7506

Writing Our Own History for Our Children (#3350) *Tuesday: November 4 and November 18; 10:00 - 11:30 a.m.*

This two-part class will help participants write their personal histories for their children and grandchildren. The first session will focus on (a) techniques to help participants remember interesting and significant events of their lives and the details that make the stories come to life; (b) ways to shape these incidents into meaningful stories; and (c) methods of organizing and writing. The two-week hiatus is designed to give participants time to put some ideas onto paper. The second session will focus on (a) revising; (b) techniques for “publishing” the stories and (c) optional sharing what participants have written.

Location: CE 125

Instructor: Hanna B Geshelin

Facilitator: Jane Thornley 237-1659

You Don't Say! Enjoying Language (#3351) *Monday & Thursday: November 10, 13, 17 & 20; 10 - 11 a.m.*

Walt Whitman (who was pretty good at language) said: “Language is not an abstract construction of the learned, or of dictionary-makers, but is something arising out of the work, needs, ties, joys, affections, and tastes of long generations of humanity, and has its bases broad and low, close to the ground.” We'll have a look at our own language: sounds that we use in speaking, where words come from and how they change, what is meant (and sometimes not meant), colorful constructions, and more. That “close to the ground” stuff promises to be fun.

Location: CE 125

Instructor: Professor Craig Nickisch

Facilitator: Dr. Bill Brydon 233-4278

Horses, Heroes & Hair Ribbons (#3352)
Wednesday: Nov. 12; 1:30 - 2:30 p.m.

JoAnn Ward grew up in Sandridge, just west of Malad. JoAnn will paint a picture of times gone by, in poetry, about farm and ranch life. She will be accompanied on the guitar with western music and will show slides to enrich her poetry.

Location: CE 125

Instructor: JoAnn H. Ward

Facilitator: Betty Moore 232-6071

Publish Your Book (#3353)
Thursday: November 13, 2014; 5:30 - 7:00 p.m.

It's all about money: Book store owner and publisher, Will Peterson, will lead you through the alternatives of publishing and marketing your book.

Location: CE 203

Instructor: Will Peterson

Facilitator: Pat Packer 232-8809

“Attending NKA classes is a pleasant, efficient, and inexpensive way to keep abreast of the world we live in while at the same time renewing old friendships and making new ones. Many activities are offered to help members stay alert, fit, and mentally expanding. Besides that, it's fun!” —MG

NKA 2014 MEMBERSHIP AND REGISTRATION FORM

☐ New Member ☐ Previous Member

PLEASE: PRINT
SIGN BELOW
COMPLETE BOTH SIDES

Name: _____

Address: _____

City/State/Zip: _____

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

E-Mail: _____

Preferred method of contact: ☐ Phone ☐ E-mail

Preferred method of registration receipt: ☐ Mailed ☐ E-mailed

REGISTRATION DUE BY AUGUST 15

Three options are available to register:

1—By Mail:

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

2—In Person at:

1001 N 7th Ave. Suite 202

3—Online at:

cetrain.isu.edu

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) \$ _____

Class fees*

Square Dance (\$5) \$ _____

Speaker's Luncheon (\$15) \$ _____

TOTAL DUE \$ _____

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

AGREEMENT AND RELEASE OF LIABILITY

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

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

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

I do assume responsibility for my participation in class and will call the facilitator if I cannot attend.

Date: _____

NKA Member Signature: _____

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

NOTE: Classes filled on a first-registered, first-served basis.

CRAFTS & HOBBIES

- ☐ Woodcarving #3101 (choose section)
 - ☐ Section 1 - Beginning Carvers
 - ☐ Section 2 – Returning Carvers
 - ☐ Section 3 – Returning Carvers
 - ☐ Section 4 – Returning Carvers
- ☐ Knitting & Crocheting Projects #3196
- ☐ Hand-built Pottery #3165
- ☐ Fun Fall Foliage Arrangements #3294
- ☐ Knitting #3102
- ☐ Silk Painting #3216
- ☐ Antique Trivia #3216
- ☐ Rag Rugs #3295
- ☐ Crazy Quilts for Beginners #3291
- ☐ Silk Scarf Painting #3360
- ☐ China Painting #3296

