

A MESSAGE FROM THE NKA PRESIDENT

Here it is! The new Fall, 2013 NKA catalog. That means summer is quickly coming to an end and the new semester will soon be upon us. I hope you have had an enjoyable, relaxing and revitalizing summer! Take a look inside your new catalog to see the wonderful classes that are being offered and what a terrific job your curriculum committee has done to provide you with a fall filled with delightful learning opportunities. As I was previewing this catalog I kept telling myself that I cannot take all of the classes, even though I wish I could!

Last fall, you were told about the upgrades to room 162. Well, in May, of 2013 the projector was installed. We now have the projector, screen and chairs to provide us with another classroom where AV is available. We will soon have the computer and equipment we need to finish up the project.

I am asking you a special favor this coming year! Your curriculum committee has worked hard to find interesting and motivating classes for each and every one of you. Committee members have signed up to be facilitators for these classes. Our teachers and facilitators are all volunteers for NKA. Our teachers give up their time to plan and deliver these classes. I am asking you to really think about the classes that you register for and put them on your calendar and plan to attend. When issues come up that cause your plans to change, please be sure to call the facilitator and let them know as soon as you know you can't make it. We often have waiting lists for classes and this allows us to call other students so we can keep the classes full and the instructors happy that their classes are valued. This will help so much and keep our instructors wanting to continue volunteering for NKA. Thank you!!!

A huge "Thank you" to our board members, instructors and facilitators. We wouldn't have NKA without all these valuable volunteers. If you are interested in serving NKA, think about starting on the curriculum committee. We are always looking for new, fresh ideas and, of course, your help. Pass the word about NKA onto family and friends, or anyone who is looking for fun, exciting and interesting activities and/or learning opportunities!

I am looking forward to seeing all of you this fall in the many exciting classes we are offering. See you soon!

Marjean Waford

NKA President

Officers

President: Marjean Waford	237-4367
President Elect: John Carlson	237-0635
Secretary: Marilyn Ames	(208) 705-8451
Treasurer: Barbara Harcus	(419) 297-0732
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Jack Ard	237-0771
Marie Robello	237-1163
Past President: Bob Bieda	904-4142

Committee Chairs:

Curriculum: Mary Spinner	241-7258
co-chair: Sondra Dunkle	232-7245
past Chair: Jane Thornley	237-1659
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Social :JoAn Dilweg	232-2656
co-chair: Donna Hillard	232-2398
Communications: Pat Bystrom	251-2356
blog: newknowledgeadventures.blogspot.com	
History: Barbara Nicholls	233-0714
Travel: Lynn Hebdon	339-4841
co-chair: Jennie McCormick	521-2780

If anyone is interested in joining a committee or if you have suggestions, please contact the committee chairs for more information. Additional comments may be sent to:

Email: extendedlearning@isu.edu

Web page: isu.edu/dce/nka

cover photograph by
Ralph H. Fry

NKA is an **Road Scholar** affiliate

NKA learning tree logo by
Erica Lothspeich

NOTICE

Instructors of individual classes have the 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 without jeopardizing the health or safety of the member, other members or participants, or the instructor.

Coordinators or leaders of field trips or similar activities retain the discretion to deny enrollment or continued participation of any member who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete the essential and particular requirements associated with such field trips or activities without jeopardizing the health or safety of the member, other members or participants, or the trip coordinator/s or leader/s.

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.

Fees required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable.

THANKS TO OUR INSTRUCTORS & FACILITATORS

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.

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.

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New Knowledge Adventures
Idaho State University
Continuing Education & Conference
Services
921 So. 8th Ave. STOP 8062
Pocatello ID, 83209-8062
(208) 282-2789 or (208) 282-3155

WELCOME TO NEW KNOWLEDGE ADVENTURES

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

HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?

Fill out the registration form (front and back) included in this brochure, sign the "Agreement and Release of Liability" form and return to the NKA office with all registration fees. The fall semester begins in September and continues through the middle of 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 DUES AND CLASS REQUESTS

The enclosed Registration Form and membership dues of \$35 should be returned to Continuing Education and Conference Services on or before August 23rd. We will accept your registration after this date, but keep in mind that you may not be able to enroll in all the classes you want because of room or class size limitations.

Choose the desired classes thoughtfully with serious intent to follow through with attendance. Doing so will enable the instructors to plan appropriately. In a few cases, demand may exceed space. Although no guarantees can be made, be assured that every effort will be made to accommodate and register you for requested classes.

An organization tip: Utilize the monthly calenders in the back of the catalog to circle or highlight the classes you have registered for in order to plan your day or week. Tear the calenders out of the catalog and place them in a convenient location.

PARKING

Parking is free at the Continuing Education Building and 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. Pocatello Regional Transit offers a free shuttle to lower campus with the Student Union Building being the last stop.

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

**Annual NKA Meeting
Wednesday, May 14, 2014
Clarion Inn, 1399 Bench Road.**

The Annual NKA Meeting/Luncheon will elect the new officers and board members for the upcoming year. The proposed budget will be presented, discussed, and voted upon. Any other business items will be discussed. Invitations will be sent out to all NKA members. Luncheon fee still to be determined.

Crafts & Hobbies

Woodcarving (3101)

Section 1 – Beginning

Wednesday, Sept. 11 – Dec. 18

9-12 noon

CE 108A

Instructors: Diane Porter & Shorty Miller

Facilitator: Diane Porter 238-0762

Section 2 – Returning Carvers

Monday, Sept. 9 – Dec. 16

9-12 noon

CE 108A

Instructors: Diane Porter & Shorty Miller

Facilitator: Diane Porter 238-0762

Section 3 – Returning Carvers

Friday, Sept. 13 – Dec. 20

9-12 noon

CE 108A

Instructors: Diane Porter & Shorty Miller

Facilitator: Diane Porter 238-0762

Woodcarvers will use rotary carving tools and/or knives and gouges. Rotary power carving tools and associated equipment will be provided for beginner/new carvers. Returning carvers will provide their own tools and equipment. Students will start with a stylized bird, and then go on to a shelf cat and a stylized deer before taking up more complex projects. Returning carvers will indicate 1, 2 or 3 choices for desired carving session when enrolling in NKA.

Class limit: 13 (6 beginner/new carvers per semester)

Class fee of \$10 to be paid to the facilitator at the first class meeting.

Hand-built Pottery (3165)

Tuesdays: Sept. 10, Oct. 1

1:30-3:30 p.m.

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

Instructor: Mary Miller

Facilitator: Jane Thornley 237-1659

This class has returned for those who 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. The second class will be dedicated to glazing your piece, plus Mary will give you a tour of the ISU Craft Shop to see what great resources it has to offer to the public. All materials are included in the class fee.

Class Limit: 15

Fees: \$10 to be paid at first class (materials and glazing)

Note: Parking permit is required to park on campus. Permit obtained through Shirley McElprang.

“Postcrossing” Post Card Exchange (3189)

Thursday, Sept. 12

11 a.m. – 12 noon

CE 125

Instructor: Cheryl Lyda

Facilitators: Audene Campbell 232-7334

Cheryl 232-8221

Make your mailbox happy by filling it with beautiful and interesting postcards from all around the globe! Postcrossing provides a way to communicate with people from different cultures, and also brush up on your world geography. Come learn how to get started with this inexpensive hobby!

Silk Painting (3216)

Monday, Sept. 16

1:30-3:30 p.m.

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

Instructor: Mary Miller

Facilitator: Jane Thornley 237-1659

Learn the art of painting silk. You will paint a pre-stretched 10 inch silk ring that 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.

Class Limit: 18

Fees: \$10 to be paid at class (includes all materials)

Note: Parking permit is required to park on campus. Permit obtained through Shirley McElprang.

Knitting Lap Robes for P.M.C. (3196)

Tuesdays, Sept. 17- Dec. 3

11:30 a.m. – 12:30 p.m.

CE 203

Facilitator: Pauline Havens 234-8517

Do you like to knit? We meet every Tuesday from 11:30-12:30 and knit squares for lap robes for P.M.C. Join us when you can. It is not necessary to be there every week. Instructions and yarn provided. We also knit baby hats. Please bring #8 needles. Donations of acrylic yarn gladly accepted.

Paint like a Master (3198)

Saturday, Oct. 5

10 a.m. – 12 noon

Pocatello Art Center, 444 N. Main

Instructor: Jan Stanek

Facilitator: Jan Stanek 232-1338

Copy a "Master" to make painting easy and fun. You will take home a ready to frame painting. Please wear clothes appropriate for stray paint. There will be limited instruction by two art center members.

Class limit: 12

Class fee: A fee of \$9 will cover supplies (paint, canvas and brushes).

Knitting (3102)

Thursdays: Oct. 10, 17, 24, 31

10-11:00 a.m.

Mustard Seed Dreams, 362 N. Main Street

Instructor: Meg Downey

Facilitator: Virginia Kelly 232-7417

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

Class limit: 12



Fitness & Motion

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.

Starter Level Line Dancing (3111)

Mondays, Sept. 16 – Nov. 18

2-3 p.m.

Congregational Church (corner of Garfield and Lander)

Instructors: Marti Collins, Bob Schaffner

Facilitator: Anita Affa 478-1744

If you are new to line dancing, you want to “start” with this class. You will learn simple, fun dances, step patterns, rhythms and memory building. If you have line danced before and want some fun exercise to simple dances, you are welcome to join us. This class is for guys and gals. Tennis shoes/soft soled shoes are required for the class.

Beginner Line Dance Level 1 (3112)

Mondays, Sept. 16 – Nov. 18

3-4:00 p.m.