FITNESS & MOTION

- ☐ Women's Self Defense for Seniors #3297
- ☐ Lady Niners Golf #3116
- ☐ Square Dance #3105
- Line Dancing Classes—
 - ☐ Starter Level #3111
 - ☐ Beginner 1 #3112
 - ☐ Beginner 2/Intermediate #3113
 - ☐ Intermediate/Advanced #3114
- ☐ Latin Line Dancing #3107
- ☐ Performance Latin Line Dancing #3108
- ☐ Out of the Box Line Dancing #3109
- ☐ Oldies but Goodies Line Dancing #3110
- ☐ Hiking & Snowshoeing #3118
- ☐ Fit and Fall Proof #3106
- ☐ Road Bicycle Touring #3117
- ☐ Walking the Greenway #3115
- ☐ T'ai Chi Chih – Basics #3103
- ☐ T'ai Chi Chih – Advanced #3104

FOOD & BEVERAGE

- ☐ International Cuisine Planning #3119
- ☐ Taste and Share #3197
- ☐ Dutch Oven Cooking #3225
- ☐ Marigold's Wine Tasting #3120
- ☐ Italian Cooking with Greg #3222 (choose one)
 - ☐ Section 1
 - ☐ Section 2
 - ☐ Section 3
- ☐ Marigolds Holiday Cooking #3221 (choose one)
 - ☐ Section 1
 - ☐ Section 2
- ☐ Wine Tasting by the Grapevine #3122
- ☐ Oktoberfest at the Wine Garden #3223
- ☐ Cooking and Shopping for 1 or 2 #3298

GAMES

- ☐ Mahjong #3125
- ☐ Texas Hold'em Poker #3127
- ☐ Lunch and Games #3126 (choose section)
 - ☐ Section 1
 - ☐ Section 2
 - ☐ Section 3
 - ☐ Section 4
- ☐ Bridge for Beginners #3128
- ☐ Bridge II: Competitive Bridge Bidding #3209

GENERAL INTEREST

- ☐ Dogs in our Lives #3299
- ☐ Book Exchange #3129
- ☐ Historical Hydrology of the Beaver #3300
- ☐ Portneuf Greenway Trail System #3301
- ☐ Juvenile Court #3302
- ☐ Fall Vegetation Lecture & Walk #3303
- ☐ Portneuf Medical Center #3304
- ☐ ISU Tree Walk #3203
- ☐ Idaho Enterprises #3305
- ☐ Speaker's Luncheon #3208
- ☐ Gallows Custom Frames & Art #3306
- ☐ Planning Ahead #3307
- ☐ Current State-of-the-State Economy #3308
- ☐ Planning a Highway Cleanup Project #3309
- ☐ Whorl-toothed Sharks of Idaho #3310
- ☐ How to Protect & Grow Your Assets #3311
- ☐ Growth Pocatello: Managing Landscapes #3312
- ☐ National Parks #3175
- ☐ Civil Jury Trials & Personal Injury Cases #3313
- ☐ The Psychology of Resistance to Change #3314
- ☐ Bear Education & Safety #3156
- ☐ An Introduction to Buddhist Thought #3315
- ☐ Yearly Update on Medicare #3167
- ☐ Applied Science & Technology Program #3316
- ☐ Kripples in the Kumboo #3317
- ☐ Digital Art #3318
- ☐ Plants Found Only in Southeast Idaho #3194
- ☐ AARP Driver Refresher Safety Program #3130
- ☐ Technology for Seniors III #3319
- ☐ Identity Theft: Protect Yourself #3320
- ☐ Navigate Pocatello City Hall #3321

NKA's success is driven by the participation of its members. Please consider becoming involved.

The committees include:

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> CURRICULUM | <input type="checkbox"/> PUBLICITY |
| <input type="checkbox"/> TRAVEL | <input type="checkbox"/> COMMUNICATIONS |
| <input type="checkbox"/> SOCIAL | <input type="checkbox"/> HISTORY |

THANK YOU for checking an involvement area!

HEALTH & WELLNESS

- ☐ Introduction to Mindfulness Meditation #3339
- ☐ Health Information for Seniors #3340
- ☐ Portneuf Medical Center #3304
- ☐ Personal Genetics in the 21st century #3341
- ☐ The Aging Reproductive System #3342
- ☐ Yearly Update on Medicare #3167
- ☐ Hyperbaric Oxygen Therapy #3343
- ☐ Introduction to Eastern Medicine #3344
- ☐ How to Care for Our Aging Skin #3249
- ☐ National Association for Mental Illness #3345
- ☐ Pharmacy and Health Care Trends #3346
- ☐ Adjusting to Vision Loss #3155
- ☐ Post Traumatic Stress Disorder #3347

HISTORY

- ☐ Stained Glass Windows of Pocatello #3330
- ☐ Wartime Rhetoric of Winston Churchill #3331
- ☐ Indian Peace Medals American History #3332
- ☐ Victorian Style Furniture #3333
- ☐ Voices of Ellis Island #3334
- ☐ Are We Really Winning the War on War? #3335
- ☐ Federalist Papers #3336
- ☐ Honoring our Veterans Community Event #3337
- ☐ Paleontology of Pliocene Lake Idaho #3338

ART, MUSIC & THEATRE

- ☐ Snake River New Horizons Band (Intro) #3132
- ☐ Snake River New Horizon Band (Practice) #3133
- ☐ Readers Theatre #3134
- ☐ Preview to the Symphony #3322
- ☐ Paint like a Master #3198
- ☐ Richard III Play Preview #3323
- ☐ World Dance #3324
- ☐ "Young At Heart" (Movie & Discussion) #3325
- ☐ 19th Century Art #3326
- ☐ Inequality For All (Video & Discussion) #3327
- ☐ "If There Weren't Any Blacks You'd Have To Invent Them" (Video & Discussion) #3328
- ☐ Capote's "A Christmas Memory" #3329

TRAVEL

- ☐ Fossil Butte and JC Penney Home #3283
- ☐ Flying South/Autumn Leaf Day Trip #3354
- ☐ Spring 2015 Trip—
Yellowstone by Snow Coach #3355

WRITING & LITERATURE

- ☐ Bag of Books #3284
- ☐ Low Impact Creative Writing #3136
- ☐ Write Your Own Obituary/ Life Story #3348
- ☐ The Mystery of Agatha Christie #3349
- ☐ Writing Our Own History #3350
- ☐ You Don't Say! Enjoying Language #3351
- ☐ Horses, Heroes and Hair Ribbons #3352
- ☐ Publish Your Book #3353

NKA 2014 MEMBERSHIP AND REGISTRATION FORM

☐ New Member ☐ Previous Member

PLEASE: PRINT
SIGN BELOW
COMPLETE BOTH SIDES

Name: _____

Address: _____

City/State/Zip: _____

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

E-Mail: _____

Preferred method of contact: ☐ Phone ☐ E-mail

Preferred method of registration receipt: ☐ Mailed ☐ E-mailed

REGISTRATION DUE BY AUGUST 15

Three options are available to register:

1—By Mail:

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

2—In Person at:

1001 N 7th Ave. Suite 202

3—Online at:

cetrain.isu.edu

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) \$ _____

Class fees*

Square Dance (\$5) \$ _____

Speaker's Luncheon (\$15) \$ _____

TOTAL DUE \$ _____

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

AGREEMENT AND RELEASE OF LIABILITY

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

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

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

I do assume responsibility for my participation in class and will call the facilitator if I cannot attend.

Date: _____

NKA Member Signature: _____

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

NOTE: Classes filled on a first-registered, first-served basis.

CRAFTS & HOBBIES

- ☐ Woodcarving #3101 (choose section)
 - ☐ Section 1 - Beginning Carvers
 - ☐ Section 2 – Returning Carvers
 - ☐ Section 3 – Returning Carvers
 - ☐ Section 4 – Returning Carvers
- ☐ Knitting & Crocheting Projects #3196
- ☐ Hand-built Pottery #3165
- ☐ Fun Fall Foliage Arrangements #3294
- ☐ Knitting #3102
- ☐ Silk Painting #3216
- ☐ Antique Trivia #3216
- ☐ Rag Rugs #3295
- ☐ Crazy Quilts for Beginners #3291
- ☐ Silk Scarf Painting #3360
- ☐ China Painting #3296