Congregational Church (corner of Garfield and Lander)

Instructors: Nancy Frank, Susan Cramer

Facilitator: Anita Affa 478-1744

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.

Beginner 2 - Intermediate Line Dance (3113)

Tuesdays, Sept. 17 - Nov. 19

9:30-10:30 a.m.

CE 162

Instructors: Marjean Waford & Sharon Bieda

Facilitator: Marjean Waford 237-4367

Beginner II/ Intermediate introduces a bit more challenging dances than the Starter and Beginner I 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.

Class limit: 25 no more than 30

Intermediate/Advanced Line Dance

(3114)

Tuesdays, Sept. 17- Nov. 19

10:30-11:30 a.m.

CE 162

Instructor: Joyce DeGarlais

Facilitator: Marjean Waford 237-4367

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.

Performance Line Dancing (3108)

Wednesdays, Sept. 18 – Nov. 20

3-4:30 p.m.

CE 162

Instructor: Lucy Bonman

Facilitator: Marjean Waford 237-4367

Latin line dancing taken a step further... Developing, organizing, and polishing a set of Latin line dances and taken farther 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.

Class limit: 18

Out of the Box (Line Dancing) (3109)

Thursdays, Sept. 19 – Nov. 21

9:30 – 11 a.m.

CE 162

Instructor: Jan Green

Facilitator: Marjean Waford 237-4367

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! No classes held on the first Thursday of each month as the time is reserved for the NKA Executive Board meetings.

Class Limit: 30

Oldies but Goodies Line Dance (3110)

Thursdays, Sept. 19 – Nov. 21

11-12 p.m..

CE 162

Instructors: Sue Schaffner & Judy Liday

Facilitator: Joyce DeGarlais 238-1247

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. No class will be held on the first Thursday of each month as the time is reserved for the NKA Executive Board meetings.

Class limit: 30



Latin Line Dancing (3107)
Wednesdays, Sept. 18 – Nov. 20
2-3 p.m.
CE 162

Instructor: Lucy Bonman
Facilitator: Marjean Waford 237-4367

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!

Class limit: 35

Round and Square Dancing (3105)
Thursdays, Sept. 5 – Dec. 19
4-6:30 p.m.

Sullivan’s Rec Hall, 1935 South 5th
Instructor: Steve Sullivan
Facilitator: Betty Catterson 237-2507

Square and round dancing are physical, mental and social activities that are fun exercises for all. The square dancing class for this fall semester includes round dancing, basic through intermediate levels. Partners are encouraged but not mandatory. Wear comfortable clothing.

\$5 class fee to be paid at the time of registration.

Lady Niners Golf for Fall (3116)
Wednesdays, Sept. 4, 11, 18, 25
1:00 p.m.

Riverside Golf Course
Instructors: Greg Albright & Charles Clinton
Facilitators: Linda Lindley 473-4903
Roma Hurley 242-6021

Ladies, fall is a great time for golf. It is a beautiful time of the year in Idaho. This is a continuation of the spring golfing, and we will have a pre-meeting at Riverside Golf Course in case there are some who would like to join us. We will divide the groups into beginner and intermediate. We want it to be a friendly, fun and comfortable environment where you can golf with others at your skill level.

Beginners would have the option to play 4-5 holes or 9 holes. There would be an adjustment for the 4-5 holes option. We would alternate golf courses (Highland and Riverside) each week. We can also discuss the option of playing more than once a week for those who just can’t get enough golf (like me). Golf and cart fees will be discussed at the meeting. Feel free to call with any other questions you may have (Linda Lindley 473-4903 or Roma Hurley 242-6021).

Let’s go have fun with golf in the fall!!!

Road Bicycle Touring (3117)
Tuesdays, Sept. 10, 17, 24, Oct. 1
1:00 to 3:00/4:00 P.m. (variable ending time)
Starting locations/routes to be determined
Facilitator: Lynn Hebdon, 339-4841

As a dynamic group with various riding skills and levels of fitness, we will ride some of the hundreds of options for road riding trails in our beautiful Pocatello and surrounding areas. General consensus is “no hills please”, however, we are not in Kansas! There will be some hills on any ride, but we will try to avoid any steep and long climbs such as riding up Mink Creek to Crystal Summit or up to Scout Mountain, unless... If there are any that would appreciate a more challenging ride such as longer and steeper, I will accommodate such. At any rate, we will go on these rides at an easy going pace for the general rides, and on routes that are generally level. Depending on the size of our group and riding abilities, there may be some sub-groups develop as we ride. However, I will encourage any “big dog” rider groups to slowdown or take breaks along the ride to attempt to maintain the group integrity; i.e., I’m a firm believer in that the group that starts together should try to finish together.



Fit and Fall Proof (3106)

**Mondays & Wednesdays, Sept. 16 – Nov. 20
10-11:00 a.m.**

CE 162

Instructor: Ardith Moran

Facilitator: Henry Moran, 232-8087

Fit and Fall Proof is an exercise program developed in Idaho for older adults to promote balance, strength, flexibility and endurance while decreasing the risk of falling. 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.

Class limit: 40.

Hiking – Snow Shoeing (3118)

Fridays, Sept. 20 – Nov. 1 - Hiking

Dec. 20 – Snow Shoeing

9 – Noon.

Continuing Education/Trail Heads to be determined

Instructor: Lynn Hebdon

Facilitator: Bill Steckbauer, 233-4286

From Sept. 16th to Oct. 28th we will take advantage of late summer/early fall weather and do weekly day hikes at various trails around Pocatello and surrounding area. Lynn Hebdon plans to have some hikes at some new locations south of Pocatello that he will be scouting out in the late spring and summer. On December 16th we ‘hopefully’ should be able to do our first snow shoe trip of the winter season that will set the stage for going into the 2014 spring semester period. No prior experience is necessary, as each person can go at their own pace. However, Lynn Hebdon will welcome any input or desires for other locations, and will be receptive to adding additional hikes for those who want something a bit more challenging or more than the traditional mild mannered routes normally utilized; i.e., somewhere longer, steeper, or otherwise challenging or requiring a higher level of fitness - but nothing dangerous.

Walking the Greenway (3115)

Fridays, Sept. 20 – Oct. 18

9-10:30 a.m.

CE Parking Lot

Coordinators: Shirley Rodgers 233-4662

Marg Griffin 233-1898

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.

T'ai Chi Chih – Basics (3103)

Mondays, Oct. 28th – Dec. 16th

9:00 to 10:00 A.m.

CE 162

Instructor: Lynn Hebdon

Facilitators: Diana Lomon 232-8919

JoAn Dilweg 232-2656

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 for physical balance also. First day class (Oct. 28th) 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 year we will try to go to outdoor locations to enhance the experience.

Class Limit: 40

“It is curious that physical courage should be so common in the world and moral courage so rare.”

Mark Twain

T'ai Chi Chih – Advanced (3104)

Mondays, Oct. 28 – Dec. 16

8:00 to 9:00 a.m.

CE 162

Instructor: Lynn Hebdon

Facilitators: Diana Lomon 232-8919

JoAn Dilweg 232-2656

This T'ai Chi Chih (TCC) advanced class is for those who have already attended a basic class, such as in last spring 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/as weather permits, we will locate the group to an appropriate outdoor location, but being later in the year its likely most classes will be conducted per above location.

Food & Beverage

International Cuisine Planning (3119)

Monday, Sept. 9

1-2 p.m.

CE 203

Coordinators: Marilyn Edwards 237-0751

Marjean Waford 237-4367

Ruth Dyer 232-0479

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.

Taste and Share (3197)

Wednesdays, Sept. 18, Oct. 16, Nov. 20

11 a.m.-1 p.m.

CE 162

Instructor: Marilyn Edwards

Facilitator: Sue Schaffner 254-9800

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.

Class limit: 30

Wine Tasting at Marigolds (3120)

Thursday, Sept. 19

5-7 p.m.

Marigolds - 1800 Flandro Drive, Suite 300

Instructor: Jean Christensen

Facilitator: Sharon Manning 233-9425

Jean always plans to serve excellent wines and tasty snacks to complement those wines. Join us, and welcome in our fall semester of NKA.

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

Wine Tasting at the Grapevine (3122)

Tuesday, Oct. 22

5-7 p.m.

The Grapevine, 466 South 5th

Instructor: Kathleen Hughes

Facilitator: Pauline Havens 234-8517

Join us for a delightful evening of wine tasting at The Grapevine, a popular wine and gift shop.

Class fee \$7.50 paid at the door

Wine Tasting at Fish Off the Old Block (3123)

Tuesday, Nov. 12

4-6:00 p.m.

Fish Off the Old Block, Kinport Junction,

815 1st South

Instructor: Amy Vargason

Facilitator: Sharon Manning 233-8517

Our hostess, Amy Vargason, will offer a selection of wines and cheeses for your tasting pleasure. Join us and welcome in the holiday season.

Class fee: \$10 mailed before Nov. 8th to Sharon Manning, 830 Spyglass Pt., Pocatello, ID 83204

Cooking Ideas for the Holidays (3121)

Section 1

Monday, Nov. 4 (morning)

10 a.m. – 12 p.m.

Marigolds - 1800 Flandro Drive, Suite 300

Instructor: Jean Christensen

Facilitator: Sharon Manning 233-9425

Section 2

Monday, Nov. 4 (afternoon)

1 – 3 p.m.

Marigolds - 1800 Flandro Drive, Suite 300

Instructor: Jean Christensen

Facilitator: Sharon Manning 233-9425

Jean has found some delightful recipes to share for the holidays. This hands-on cooking class will prepare each recipe, and enjoy sampling the treats we made. Please choose between the morning or afternoon session.

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

Games

Bridge for Beginners (3128)

Tuesdays, Sept. 10, 17, 24, and Oct. 1

1:30-4 p.m.

CE 162

Instructor: Joy Burke

**Facilitator: Janice Matteson-Howell 478-9538
Barbara Bain 232-3415**

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 by Audrey Grant. The Little Slam Bridge Club can order the book and probably get them for less, so please contact the class facilitator if you want them to order a book for you.

*"It's not enough that we
do our best; sometimes
we have to do what's
required."*

Sir Winston Churchill

Mahjong (3125)

Fridays, Sept. 13 – Dec. 13

10 a.m. – 12 noon

CE 162

Instructor: Lucy Bonman

Facilitator: Lucy Bonman 243-0856

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

Texas Hold'em Poker (3127)

Fridays: Sept. 13 – Dec. 20

1-3 p.m.

CE 162

**Co-facilitators: Annette Tolman 226-4597
Sandra Noakes 251-2862**

This will be a time for people who know how to play Texas Hold'em Poker and for those that 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.

Lunch and Games (3126)

Section 1

Friday, Sept. 20

12-3 p.m.

Juniper Hills Country Club (6600 Bannock Hwy)

Coordinator: Pat Ringe 233-5494

Section 2

Friday, Oct. 18

12-3 p.m.

Juniper Hills Country Club (6600 Bannock Hwy)

Coordinator: Pat Ringe 233-5494

Section 3

Friday, Nov. 8

12-3 p.m.

Juniper Hills Country Club (6600 Bannock Hwy)

Coordinator: Pat Ringe 233-5494

(continued)

Section 4

Friday, Dec. 13

12-3 p.m.

Juniper Hills Country Club (6600 Bannock Hwy)

Coordinator: Pat Ringe 233-5494

Lunch provided at noon. Cost of the lunch at the Country Club is to be paid at the door. Members will be informed of the cost via a phone call prior to the lunch date. Hand and foot card game OR the Dominoes Mexican Train game from 1:00-3:00 p.m. 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.

Competitive Bridge Bidding (3209)

Tuesdays, October 8, 15, 22, and 29

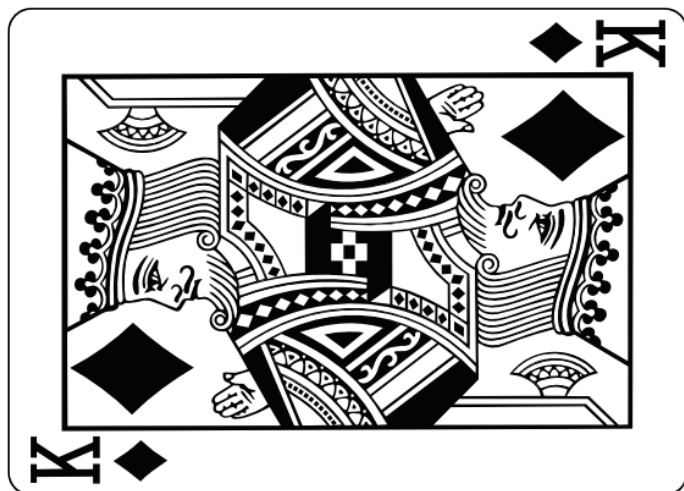
1:30-4 p.m.

CE 162

Instructor: Joy Burke

Facilitator: Janice Matteson-Howell 478-9538
Barbara Bain 232-3415

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



Bridge Conventions (3210)

Tuesdays, November 5, 12, 19 and

December 3

1:30-4 p.m.

CE 162

Instructor: Joy Burke

Facilitator: Janice Matteson-Howell 478-9538

Barbara Bain 232-3415

Topics covered will be Stayman Convention, Jacoby transfer bids, strong opening bids, and slam bidding. You will play dealt hands that match the lessons. Recommended text is Bridge Basic 3 by Audrey Grant. The Little Slam Bridge Club can order the book and probably get them for less, so please contact the class facilitator if you want them to order a book for you.

General Interest

Common Core Standards (3182)

Monday, Sept. 9

2 – 3 p.m.

CE 125

Instructor: Kathy Luras

Facilitator: Jane Thornley 237-1659

The Core Standards came about through voluntary, multi state-led effort to find solutions to better public education. Working together, states developed standards that define the knowledge and skills students should have within their K-12 education careers to prepare high school students for the rigors of postsecondary education or the workforce. The Common Core standards emphasize critical reading and writing, the ability to read and respond to increasingly difficult material, a deep understanding of math principles and math processes.

After Idaho voluntarily chose to adopt these standards, they became known as Idaho's Core Standards. The past two school years have been spent in professional development for the Idaho teachers and administrators on the Idaho Core Standards. This academic school year 2013-2014 is the first year the Idaho Core Standards will be taught in Idaho.

Kathy Luras, Curriculum Coordinator for Pocatello/Chubbuck School District #25, will discuss what makes these new standards different in meeting the commitment to all Idaho students in being prepared

at graduation time for postsecondary education or the world of work.

Come to this presentation to update yourself on decisions being made to continually improve public education.

ISU Tree Walk (3203)

Monday, Sept. 9

4 p.m.

ISU lower campus

Instructor: Dr. Karl Holte

Facilitator: Barbara Nicholls 233-0714

Take a slow stroll by the 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..

Update on the Pocatello Animal Shelter and Rescue of Dogs from Dog Fighting (3186)

Tuesday, Sept. 10

1- 2:30 p.m.

CE 125

Instructor: Mary Remer

Facilitator: Donna Boe 233-4651

Mary Remer is the director of the Pocatello Animal Shelter. She will show plans for the new shelter, tell how each section is used, describe the progress on the new building, etc. She will also tell about helping to rescue the pit bulls at the dog fighting area in South Idaho.

*“Pain is inevitable;
suffering is optional.”*

Unknown

Is the Federal Reserve Creating Another Bubble? (3170)

Wednesday, September 11

1-2 p.m.

CE 125

Instructor: Joel Phillips

Facilitator: Sharon Manning 233-9425

Joel Phillips is back with another informative presentation! The Federal Reserve has been pumping money into the economy for the past several years, creating concerns of looming inflation. This class will look at what exactly the Federal Reserve is doing, why they are in favor of doing it, and what the long term impacts will likely be. Joel has a knack of taking a complex economic issue and making it understandable.

Birding in Ethiopia (3152)

Tuesday, Sept. 24

1:30 – 3 p.m.

CE 125

Instructor: Dr. Chuck Trost

Facilitator: Bill Brydon 233-4278

Dr. Trost is well known in the circles of the Portneuf Valley Audubon Society. He is an Emeritus Professor of Biology at Idaho State University. Chuck Trost has made many trips since his retirement, including South America, Thailand, India, China, Africa, Madagascar to further his interest in birds and other wildlife.

Chuck traveled to Ethiopia for two weeks last November. In his presentation, he will share his travelogue and pictures of his trip, which included the sightings of 480 plus species of birds and a pack of highly endangered Ethiopian Red Wolves.

Going Green at ISU (3138)

Tuesday, Sept. 24

10 – 11 a.m.

CE 125

Instructor: Robin Colling

Facilitator: Shirley Rodgers 233-4662

Robin Colling will describe energy and sustainability measures implemented at the University over the last two years. Savings on electricity, gas, and water with the use of renewable energies and new technology will be explored. Recycling and behavioral habits will also be discussed.

Plants and Plant Books (3194)

Thursdays, Oct. 3, 10, and 17

CE 125

10 - 11:30 a.m.

Instructor: Ruth Moorhead

Facilitator: Marijana Dolsen, 233-8735

Bring those wildlings, those weeds, those nameless little rooted treasures (or villains!) from your yard and walking-places into the classroom where we can see them, identify them, and talk about them. Also bring the wildflower books, the weed books, the native plant books you have collected (Be sure your name is in every book!) so we can read about the plants while we're looking at them. The more we learn about the plants that we see close around us at home, the more easily we will befriend them--and others that are related to them--when we are away from our usual places.

Three sessions will get us started, and be a pilot run for this class in the spring (starting in April). Don't bring garden beauties...take those to your favorite nursery. This is for the weeds and wildflowers and native trees.

Botswana (3180)

Monday, Oct. 7

10-11:30 a.m.

CE 125

Facilitator: Cathy Kratz 233-5352

Botswana is in Southern Africa. Botswana is just slightly smaller than Texas in size. Botswana is one of Africa's most exclusive safari destinations due to the country's conservation practices and extensive nature preserves. Botswana has transformed itself from one of the poorest countries in the world to a middle-income country. Diamond mining, tourism, financial services, subsistence farming, and cattle raising are important to the country's economic gains.

The instructor visited there as a tourist and stayed in the settlements in the bush to have an authentic experience of rural Botswana.

King of Clean – Don Aslett (3172)

Monday, October 7

6-7 p.m.

CE 125

Instructor: Don Aslett

Facilitator: Cathy Conley 236-0400

Don Aslett, the “King of Clean”, who created his inspirational Museum of Clean, will present a class which will be both informative and entertaining. He will give a brief history of his road to success, and will even have a few secrets about the most efficient way to clean your house...leaving you more time to enjoy life!

AARP Driver Refresher Safety Program (3130)

Thursday, Oct. 10, 12:30-5 p.m. and Friday,

Oct. 11, 8:30-12:30

These two days meet the 8-hour course requirement.

CE 125

Instructor: Roger Wheeler

Facilitator: Aleen Shearer 233-4803

A comprehensive nationwide 8-hour course designed to address the normal physiological effects of aging and promote independence, safety and mobility. No driving or graded test. Many insurance companies give a 5% to 10% discount when you submit your certificate of completion; it's good for three years. Points for Idaho driving infractions may be reduced, also.