FITNESS & MOTION

- ☐ Women's Self Defense for Seniors #3297
- ☐ Lady Niners Golf #3116
- ☐ Square Dance #3105
- Line Dancing Classes—
 - ☐ Starter Level #3111
 - ☐ Beginner 1 #3112
 - ☐ Beginner 2/Intermediate #3113
 - ☐ Intermediate/Advanced #3114
- ☐ Latin Line Dancing #3107
- ☐ Performance Latin Line Dancing #3108
- ☐ Out of the Box Line Dancing #3109
- ☐ Oldies but Goodies Line Dancing #3110
- ☐ Hiking & Snowshoeing #3118
- ☐ Fit and Fall Proof #3106
- ☐ Road Bicycle Touring #3117
- ☐ Walking the Greenway #3115
- ☐ T'ai Chi Chih – Basics #3103
- ☐ T'ai Chi Chih – Advanced #3104

FOOD & BEVERAGE

- ☐ International Cuisine Planning #3119
- ☐ Taste and Share #3197
- ☐ Dutch Oven Cooking #3225
- ☐ Marigold's Wine Tasting #3120
- ☐ Italian Cooking with Greg #3222 (choose one)
 - ☐ Section 1
 - ☐ Section 2
 - ☐ Section 3
- ☐ Marigolds Holiday Cooking #3221 (choose one)
 - ☐ Section 1
 - ☐ Section 2
- ☐ Wine Tasting by the Grapevine #3122
- ☐ Oktoberfest at the Wine Garden #3223
- ☐ Cooking and Shopping for 1 or 2 #3298

GAMES

- ☐ Mahjong #3125
- ☐ Texas Hold'em Poker #3127
- ☐ Lunch and Games #3126 (choose section)
 - ☐ Section 1
 - ☐ Section 2
 - ☐ Section 3
 - ☐ Section 4
- ☐ Bridge for Beginners #3128
- ☐ Bridge II: Competitive Bridge Bidding #3209

GENERAL INTEREST

- ☐ Dogs in our Lives #3299
- ☐ Book Exchange #3129
- ☐ Historical Hydrology of the Beaver #3300
- ☐ Portneuf Greenway Trail System #3301
- ☐ Juvenile Court #3302
- ☐ Fall Vegetation Lecture & Walk #3303
- ☐ Portneuf Medical Center #3304
- ☐ ISU Tree Walk #3203
- ☐ Idaho Enterprises #3305
- ☐ Speaker's Luncheon #3208
- ☐ Gallows Custom Frames & Art #3306
- ☐ Planning Ahead #3307
- ☐ Current State-of-the-State Economy #3308
- ☐ Planning a Highway Cleanup Project #3309
- ☐ Whorl-toothed Sharks of Idaho #3310
- ☐ How to Protect & Grow Your Assets #3311
- ☐ Growth Pocatello: Managing Landscapes #3312
- ☐ National Parks #3175
- ☐ Civil Jury Trials & Personal Injury Cases #3313
- ☐ The Psychology of Resistance to Change #3314
- ☐ Bear Education & Safety #3156
- ☐ An Introduction to Buddhist Thought #3315
- ☐ Yearly Update on Medicare #3167
- ☐ Applied Science & Technology Program #3316
- ☐ Kripples in the Kumboo #3317
- ☐ Digital Art #3318
- ☐ Plants Found Only in Southeast Idaho #3194
- ☐ AARP Driver Refresher Safety Program #3130
- ☐ Technology for Seniors III #3319
- ☐ Identity Theft: Protect Yourself #3320
- ☐ Navigate Pocatello City Hall #3321

NKA's success is driven by the participation of its members. Please consider becoming involved. The committees include:

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> CURRICULUM | <input type="checkbox"/> PUBLICITY |
| <input type="checkbox"/> TRAVEL | <input type="checkbox"/> COMMUNICATIONS |
| <input type="checkbox"/> SOCIAL | <input type="checkbox"/> HISTORY |

THANK YOU for checking an involvement area!