The fees for the class cover the cost of workbooks, supplies and the certificate of completion.

Bring AARP membership card to the first class for verification. You must attend both classes.

Class Fees: \$12 for AARP members or \$14 for non-AARP members.

Class limit: 25

*“The town where I grew
up has a zip code
of E-I-E-I-O.”*

Martin Mull

The Fascinating World of Fibers and Fabrics (3159)

Monday, Oct. 14

10 – 11:30 a.m.

CE 125

Instructor: Hanna Geshelin

Facilitator: Jane Thornley 237-1659

The world has moved far beyond the 4 natural fibers of cotton, linen, silk, and wool. What are some of the new fibers? How do they differ from the old ones? What's the difference between woven, knit, and non-woven fabric? How do we tell them apart; why should we care; how does the fiber or fabric type, affect the final product?

These and other fiber and fabric related questions will be answered!

Bear Education & Safety (3156)

Tuesday, Oct. 15

1 – 3 p.m.

CE 125

Instructor: Ken Olson

Facilitator: Lynn Hebdon 339-4841

People in Idaho are lucky to share their forests with a few grizzlies and a lot of black bears. Did you know grizzly bears once lived in every part of Idaho, but now they only reside in three major areas of the state? Idaho classifies the grizzly bear as a threatened species, thus no hunting seasons for grizzly bears in Idaho! However, their populations and territory are both increasing such that they may be D-listed in 2014. Black bears can be found throughout a large portion of the state too. But, on the other hand, there are controlled hunts for the black bear. How does one distinguish between the two bears? How can one coexist in the beautiful Idaho wilderness with these beautiful creatures, respecting their habitat and be safe?

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 a 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 bear spray. The last half hour will be reserved for questions and answers. (More interest? See General Interest course #3169)

Life and Leadership Lessons Learned from Andy Griffith and Lady Gaga (3168)

Tuesday, Oct. 22

11 a.m. – 12:30 p.m.

CE 125

Instructor: Dr. Susan Jenkins

Facilitator: Sandra Noakes 251-2862

Andy Griffith? Lady Gaga? These are two people we would never think to associate together. Come to this presentation to learn the life and leadership lessons from both of these celebrities!

Technology for Seniors II – the Sequel (Even technologist) (3188)

Tuesday, Oct. 29

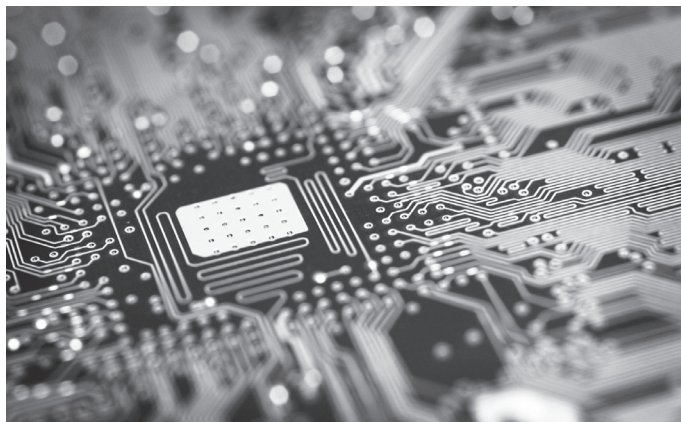
6 – 7 p.m.

CE 125

Instructor: Matt Davenport

Facilitator: Mary Spinner 241-7258

This class will focus on connecting through technology. The history, differences and developments of I Pads, tablets and e-readers will be discussed. Using Skype and Hang Outs to connect with others will also be explored.



Hot Topics in the International World (3155)

**Friday, Nov. 8
10 – 11:30 a.m.
CE 125**

**Instructor: Donna Lybecker
Facilitator: Jane Riley 237-6801**

What events are happening in our International World right now? Dr. Donna Lybecker from the ISU Political Science Department will discuss the “Hot Topic” issues that are pertinent today.

Book Exchange (3129)

**Tuesday, Nov. 12
2 – 4 p.m.
CE 162**

**Instructor: Marijana Dolsen
Facilitator: Pat Bystrom 251-2356**

Each participant will bring up to 5 books to be exchanged (good reads only, please). People will be encouraged to explain why they chose these particular books, and why they want to share them with others. If successful, such a session may be offered again later in the semester.

Class limit 20

Smart Growth (Part 1 –Fall Semester) (3201)

**Friday, Nov. 15
1 – 2:30 p.m.
CE 125**

**Instructors: Sue Skinner – retired EPA
Shannon Ansley – Idaho Dept. of
Environmental Quality, and panelist(s) TBA
Facilitator: Shirley Rodgers 233-4662**

A panel discussion and presentation will define and describe Smart Growth principles. In part one of the class (Fall semester) NKA members will understand how Smart Growth is used locally, statewide and nationally. Ideas generated by the class will be used as local opportunities for the Smart Growth class part two (Spring Semester), where practical applications and outcomes will be shared.

Smart Growth is part of the ongoing Sustainability Discussion Series through NKA initiated by Sue and Shannon.

Class limit: 50

Bear Fun (3169)

**Monday, Dec. 2
10:00-11:30 a.m.
CE 125**

**Instructor: Ralph H. Fry
Facilitator: Jane Thornley 237-1659**

Ralph Fry will share his experiences with bears in Yellowstone National Park and Alaska. In this presentation, he will include images of Grizzly bears, Alaska Brown bears and Black bears, along with personal encounters and that of others.

Topics within this class will include: useful suggestions on photographing bears; appropriate behavior around bears; miscellaneous information about bears; and a bibliography of useful information and/or entertaining bear stories.

Join the adventure in seeing beautiful photography, and hearing about personal encounters and advice! (More interest? See General Interest course #3156)

Art with Bob Beason (3207)

**Tuesday, Dec. 10
2 - 4 p.m.
CE 125**

**Instructor: Bob Beason
Facilitator: JoAn Dilweg 232-2656**

Bob Beason, a retired Art Teacher at Pocatello High School, has been working as a graphic designer, artist, and art instructor in Pocatello for many years. He currently creates “Drip and Drop, the Water Drop Twins,” a comic strip for the city of Pocatello’s water department. Beason opened up his comic book shop “Captain Bengals Comic Cove” at 312 W. Center St. He teaches classes at the Pocatello Art Center and is currently designing book covers for a science fiction writer in Florida. Beason is well known for his caricature drawings and prefers using pen and ink, but also paints with watercolors, oils and acrylics. Bob will be sharing selected pieces of art with us.



Health & Wellness

Medicaid Expansion: Good for all of Idaho (3204)

Monday, Sept. 9

10-11:30 a.m.

CE 125

Instructor: Steve Weeg

Facilitator: Donna Boe 233-4651

Steve is the former director of Health West and was on the Governor's committee to study Medicaid expansion. Although the committee recommended the expansion, the state legislature never really dealt with it last session. However, they are likely to consider expansion during the next session (the state lost \$40 million by not approving it this year.) and it is important that people understand it before the legislature really gets too far into the session.

Secrets of Successful Aging (3147)

Friday, Sept. 13

10 – 11 a.m.

CE 125

Instructor: Tara Stewart, PhD

Facilitator: Jane Thornley 237-1659

Dr. Tara Stewart, Assistant Professor of Psychology at ISU, will summarize the secrets of successful aging; based on the extensive research literature that deals with the predictors of health, happiness, and longevity.

Somatic Movement Workshops (3162)

Somatic Movement is a gentle form of mindfulness-based movement practices aimed to transform pain, stress trauma and aging to awaken freedom and aliveness in our moving bodies. Somatic Movement practices allow one to experience and heal their physical structure from the inside out. Molly S. Jorgensen is a dance faculty member at ISU. She is a Certified Laban/

Bartenieff Movement Analyst, Somatic Movement Educator and Yoga Instructor.

You may attend one, two, or all three classes. Sign up for each class individually.

Section 1

Saturday, Sept. 21

1:30-3:30 p.m.

Renew You Therapeutic Massage & Yoga Studio –270 McKinley Ave (Corner of McKinley and Maple)

Instructor: Molly S. Jorgensen MFA, CLMA, SME

Facilitator: Jane Riley 237-6801

‘Somatic Learning: Anytime Anywhere Practices’- From Standing, to Walking, to Sitting; learn to practice the art of Somatic Movement and integrate your practices into daily life.

Class limit: 25

yoga mat optional

Section 2

Saturday, Oct. 19

1:30-3:30 p.m.

Renew You Therapeutic Massage & Yoga Studio –270 McKinley Ave (Corner of McKinley and Maple)

Instructor: Molly S. Jorgensen MFA, CLMA, SME

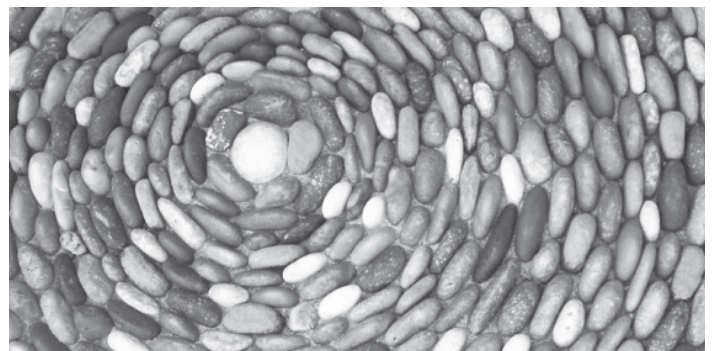
Facilitator: Jane Riley 237-6801

‘Transitioning from Floor to Standing’ - Changing planes or levels does not have to be a ‘dangerous opportunity’. Use Somatic Intelligence to change levels with ease, and reduce stressful transitioning in your everyday activities.

Class limit: 25

yoga mat optional

(continued)



Section 3

Saturday, Nov. 16

1:30-3:30 p.m.

**Renew You Therapeutic Massage & Yoga
Studio –270 McKinley Ave (Corner of
McKinley and Maple)**

**Instructor: Molly S. Jorgensen MFA, CLMA,
SME**

Facilitator: Jane Riley 237-6801

‘Move like a Kid Again’- An enlivening and playful practice filled with breathing, sensing, moving and touch to reorganize and revitalize the body.

Class Limit: 25

Yoga mat (optional). Participants may purchase a mat at Renew You Studio for \$15.00 if they would like to.

Understanding Hearing and Hearing Loss (3187)

Wednesdays, Oct. 9, 23, 30

2:30 – 4 p.m.

CE 125

Instructor: Dr. Mary Whitaker

Facilitator: Barbara Bain 232-3415

This class will present an overview of hearing and hearing loss in seniors. Participants will learn communication strategies to help them improve their communication. Hearing aids and assistive devices will be discussed. Participants will learn factors to consider when selecting hearing aids and how to troubleshoot problems with hearing aids. Opportunities will be provided to participants to address topics of their interest. Hearing screenings will also be provided to interested participants. You will be contacted by phone to schedule.

Class limit: 30

Bipolar Disorders (3177)

Monday, Oct. 21

10-11:30 a.m.

CE 125

Instructor: Victor C. Joe

Facilitator: Virginia Kelly 232-7417

We are fortunate to have Victor Joe back this semester to present on mood disorders. The presentation and discussion of mood disorders include: bipolar I, bipolar II, cyclothymic and unipolar depression, and dysthymia.

Class limit: 75

Eat More and Weigh Less (3185)

Friday, Nov. 1

10-12

CE 125

Instructor: Mary L. Dundas, PhD, RD, FADA

Facilitator: Aleen Shearer 233-4803

There is no secret, no magic pill, or no herbal supplement that will help you lose weight and maintain that weight loss. You either have to consume fewer calories or burn more energy. Weight loss requires making some permanent changes in your life style that you can accept and continue doing. We will discuss the principles of “volumetrics” and the benefits of “phytochemicals” in food, not supplements. Dr. Dundas worked for 10 years in the Department of Family Medicine teaching the medical residents about nutrition, providing medical nutrition therapy for patients and supervising dietetic interns. She has helped hundreds of people lose weight and looks forward to answering your weight management questions.

Home Health Care (3195)

Thursday, Nov. 7

1 – 2 p.m.

CE 125

Instructor: Shannon Sudweeks

Facilitator: Cathy Conley 236-0400

This will be an informative presentation on what is home health care? This care is an alternative to assisted living and nursing home options. Services provided in home health care will be discussed, along with costs associated with home health care. This is an alternative choice for those who do not want to go to a rest home, and also an alternative choice for help to relieve current family caretakers.

*“The most wasted of
all days is one without
laughter.”*

E. E. Cummings

Yearly Update on Medicare (3167)

Wednesday, Nov. 13

1-2:30 p.m.

CE 125

Instructor: Susie Stricker

Facilitator: Jane Thornley 237-1659

Susie Stricker (A.K.A. the queen of Shiba) is returning for our yearly update on Medicare. Susie works for the State of Idaho's 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 making your decision with Medicare Part D for the upcoming year!

An Alternative: Acupuncture and Chinese Medicine (3200)

Thursday, Nov. 14

10-11:30 a.m.

CE 125

Instructor: Ethan Fisher

Facilitator: Jane Thornley 237-1659

Acupuncture originated from China and has been practiced for the past 2,000 plus years. It is a method of encouraging the body to promote natural healing and to improve functioning. Acupuncture involves the insertion of very thin needles at specific points on the body in order to balance the flow of Qi.

Acupuncture is often associated with pain control, but in the hands of a well-trained practitioner, such as Ethan Fisher, L.Ac., it has broader applications. A Licensed Acupuncturist has learned acupuncture, Chinese medicine theory, herbal medicine, Chinese massage, food therapy, and a variety of Asian wellness practices. Ethan specializes in acupuncture, Chinese Medicine, and Chinese Herbs.

The World Health Organization recognizes the use of acupuncture in the treatment of a wide range of medical problems, including: digestive disorders; respiratory disorders, neurological and muscular disorders. Acupuncture is particularly useful in resolving problems related to tension, stress, and emotional conditions.

Ethan will enlighten us on alternative therapies, compatible in managing our optimal health.

Benefits of Massage Therapy (3174)

Tuesday, Dec. 3

10-11 a.m.

CE 125

Instructor: Kelsey Cottrell

Facilitator: Mary Spinner 241-7258

Have you ever contemplated having a massage? What are the benefits? What are the different kinds of massage? Either as a beginner or already partake in massages, you may learn something new. Kelsey Cottrell will share the history of massage, the benefits of having one, the physiology of what a massage really is, and the different types of massages. She will also present on the self-modalities to care for our own body.

Vision and Eye Problems in Aging Adults (3166)

Wednesday, Dec. 4

1-2:30 p.m.

CE 125

Instructor: Michael Flandro, O.D.

Facilitator: Jane Thornley 237-1659

As we get older our vision changes...like many other things! There are several more eye problems that become more common. The ability to clearly see close objects or small print. Tiny spots or specks that tend to float across our field of vision. Dry itching, burning, or redness of the eyes. Eyes tearing due to wind, temperature changes, or being sensitive to light. Cataracts, glaucoma, retinal disorders, conjunctivitis, corneal diseases, eyelid problems, and problems due to diabetes are age-related eye diseases. Although age-related eye diseases are prevalent in older adults, some blindness and low vision resulting from these diseases may be prevented or treated.

Dr. Flandro will explain causes, symptoms, and the importance of early diagnosis and treatment. He will explain how vision occurs in the eye, and share tips to help maintain healthy eyes. Also, Dr. Flandro will share the latest advancements in eye research.

Attend this class to get a clear vision of what is happening in eye care.

History

The Rhetoric of the Vietnam War (3131)

Fridays: Sept. 13, 20, 27, Oct. 4, 11, 18

3 - 4:30 p.m.

ISU Frazier Hall, Room 216

Instructor: Bruce Loeb

Facilitator: Jane Thornley 237-1659

Chief Justice Earl Warren called the Vietnam War, “the most divisive event in America since the Civil War.” A Gallup Poll in 2004 revealed that only 33% of American people believe the Vietnam War was “a just war.” (90% said WW II was “a just war” and 61% said the Korean War was “just.” Vietnam has become a metaphor for dissent and defeat. Newsweek describes Afghanistan derisively as “Obama’s Vietnam” and more than half of the American people in a CNN Poll believe “Afghanistan has turned into another Vietnam War.” We will study the angry debate over Vietnam – the arguments and tactics of the “hawks” and the “doves.”

Class limit: 40

Note: Parking permit is required for Frazier Hall parking. Permit obtained through Shirley McElprang.

The FBI: A History of the FBI and its Mission Today in a Changing World (3173)

Wednesday, Sept. 11

10 a.m. – 12 noon

CE 125

Instructors: Special Agent Troy D. Smoot, and FBI Victim Specialist Jamey L. Windt

Facilitator: Mary Spinner 241-7258

This presentation will provide a history of the FBI, the agency’s evolution of investigative responsibilities through the years, to its current mission in this world of ever changing and increasing criminal and national security threats. The FBI’s role in providing assistance to victims of crime will also be discussed.

The Constitution in General (3191)

Tuesday, Sept. 17...Constitution Day

10 a.m. – 12 noon

CE 125

Instructor: Dave Adler, PhD

Facilitator: Bill Brydon 233-4278

It is not by coincidence that this presentation is on September 17. On September 17, 1787, the delegates to the Constitutional Convention met for the last time to sign the document they had created. The Constitution stands as a model of cooperative statesmanship and the art of compromise.

It was in May of 1787 that a delegation convened to revise the Articles of Confederation. Through discussion and debate, the delegates decided to draft an entirely new frame of government. Dave Adler will give a general discussion of the Constitution and its history, and discuss the chief points at issue in the summer of 1787’s closed sessions of drafting this document. David Adler is currently the Director of the Andrus Center for Public Policy at Boise State University. His teaching and research specialties include: American government, U.S. Constitutional Law, and American Political Thought.

Come celebrate Constitution Day by attending this presentation and reviewing what encompasses this document: the Preamble, the seven articles of the U.S. Constitution, and the twenty-seven amendments to the U.S. Constitution.

History of State Hospital South (3178)

Wed, Sept. 25

1:30 – 3 p.m.

CE 125

Instructor: Diane Yarrington, Assistant Hospital Administrator

Facilitator: Jane Riley 237-6801

On July 2, 1886, four years before Idaho was granted statehood, the Idaho Insane Asylum opened its doors. At that time, patients with mental illness were referred to as “inmates” and were committed for life with the possibility of parole. The psychiatric treatment of the inmates was primarily custodial care while working on the farm, in the garden, barns, orchards, shops and laundry. This presentation will focus on the history of psychiatric treatment provided at State Hospital South along with the history of the hospital.

A bus tour of State Hospital South will be Monday September 30, 2013. Please register for each event separately.

(See Travel course #3179)

Our Court System from Colonial Times (3192)

Tuesday, Oct. 1

10 a.m. – 12 noon

CE 125

Instructor: Dave Adler, PhD

Facilitator: Bill Brydon 233-4278

In the early years, the colonial courts were weak. Most of the laws for colonial Virginia were written in Britain, thousands of miles away. The people in America had to interpret and enforce the laws to match local conditions. The court system did eventually get stronger by the mid-18th century as it evolved to match life in Virginia. As it did, more and more colonists began to support it. The court helped society in America to become one ruled by law. As time progressed, the lack of judiciary in the Articles of Confederation became a problem because no one could settle disputes between states. The Constitution created in 1787 strengthened the government and included establishing the U.S. court system.