HEALTH & WELLNESS

- ☐ Introduction to Mindfulness Meditation #3339
- ☐ Health Information for Seniors #3340
- ☐ Portneuf Medical Center #3304
- ☐ Personal Genetics in the 21st century #3341
- ☐ The Aging Reproductive System #3342
- ☐ Yearly Update on Medicare #3167
- ☐ Hyperbaric Oxygen Therapy #3343
- ☐ Introduction to Eastern Medicine #3344
- ☐ How to Care for Our Aging Skin #3249
- ☐ National Association for Mental Illness #3345
- ☐ Pharmacy and Health Care Trends #3346
- ☐ Adjusting to Vision Loss #3155
- ☐ Post Traumatic Stress Disorder #3347

HISTORY

- ☐ Stained Glass Windows of Pocatello #3330
- ☐ Wartime Rhetoric of Winston Churchill #3331
- ☐ Indian Peace Medals American History #3332
- ☐ Victorian Style Furniture #3333
- ☐ Voices of Ellis Island #3334
- ☐ Are We Really Winning the War on War? #3335
- ☐ Federalist Papers #3336
- ☐ Honoring our Veterans Community Event #3337
- ☐ Paleontology of Pliocene Lake Idaho #3338

ART, MUSIC & THEATRE

- ☐ Snake River New Horizons Band (Intro) #3132
- ☐ Snake River New Horizon Band (Practice) #3133
- ☐ Readers Theatre #3134
- ☐ Preview to the Symphony #3322
- ☐ Paint like a Master #3198
- ☐ Richard III Play Preview #3323
- ☐ World Dance #3324
- ☐ "Young At Heart" (Movie & Discussion) #3325
- ☐ 19th Century Art #3326
- ☐ Inequality For All (Video & Discussion) #3327
- ☐ "If There Weren't Any Blacks You'd Have To Invent Them" (Video & Discussion) #3328
- ☐ Capote's "A Christmas Memory" #3329

TRAVEL

- ☐ Fossil Butte and JC Penney Home #3283
- ☐ Flying South/Autumn Leaf Day Trip #3354
- ☐ Spring 2015 Trip—
Yellowstone by Snow Coach #3355

WRITING & LITERATURE

- ☐ Bag of Books #3284
- ☐ Low Impact Creative Writing #3136
- ☐ Write Your Own Obituary/ Life Story #3348
- ☐ The Mystery of Agatha Christie #3349
- ☐ Writing Our Own History #3350
- ☐ You Don't Say! Enjoying Language #3351
- ☐ Horses, Heroes and Hair Ribbons #3352
- ☐ Publish Your Book #3353

DECEMBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9-10 T'ai Chi Chih Basic 9-12 Woodcarving 10-11 T'ai Chi Chih Adv 11-12 Identity Theft1	10-11:30 Aging Skin 5:30-7 New Horizon Band2	9-12 Woodcarving 10-11:30 Intro to NAMI 1-2 Pharmaceutical Info 5:30-7 New Horizon Band3	10 BOARD MEETING 11:30-12:30 Knit & Crochet 12:30-2 Readers Theater 4-6 Square Dance4	9-12 Woodcarving 10-11 Buddhist Thought 10-12 Mahjong 1-4 Snowshoe 2-4 Texas Hold'em 3-4 Preview Symphony5	6
7	9-12 Woodcarving 9-10 T'ai Chi Chih Basic 10-11 T'ai Chi Chih Adv8	1-2:30 Navigate City Hall 3-4 Visual Loss 5:30-7 New Horizon Band9	9-12 Woodcarving 5:30-7 New Horizon Band10	10-11:30 PTSD 12:30-2 Readers Theater 4-6 Square Dance11	9-12 Woodcarving 10-11 Buddhist Thought 10-12 Mahjong 11-12 Truman Capote 12-3 Lunch & Games 1-4 Snowshoeing12	13
14	9-10 T'ai Chi Chih Basic 9-12 Woodcarving 10-11 T'ai Chi Chih Adv15	5:30-7 New Horizon Band16	9-12 Woodcarving 5:30-7 New Horizon Band17	12-2 RT Performance 4-6 Square Dance18	9-12 Woodcarving 10-12 Mahjong 1-4 Snowshoeing 2-4 Texas Hold'em19	20
21	22	23	24	CHRISTMAS25	26	27
28	30	31				

SEPTEMBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LABOR DAY1	10-11 Dogs in our Lives 1-2 Women's Self Defense 5:30-7 New Horizon Band2	7:30 Fossil Butte 9-12 Open Woodcarving 12-4 Ladies Golf 5:30-7 New Horizon Band3	10 BOARD MEETING 11:30-12:30 Knit & Crochet 12:30-2 Readers Theater 1-2 Women's Self Defense 2-3:30 Book Exchange 4-6 Square Dance4	10-12 Mahjong 1-4 Historic Churches 2-4 Texas Hold'em5	6
7	9-12 Open Woodcarving 11-12 Beaver Hydrology 1– 2 Int'l Cuisine Planning 1-3 CURRICULUM MTG 5:30-7 Meditation8	9-11 Health Information 10-11 Dogs in our Lives 11-12 SR Band Intro 1-2 Portneuf Greenway 1-2 Women's Self Defense 1:30-4 Bridge for Beginners 5:30-7 New Horizon Band9	11:30-1 Taste & Share 9-12 Open Woodcarving 12-4 Ladies Golf 5:30-7 New Horizon Band10	11-12 Bag of Books 11:30-12:30 Knit & Crochet 12:30-2 Readers Theater 1-2 Women's Self Defense 1:30-3 Juvenile Justice 4-6 Square Dance11	10-12 Mahjong 1-4 Hike 2-4 Texas Hold'em 3:30-5 Winston Churchill12	13
14	9-12 Woodcarving 10-11:30 Fall Vegetation 1:30-3:30 Hand Pottery 1-4 Beaver Field Trip 2-3 Start Line Dance 2-4 Perform LD Practice 3-4 Beginner LD 5:30-7 Meditation15	9:30-10:30 B2/Inter LD 10-11 Dogs in our Lives 10:30-11:30 Inter/Adv LD 1-2 PRMC Update 1-2 Women's Self Defense 1:30-4 Bridge for Beginners 5:30-7 New Horizon Band16	9-12 Woodcarving 9:30-10:30 Fit & Fall 12-4 Ladies Golf 1-2:30 Winning War 1-4 Fall Vegetation Walk 2-3 Latin LD 3-4:30 Performance LD 5:30-7 New Horizon Band17	9:30-11 Out of Box LD 11 –12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theater 1-2 Women's Self Defense 2-3:30 Personal Genetics 2-4 LI Creative Writing 4-6 Square Dance18	9-12 Woodcarving 9:30-10:30 Fit & Fall 10-12 Mahjong 12-3 Lunch & Games 1-4 Hike 3-4 Preview Symphony 3:30-5 Winston Churchill19	10-12 Paint Master20
21	9-12 Woodcarving 1-3 CURRRICULUM MTG 2-3 Start Line Dance 2-4 Perform LD Practice 3-4 Beginner LD 4-6 ISU Tree Walk 5:30-7 Meditation22	9-11:30 Peace Medals 9:30-10:30 B2/Inter LD 10:30-11:30 Inter/Adv LD 1-2 Women's Self Defense 1:30-4 Bridge for Beginners 2-3 Idaho Enterprises 3-6 Dutch Oven Cooking 5:30-7 New Horizon Band23	9-12 Woodcarving 9:30-10:30 Fit & Fall 11-12:30 Flower Arranging 12-4 Ladies Golf 1-2:30 Winning War 2-3 Latin LD 3-4:30 Performance LD 5:30-7 New Horizon Band24	9:30-11 Out of Box LD 11 –12 Oldies LD 11:30-12:30 Knit & Crochet 11:30-1:30 RT Performance 1-2 Women's Self Defense 2-3:30 Personal Genetics 2-4 LI Creative Writing 4-6 Square Dance 5-7 Winetasting at Marigolds25	9-10:30 Walk Greenway 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-12 Mahjong 12-1:30 Speaker's Lunch 1-4 Hike 2-4 Texas Hold'em 3:30-5 Winston Churchill26	27
28	9-11:30 Gallows Frames 9-12 Woodcarving 1-2:30 Victorian Furniture 1:30-3:30 Hand Pottery 2-3 Start Line Dance 2-4 Perform LD Practice 3-4 Beginner LD 4-6:30 Italian Cooking #1 5:30-7 Meditation29	9:30-10:30 B2/Inter LD 10-11 Planning Ahead 10:30-11:30 Inter/Adv LD 1-2 Women's Self Defense 1-4 Road Bike Touring 1:30-4 Bridge for Beginners 2-3 Idaho Enterprises 5:30-7 New Horizon Band30				

OCTOBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9-12 Woodcarving 9:30-10:30 Fit & Fall 11-1 CURRICULUM MEETING 12-4 Ladies Golf 1-2:30 Winning War 2-3 Latin LD 3-4:30 Performance LD 5:30-7 New Horizon Band	9:30-11 Out of Box LD 10 BOARD MEETING 10-11 Knitting 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theater 1-2 Women's Self Defense 1-2:30 State of State 2-4 LI Creative Writing 4-6 Square Dance	9-10:30 Walk Greenway 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-12 Mahjong 1-4 Hike 2-4 Texas Hold'em 3:30-5 Winston Churchill 5-6 Preview Richard III	
5	9-12 Woodcarving 10-12 Holiday Cooking 1 1-2:30 Winning War 1-3 Holiday Cooking 2 2-3 Start Line Dance 2-4 Perform LD Practice 3-4 Beginner LD 4-6:30 Italian Cooking #2	9:30-10:30 B2/Inter LD 10:30-11:30 Inter/Adv LD 1-2 Women's Self Defense 1-4 Road Bike Touring 1:30-4 Bridge for Beginners 2-3 Highway Cleanup 5-7 Wine Tasting Grapevine 5:30-7 New Horizon Band	8-5 Autumn Leaves Tour 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11:30 Ellis Island 11:30-1 Taste & Share 12-4 Ladies Golf 1-2:30 Whorl Tooth Sharks 2-3 Latin LD 3-4:30 Performance LD 5:30-7 New Horizon Band	9:30-11 Out of Box LD 10-11 Knitting 11-12 Your Assets 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theater 1-2 Women's Self Defense 2-4 LI Creative Writing 4-6 Square Dance	9-10:30 Walk Greenway 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-12 Mahjong 2-4 Texas Hold'em 3:30-5 Winston Churchill	11
12	9-12 Woodcarving 1:30-3:30 Silk Painting 2-3 Start Line Dance 2-4 Perform LD Practice 3-4 Beginner LD 4-6:30 Italian Cooking #3	9:30-10:30 B2/Inter LD 10-11 Write Obituary 10:30-11:30 Inter/Adv LD 11-1 CURRICULUM MTG 1-4 Road Bike Touring 2-3 Highway Cleanup 5:30-7 New Horizon Band	9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11:30 Growth of Poky 12-4 Ladies Golf 1-2 Agatha Christie 2-3 Latin LD 3-4:30 Performance LD 5:30-7 New Horizon Band	9:30-11 Out of Box LD 10-11 Knitting 10-12 Antique Trivia 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theater 2-4 LI Creative Writing 2:30-4 Rag Rugs 4-6 Square Dance	9-10:30 Walk Greenway 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-12 Mahjong 11-12 Yellowstone 12-3 Lunch & Games 1-4 Hike 3:30-5 Winston Churchill	18
19	9-12 Woodcarving 10-11 Aging System 1-2:30 Civil Jury Trial 2-3 Start Line Dance 2-4 Perform LD Practice 3-4 Beginner LD	9:30-10:30 B2/Inter LD 10:30-11:30 Inter/Adv LD 1-4 Road Bike Touring 1:30-4 Bridge II 2-3 Idaho Enterprises 4-6 Oktoberfest 5:30-7 New Horizon Band	9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11:30 Resist Change 12-4 Ladies Golf 1-3 Bear Education 2-3 Latin LD 3-4:30 Performance LD 5:30-7 New Horizon Band	9:30-11 Out of Box LD 10-11 Knitting 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12-2 RT Performance 2-4 LI Creative Writing 2:30-4 Rag Rugs 4-6 Square Dance	9-10:30 Walk Greenway 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11 Buddhist Thought 10-12 Mahjong 1-2:30 World Dance 2-4 Texas Hold'em	25
26	9-10 T'ai Chi Chih Basics 9-12 Woodcarving 10-11 Aging System 10-11 T'ai Chi Chih Adv 1:30-3:30 Silk Scarf 1:30-3:30 Young at Heart 2-3 Start Line Dance 2-4 Perform LD Practice 3-4 Beginner LD	9:30-10:30 B2/Inter LD 10-12 CURRICULUM MEETING 10:30-11:30 Inter/Adv LD 1:30-4 Bridge II 2-3 Idaho Enterprises 5:30-7 New Horizon Band	9-12 Woodcarving 9:30-10:30 Fit & Fall 12-4 Ladies Golf 1-2:30 Medicare Update 2-3 Latin LD 3-4:30 Performance LD 5:30-7 New Horizon Band	9:30-11 Out of Box LD 10-11 19th Century Art 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theater 1-3 Crazy Quilts 2-4 LI Creative Writing 2:30-4 Rag Rugs 4-6 Square Dance	HALLOWEEN 9-10:30 Walk Greenway 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11Buddhist Thought 10-12 Mahjong 1-4 Hike 2-4 Texas Hold'em	

NOVEMBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	9-12 Woodcarving 9-10 T'ai Chi Chih Basic 10-11 T'ai Chi Chih Adv 10-11:30 Tech Tour 1:30-3:30 Inequality for All 2-3 Start Line Dance 2-4 Perform LD Practice 3-4 Beginner LD	9:30-10:30 B2/Inter LD 10-11:30 Our History 10:30-11:30 Inter/Adv LD 1-3 CURRICULUM MTG 1:30-4 Bridge II 5:30-7 New Horizon Band	9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11 Federalist Papers 1:30-3 Hyberbaric Info 2-3 Latin LD 3-4:30 Performance LD 5:30-7 New Horizon Band	9:30-11 Out of Box LD 10 BOARD MEETING 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theater 1-3 Crazy Quilts 2-4 LI Creative Writing 2:30-4 Rag Rugs 4-6 Square Dance	9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11Buddhist Thought 10-12 Mahjong 11-12 Grand Canyon 1-2:30 Kripples of Kumboo 1-4 Hike 2-4 Texas Hold'em 3-4 Preview Symphony	8
9	9-10 T'ai Chi Chih Basic 9-12 Woodcarving 10-11 T'ai Chi Chih Adv 10-11 You Don't Say 1-4 China Painting 2-3 Start Line Dance 2-4 Perform LD Practice 3-4 Beginner LD 3-4:30 Digital Art	VETERANS DAY 9:30-10:30 B2/Inter LD 10-12 Cooking for 1 or 2 10:30-11:30 Inter/Adv LD 1:30-4 Bridge II 4-5 SE Idaho Plants 5:30-7 New Horizon Band 6-8 Honoring Veterans	9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11 Federalist Papers 1:30-2:30 Horses/Heroes 2-3 Latin LD 3-4:30 Performance LD 5:30-7 New Horizon Band	9:30-11 Out of Box LD 10-11 You Don't Say 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12:30-2 Readers Theater 1-3 Crazy Quilts 2-4 LI Creative Writing 4-6 Square Dance 5:30-7 Publish Your Book	8:30-4 AARP Driver 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11Buddhist Thought 10-12 Mahjong 1-4 Hike 2-4 Texas Hold'em	15
16	9-10 T'ai Chi Chih Basic 9-12 Woodcarving 10-11 T'ai Chi Chih Adv 10-11 You Don't Say 1-4 China Painting 1:30-3:30 Invent Blacks 2-3 Start Line Dance 2-4 Perform LD Practice 3-4 Beginner LD	9:30-10:30 B2/Inter LD 10-11:30 Our History 10:30-11:30 Inter/Adv LD 1:30-4 Bridge II 5:30-7 New Horizon Band 6-7 Technology 3	9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11:30 East Medicine 11:30-1 Taste & Share 1-3 Paleontology 2-3 Latin LD 3-4:30 Performance LD 5:30-7 New Horizon Band	9:30-11 Out of Box LD 10-11 You Don't Say 11-12 Oldies LD 11:30-12:30 Knit & Crochet 12-2 RT Performance 1-3 Crazy Quilts 2-4 LI Creative Writing 4-6 Square Dance	9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11 Buddhist Thought 10-12 Mahjong 12-3 Lunch & Games	22
23	9-10 T'ai Chi Chih Basic 9-12 Woodcarving 10-11 T'ai Chi Chih Adv 1-4 China Painting	5:30-7 New Horizon Band	9-12 Woodcarving 5:30-7 New Horizon Band	THANKSGIVING		29
30						

Idaho State UNIVERSITY

NEW KNOWLEDGE ADVENTURES

Continuing Education/Workforce Training

921 S. 8th Ave. STOP 8062

Pocatello, ID 83209-8062

CD AGY045

NON-PROFIT ORG.

U.S. POSTAGE

PAID

Pocatello, ID

Permit No. 42



Idaho State University
Continuing Education/Workforce Training
(208) 282-2789 or (208) 282-3155
email: cetrain@isu.edu
cetrain.isu.edu/nka