Dave Adler will cover the span of our court system, starting in the Colonies, proceeding to the court system under the Articles of Confederation, and finally the early years of the U.S. court system. David Adler's teaching and research specialties include: American government, U.S. Constitutional Law, and American Political Thought. He has authored more than 100 scholarly articles, essays and book chapters, and lectured nationally and internationally.

*"Excellence we have
control over...Success
we don't."*

Unknown

The Unknown History of ISU (3145)

Tuesday, Oct. 8

10:30 a.m. – 12 noon

CE 125

Instructors: Glen Alford and Phil Luckey

Facilitator: Donna Hillard 232-2398

Did you know there was an airport one time where Holt Arena stands? Or a golf course at Bartz Field? Come hear more "Did you know?" about Idaho State University.

Aaron Burr (3151)

Tuesday, October 15

10 – 11:30 a.m.

CE 125

Instructor: Dr. Ron Hatzenbuehler

Facilitator: Bill Brydon 233-4278

The presentation is a description of the life and times of Aaron Burr, the third vice president of the United States. This will include the election of 1800, the duel with Alexander Hamilton, the high-stakes treason trial, and Burr's relationship with his long-standing friend, General James Wilkinson.

Moghuls, Maharajahs and Viceroy (3190)

Monday, Oct. 28

1-2:30 p.m.

CE 125

Instructor: Jennifer Wise

Facilitator: Donna Hillard 232-2398

From the scene of the great love story of Shah Jehan and Mumtaz to the theatre where Rudyard Kipling was booed off the stage, a recent visit to India's Golden Triangle brings to life aspects of the country's checkered history.

The Establishment of the Oregon Trail, Part I 1804 – 1812 (3158)

Mondays, Oct. 28, Nov. 4, 11, 18

11 a.m. – 12 noon

CE 125

Instructor: Dr. Michael Bateman

Facilitator: Debra Castle 254-3856

In 1800, America's western border reached only as far as the Mississippi River. Following the Louisiana

(continued)

Purchase in 1803, the country nearly doubled in size... pushing the nation's western edge past the Rocky Mountains.

President Thomas Jefferson implanted the idea of westward expansion. In 1803, he commanded an exploratory team westward to find "the most direct and practical water communication across this continent for the purpose of commerce." Eventually, stretching from Missouri to the Oregon Territory, the Oregon Trail guided settlers through the wilderness and across the mountains to the Pacific coast.

Dr. Bateman will cover the historical events leading to the establishment of the Oregon/California Trail. In this Part I of a two-part series, the following events will be discussed: Hudson Bay and the Northwest Company; The role Lewis & Clark played (1804 -1807); Colter; Andrew Henry (1810-1811); Wilson, Price and Hunt – their contributions (1811); Astoria (1811); and Robert Stewart (1812).

Part II, the years 1817 – 1848, will be continued for NKA in the spring of 2014.

Class limit: 50

Ancient Kingdoms (3205)

Thursday, Nov. 14

1-2:30 p.m.

CE 125

Instructor: Roger Boe

Facilitator: Barb Bain 232-3415

Roger Boe will show photographs and present descriptions, and impressions of his and Donna Boe's trip to Thailand, Laos, Cambodia and Vietnam last November.

CODES & OTHER CRYPTIC & CLANDESTINE COMMUNICATION (3184)

Tuesday, Nov. 19

1-3 p.m.

CE 125

Instructor: JoAn Dilweg

Facilitator: JoAn Dilweg 232-2656

Codes, ciphers, signals and secret languages have concealed communications over the centuries, whether oral, written, gestured, audible or electronically conveyed. Cryptology—from the Greek words

kryptos, "hidden," and logos, "word"—began as the science of communicating critical information, usually of a political or military nature, in a secret language known only to the sender and the legitimate receiver. Monarchs, rulers, missionaries, and presidents share an intriguing history of involvement in secret communications.

"Code Talkers" was the name for the Choctaw Indians who successfully sent messages for the AEF (American Expeditionary Force) during World War I. During World War II Native Americans from the Chippewa, Comanche, Kiowa, Pawnee, Menominee, Hopi, and Navajo nations served as "code talkers" in regions from the Pacific to North Africa and Europe. From 1942 until 1945, the U.S. Marine Corps recruited over 400 Navajo Indians for duty as communication specialists. These specially trained Navajos-known as CODE TALKERS- devised an unbreakable voice code to transmit battlefield messages during the Pacific Campaign. From Guadalcanal to Iwo Jima to Okinawa, the Code Talkers transmitted and received military messages in coded Navajo that could not be broken by the Japanese. The class will watch the 55 minute film. Discussion following.

Yellowstone Park (3175)

Wednesday, Nov. 20

2-3:30 p.m.

CE 125

Instructor: Dr. Yolonda Youngs

Facilitator: Bill Brydon 233-4278

Dr. Youngs' research expertise is in national parks, environmental history, cultural geography, and the American West. She recently started an Idaho Humanities Council grant funded project that will create a digital history and interactive mobile application for Yellowstone National Park. In the fall 2013 semester, she plans to continue fieldwork in Yellowstone Nation Park until the snow hits. This presentation is a description of the history, geography and importance of Yellowstone National Park.

"Personality can open doors, but only character can keep them open."

Elmer G. Letterman

Catching the Biggest Fish in the Permian Sea (3137)

Thursday, Dec. 5

1 – 2:30 p.m.

CE 125

Instructor: Dr. Leif Tapanila

Facilitator: Shirley Rodgers 233-4662

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 the iconic fossil will agree that it is hard to imagine how the spiral teeth could function, or what the animal looked like. Indeed, more than a century of 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, which includes 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 our new model.

Standing Guard: Buffalo Soldiers and our National Parks (3164)

Wednesday, Dec. 11

10-11 a.m.

CE 125

Instructor: Charles (Chuck) Humphrey, Ph.D.

Facilitator: Lynn Hebdon 339-4841

On assignment in Sequoia and Yosemite National Parks for three summers (1899, 1903, 1904) African-American soldiers ("the Buffalo Soldiers") served this country well! They constructed the first trail up 14,500 ft. Mt. Whitney, and built an arboretum with trails and benches. That project is considered as the first

museum in the National Park System. The "Buffalo Soldiers" also distinguished themselves in military engagements across the Great Plains during the years between the end of the Civil War and the early 20th century. Recently, researchers and Park Service staff have unearthed photographs, muster rolls, and military reports that offer a "window" into this hidden corner of national park history. In one hour, I will show & tell "more" about the work of the "Buffalo Soldiers" in our national parks.

Music & Theatre

Snake River New Horizons Band (Introductory Meeting) (3132)

Tuesday, Sept. 10

4 – 5 p.m.

CE 125

Facilitator: Roger Wheeler 760-9507

Snake River New Horizons Band is part of the New Horizons International Music Association. They have over 200 chapters and 9,000 members internationally. New Horizons Bands 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 was started in September 2011. There are two practices each week on 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 Stevens 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. "Some people call them practice sessions." reported one band member, "I call them social hour." Remember, in a New Horizons Band, playing your best is good enough!

**Snake River New Horizon Band
Practice (3133)
Tuesday & Wednesday, Sept. 3 – Dec. 18
5:30 – 7 p.m.
CE 162**

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

There are usually 15-25 players at each of the two practices each week. The band has played several concerts through out 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 where you can learn more about the New Horizons Music Program. Remember, in a New Horizons Band, playing your best is good enough.

**NKA Readers Theatre (3134)
Thursdays, Sept. 5 – Dec. 19
12:30 – 2 p.m.
CE 203**

**Instructors: peer led
Facilitator: Carol Nelson 238-6369
Jane Riley 237-6801**

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.

**Speakers Luncheon (3208)
Friday, Sept. 6
12 - 2 p.m.
Stephens Performing Arts Center, Rotunda
Speakers: Trent Clegg, Tara Young, and
Norm Schroder**

Facilitator: Jane Riley 237-6801

Start the fall season with this luncheon honoring Theatre ISU and Edward Stevenson. A native of Pocatello, Edward Stevenson became one of the biggest costume designers in Hollywood. His sketches are now housed in the Eli M. Oboler Library. Trent Clegg, local librarian, helped to catalogue these sketches and wrote his master's thesis on Stevenson's career. Professor Tara Young will use his sketches for costuming this fall's production of The Philadelphia Story (Music & Theatre course #3135), directed by Norm Schroder. Stevenson designed for films like Citizen Kane and It's a Wonderful Life. He also designed for Lucille Ball's various television shows.

Fee for Luncheon: TBA

**Recreational Music for Seniors (3193)
Tuesdays: Sept. 10,17, 24, Oct. 1, 8, 15, 22,
29, Nov. 5, 12
10:30- 11:15 a.m.**

**Piano Gallery - 338 Yellowstone, Pocatello
Instructors: Jarvis Webb and Lorrie Bridges
Facilitator: Jean Lazusky 237-9457**

Learn to play your favorite song on a modern keyboard instrument! Even if you have never played an instrument before, you will be playing songs in a few short weeks. This course has proven to be a fun and easy way to learn to play. Rental instruments are available.

Class limit: 20

Class fee: \$9.95 for book

*"We cannot really love
anybody with whom we
never laugh."*

Agnes Repplier

MURDER IN SIN CITY: What happens in Vegas, stays in Vegas (3176)

Planning

Thursday, Sept. 19 1:00-3:00

CE 125

Decorate

Tuesday, Oct. 8 12:00- 1:30 and (party) 2:00-4:00

CE 162

Instructors: JoAn Dilweg

Bob & Sue Schaffner

Jim & Judy Liday

Lynn Hebdon

Facilitator: JoAn Dilweg 232-2656

The murder mystery party is an interactive party where you and your guests witness and try to solve a factitious murder that occurs at the party. Stage One: The Guests Arrive. Stage Two: Introduction. Guests mingle, complete their objectives, and taste the goodies. Stage Three: Murder & Investigation. Lights go out—when they come back on, the victim will be dead. While trying to maintain their own innocence, each guest will be instructed to conduct their own investigation into the crime using their objectives. Stage Four: Evidence Presentation. Agent Avery, FBI, will be in charge of officially collecting the evidence and placing it on a table so that everyone may see it. After reviewing the evidence, each guest will vote on ‘WHO DONE IT’ as well as the best dressed at the party, and the best actor/actress. Stage Five: The Solution. Agent Avery will read the solution to the guests. Be prepared for a sinister evening in a city known for its secrets and its scandal!

Thursday, Sept. 19th: Planning session (room 125 from 1:00 - 3:00). Discuss and prepare: invitations, name tags, evidence envelopes, decorations, etc. A host & head investigator (Agent Avery: FBI) will be selected, characters assigned and suggested costuming. Class participants are asked to bring a “goodie” to share for the party. Tuesday, Oct. 8th Party (room 162). Those who wish to help decorate meet at 12:00 to 1:30. The party is from 2:00 - 4:00. The theme this year is “MURDER IN SIN CITY, What happens in Vegas, stays in Vegas.”

Class Limit: 30

Fees: \$5.00

Preview to The Philadelphia Story (3135)

Friday, Oct. 4

5 – 6 p.m.

Stephens Performing Arts, Bistline Theatre

Instructor: Norm Schroder

Facilitator: Jane Riley 237-6801

The Philadelphia Story is an American classic where we meet the Lords of Philadelphia - literally known for his lively dialogue, Philip Barry, based this 1939 romantic comedy on a real Philadelphia socialite. It was a “comeback” vehicle for Katherine Hepburn. Theatre ISU Director, Norm Schroder, will share behind the scenes information concerning the play. To help create the “eye candy”, the costume shop will be using the designs from the Edward Stevenson Collection.

Play dates: October 11, 12, 14, 18, and 19

(More interest? See Speakers Luncheon #3208)

Backstage with the Westside Players (3154)

Monday, Oct. 7

6:30 – 8 p.m.

The Warehouse, 1009 South 2nd Ave

Instructor: Jackie Czerepinski

Facilitator: JoAn Dilweg 232-2656

Established in 1986, Westside Players is a non-profit, all volunteer community dinner theatre. In 2010 Westside Players received the Mayor’s Arts Organization of the Year Award, and this year is celebrating its 27th Silver Anniversary Season. Unique to this Pocatello theatre is “The Art Wall” in the lobby, featuring the work of area artists. The last show of the 2013 season is “Lend Me a Tenor,” a door-slamming, dress-dropping farce with mistaken identities and mischievous misunderstandings. Jackie will share her knowledge of all aspects of the production with us.

Preview to The Shape of Things (3211)

Friday, Nov. 8

5 – 6 p.m.

Stephens Performing Arts Center, Rogers

Black Box Theatre

Instructor: Sherri Dienstfrey

Facilitator: Jane Riley 237-6801

(continued)

The Shape of Things is a work of art, literally and figuratively. The play written in 2001 by Neil LaBute revolves around art, psychopathy, intimacy, and what people will do for love. Director, Sherri Dienstfrey, will share background information about the plot, cast and crew of this play set in a small university town.

Performance dates: November 15, 16, 18, 22 and 23

Where is Lake Wobegon? (3163)

Wednesday, Nov. 13

10-11 a.m.

CE 125

Instructor: Charles (Chuck) Humphrey, Ph.D.

Facilitator: Lynn Hebdon 339-4841

For over 35 years Garrison Keillor has been spinning stories about his home in Minnesota – mythical “Lake Wobegon”. Just where is it, and does it even have a lake? His Saturday afternoon public radio show, “A Prairie Home Companion” began in about 1980. Keillor, now age 70, says he’s going to retire soon (this presenter doesn’t believe it). He has also published several books (the latest is about the Lake Wobegon, MN Ford dealer, Clint Bunson, and his problems with the annual 4th of July parade). Charlie’s Café in Freeport, MN, along I-94, just west of St. Cloud, has several posters claiming it is the Chatterbox Café (also of Lake Wobegon fame). During this one-hour presentation more information will be revealed that will answer the question...Where is Lake Wobegon?

The Power of Motion Pictures (3199)

Friday, Nov. 15

10 a.m. – 12 noon

CE 125

Instructor: Richard A. Smith

Facilitator: Aleen Shearer 233-4803

Motion Pictures are a very powerful means of communication. In this class, we will discuss this power. With emphasis of both documentary and narrative film, Richard Smith will demonstrate how filmmakers manipulate, distort and entertain to make their point.

Seeing... is not always believing.

Travel

Montana – Gates of the Mountains

(3139)

Tuesday, Sept. 3, 7 a.m. – Thursday, Sept. 5, 10 p.m.

CE Parking Lot

Coordinators: Lynn Hebdon 339-4841

Jennie McCormick 521-2780

Becky Phelps, 406-9355

This will be our first overnighiter trip for three days and two nights. We will depart Tuesday, September 3rd to arrive in Butte, MT midday for local touring and lunch, then leave to arrive in Great Falls, MT for dinner and first night. After breakfast in the hotel on Wednesday, September 4th we will tour locally in Great Falls at Lewis & Clark National Historic Trail Interpretative Center, then at the C. M. Russell Museum, and the Ryan Dam Great Falls of the Missouri, after which we will remain a second night in Great Falls for dinner and the next morning breakfast again at the hotel. On Thursday morning, 8:30 AM, September 5th, we will depart Great Falls to arrive at Gates of the Mountain boat tour that lasts approximately 2 hours. After that tour we will stop in Helena, MT for some local touring (specifics still in planning) and lunch (maybe utilizing seniors center), then continue south with appropriate rest stops and a stop for dinner (again specific details still in planning), and finally arrive back in Pocatello around 9 to 10:00 P.m.. We have estimated that total cost to include bus fees and bus driver tips, museum fees, boat tour, lunches, dinners, and hotel rooms based on double occupancy, to be about \$325.00 per person. This amount is subject to change (although any changes should be minor) but will be finalized in a flyer that will be sent out to all who have signed up. As always, for travel plans involving buses, we must have at least 40 people signed up and paid, and all fees must be paid no later than (NLT) than two weeks in advance of the departure date; i.e., all fees (\$325.00 per person) must be paid NLT August 20th, 2013!! If not enough people signed up and paid, then this trip will be cancelled so as to avoid any penalties.

Field Trip to RISE (3206)

Monday, Sept. 23

10 a.m. – 12 noon

RISE COMPLEX (formerly the Ballard Medical Building), 1651 Alvin Ricken Drive

Instructor: Dr. Eric Burgett

Facilitator: JoAn Dilweg 232-2656

The class will tour the research being done at RISE (Research & Innovation in Science and Engineering) COMPLEX. The RISE Complex is 260,000 square feet in size and is the only facility like it in the world, according to Dr. Burgett, an assistant nuclear engineer professor, who is orchestrating research projects at the center. Some of the research that will be seen is a Crystal Growth Laboratory (it can grow giant crystals to support nuclear science and engineering programs), High Power Laser/Optics Laboratory, Imaging Laboratory and a Human Interactive Environment Simulation Laboratory.

Class Limit: 20

Tour of State Hospital South (3179)

Bus fee: TBA

Monday, Sept. 30

12:45- 4 p.m.

CE Parking Lot

Facilitator: Jane Riley 237-6801

A representative from the hospital will join us in Blackfoot and lead a guided bus tour of the campus and the hospital's cemetery-the resting place for over 1,000 patients who passed away between the years 1886 until the 1980's. We will have the opportunity to walk and explore this area.

(More interest? History course #3178)

Falls Tour Day Trip (3140)

Wednesday, Oct. 2

7 a.m. – 7 p.m.

CE Parking Lot

Coordinators: Lynn Hebdon 339-4841

Jennie McCormick 521-2780

Becky Phelps 406-9355

This will be a day trip via Holiday Bus, for touring both Upper and Lower Mesa Falls off the scenic route going to Island Park. After the falls area, we will continue into Island Park for a late lunch/early dinner hopefully at Pond's Lodge. On the return leg we expect to tour within the Harriman Park area to

enjoy additional fall colors/foliage. We will return to Pocatello from the day trip sometime between 5:00 to 7:00 p.m. depending on time spent at our stops. We have estimated total cost per person to include lunch, bus fees, and bus driver tips to be about \$40.00.

As always for travel plans involving buses, we must have at least 40 people signed up and paid, and all fees for this day trip must be paid NLT than two weeks in advance of the departure date; i.e., all fees (\$40.00 per person) must be paid NLT September 18th, 2013!! If not enough people signed up and paid, then this trip will be cancelled so as to avoid any penalties.

Ogden Tour Day Trip (3141)

Wednesday, Nov. 6

7 – 7 p.m.

CE Parking Lot

Coordinators: Lynn Hebdon 339-4841

Jennie McCormick 521-2780

Becky Phelps, 406-9355

This will be a day trip via Holiday Bus, for touring Ogden Railroad Museum and Air Museum at Hill AFB, UT. In between museums we will have lunch either at a senior's center or other restaurant yet to be decided/determined. We will return to Pocatello from the day trip sometime between 5:00 to 7:00 p.m. depending on time spent at our stops. We have estimated total cost per person to include lunch, bus fees, and bus driver tips to be about \$40.00.

As always for travel plans involving buses, we must have at least 40 people signed up and paid, and all fees for this day trip must be paid NLT than two weeks in advance of the departure date; i.e., all fees (\$40.00 per person) must be paid NLT October 23rd, 2013!! If not enough people signed up and paid, then this trip will be cancelled so as to avoid any penalties.

Tour of the Shoshone Bannock Tribal Museum (3157)

Thursday, Nov. 21

10 a.m. – 12 noon

Shoshone Bannock Tribal Museum – Fort Hall (I-15 Exit 80, Simplot Rd.)

Instructor: Rosemary Devinney

Facilitator: Mary Spinner 241-7258

The Shoshone-Bannock Tribal Museum is owned by the Tribe and is located on the Oregon Trail at Fort Hall. The trading post, once owned by Hudson Bay Company, was a crossroads for fur trappers, Native

(continued)

Americans, traders and pioneers in the 1800's. The museum exhibits focus on traditional dress, crafts, and how native lifestyles have changed with the influx of outsiders. The Trust funded a photo project for the Tribe, which made historical photographs available for display. The collection of photos date back to 1895. The history chronicled Tribal government beginning with the Fort Bridger Treaty signers through present generations.

The museum was originally built in 1985. After a several year closure, it reopened again in 1993 with the help of many volunteers from the community. Many of the items on display come from community members' donated and loaned photos and heirlooms. There will be a brief presentation on tribal history and a self-guided tour of the museum.

After the tour, NKA members may want to have a no-host lunch at the Sho-Ban Events Center.

Class limit: 30 people (the capacity in the museum)

Fee: \$3.00

Boise, Idaho Overnighter (3142)

Thursday, Feb. 6, 7 a.m. – Friday, Feb. 7, 9 p.m.

CE Parking Lot

Facilitators: Lynn Hebdon 339-4841

Jennie McCormick, 521-2780

This first trip for spring 2014 will be an overnighter to Boise, ID. There is a wide variety of activities available for the Boise area... including shopping, museums, movies to include IMAX cinema, the state capital and legislation sessions/committee meetings, river walks, and so on. Our intention is to have all activities accessible to individual's desires, and as we get closer we will need to have feedback from all, as to their specific desires. Being as we 'own' the bus driver for overnight trips, we will schedule a route to accommodate group(s) desires. You will have the opportunity to do what you want from the time we arrive midday on the 6th until late afternoon on the 7th, before departing to Pocatello that evening. We have an estimated 'wag' cost at this early date to include bus fees and bus driver tips, group meals, and hotel rooms based on double occupancy, to be about \$200.00 per person; if you attend museums/movies/other events that have fees, then of course you will need to pay those fees yourself. As we get closer, we

will refine the cost and send out flyers/emails with such as this amount is subject to change.

As always for travel plans involving buses, we must have at least 40 people signed up and paid, and all fees must be paid no later than (NLT) than two weeks in advance of the departure date; i.e., all fees (estimated at \$200.00 per person but subject to final computations) must be paid NLT January 23rd, 2014!! If not enough people signed up and paid, then this trip will be cancelled so as to avoid any penalties.

Writing

Alexander McCall Smith – Botswana Through Joyful Eyes (3181)

Tuesday, Sept. 10

10:00 - 11:30 a.m.

CE 125

Instructor: Amy Campbell

Facilitator: Jane Riley 237-6801

Amy Campbell will explore how Alexander McCall Smith's unique background of growing up both in Europe and in Africa gave birth to his books, especially his enchanting No.1 Ladies Detective Agency series. Set in a gentle, almost other-worldly Botswana full of kind and wise characters, these books present daily life in an African country through Precious Ramotswe's joyful eyes. We will discuss why Mma Ramotswe loves President Seretse Khama, the disease that is stalking Botswana, and the importance of bush tea.

Low Impact Creative Writing (3136)

Thursday, Sept. 12- Nov. 21

2 – 4 p.m.

CE 162

Instructor: Marg Griffin

Facilitator: Marg Griffin 233-1898

This is a writing class for those who write only for the pleasure of doing it. There is little instruction and no homework. There is room for one new writer who will join the returning writers.

Voices of the Valley (3153)

Monday, Sept. 16

10 – 11:30 a.m.

CE 125

Instructor: Caralee Workman

Facilitator: Jane Riley 237-6801

This will be an introduction into a program used by the Marshall Public Library where the history of the Portneuf Valley is coming to life. The program uses oral question and answer interview techniques that will be compiled and kept as a permanent record in the library. Small workshops will be arranged at the convenience of the participants so that a life history of yourself can be created for you to keep and share with your family.

The Thrill of it All (3160)

Monday, Sept. 23

1 – 2:30 p.m.

CE 125

Instructor: Greg Grasso

Facilitator: Jane Riley 237-6801

Greg Grasso has been fascinated with thriller writers since he first read: “The Charm School” by Nelson DeMille in the seventies. He now gets to interview authors for KISU 91.1FM. His show, “The Marshall Public Library Hour”, airs the second Monday of the month, from 7:00 to 8:00 p.m.. During this class he will discuss these authors: Master Thriller writer Jeffery Deaver (The Kill Room), David Baldacci (The Hit) and Lisa Gardner (Touch & Go).

Haunted by History: Nathaniel Hawthorne’s THE HOUSE OF THE SEVEN GABLES (3171)

Friday, Oct. 4

1-2:30 p.m.

CE 125

Instructor: Dr. Tom Hillard

Facilitator: Donna Hillard 232-2398

Nathaniel Hawthorne’s 1851 novel House of the Seven Gables tells the story of a decrepit, centuries-old New England mansion, the strange and peculiar families associated with it, and a mysterious inherited curse handed down from the days of Salem witchcraft. This class will explore how the novel reflects the author’s biography and family history, while examining the

ways the book engages with the tradition of Gothic fiction and the pressing issues of mid-nineteenth century America.

Participants are encouraged to read the novel in advance of the class.

The Magic of Poetry (3146)

Mondays, Oct. 14, Oct. 21 and

Fridays, Oct. 18, Oct. 25

1 – 2:30 p.m.

CE 125

Instructor: Craig Nickisch

Facilitator: Bill Brydon 233-4278

Poetry tells the reader things that can’t be expressed in words. So we will find out how to look carefully at poetry, making reading a poem an enjoyable and informative experience. We’ll discover just how those poets hide ideas, and sneak in suggestions about life, love, death and other memorable topics. After this time with Dr. Nickisch you’ll be comfortable in the magical, sensitive world which English-language poetry offers us. And guess what – you can transfer what you learn here to poetry in other languages, as well.

The Writing Life (3143)

Wednesday, Oct. 16

2 – 4 p.m.

CE 125

Instructor: Brenda Stanley

Facilitator: Virginia Kelly 232-7417

Brenda Stanley will share how a lifetime of writing can be turned into a career, a hobby, and a record of history.



The Last Chapter (3161)

Wednesday, Oct. 30

1 – 2:30 p.m.

CE 125

Instructor: Greg Grasso

Facilitator: Jane Riley 237-6801

One of Greg Grasso's passions is interviewing notable authors for "The Marshall Public Library Hour" which airs the second Monday of the month 7:00 - 8:00 p.m. on KISU 91.1FM. During this class Greg will talk about the following authors: Alexandra Fuller (Don't Let's Go to the Dogs Tonight: An African Childhood, Cocktail Hour under the Tree of Forgetfulness), Laurie King and Les Klinger (A Study in Sherlock).

T.S. ELIOT'S "OLD POSSUM'S BOOK OF PRACTICAL CATS," and the musical "CATS" (3183)

Tuesday, Nov. 5

1-3:00 p.m.

CE 125

Instructor: JoAn Dilweg

Facilitator: JoAn Dilweg 232-2656

The playful verses by celebrated poet T. S. Eliot have delighted readers and cat lovers around the world ever since they were gathered for publication in 1939. "Mr. Mistoffelees," "Growltiger," "The Rum Tum Tugger," "Bustopher Jones," "Skimbleshanks," "Macavity: the Mystery Cat," and a variety of other memorable feline strays, all of whom have been brought to life on the stage in his musical 'Cats.' We will explore the poetry, music, costumes, and make-up of this long running musical composed by Andrew Lloyd Webber. It was directed by Trevor Dunn, choreographed by Gillian Lynne, and opened in the West End in 1981 and then on Broadway in 1982. The musical tells the story of a tribe of cats called the Jellicles and the night they make what is known as the "Jellicle choice" and decide which cat will ascend to the Heavside Layer and come back to a new life. Cats also introduced the unforgettable song "Memory." It has been performed around the world many times and has been translated into more than 20 languages. The class will end with the viewing of the musical & discussion.

Two Afternoons with William Faulkner (3150)

Mondays, Nov. 4, 11, (18)

1 – 2:30 p.m.

CE 125

Instructor: Dr. Wayne Schow

Facilitator: Bill Brydon 233-4278

A towering figure in 20th century American and World literature, Faulkner created a large and impressive body of fiction. Two of his best known novellas are "Old Man" and "The Bear." From them we can gain some insight into his values, his view of the human condition, and his strategies as a literary artist. Read "Old Man" in preparation for the first session, "The Bear" in preparation for week two. If there is sufficient interest, we can consider coming back for a third session. The good news for enrollees: no assigned papers, no final exam. The good news for the discussion leader: no assigned papers, no final exam.

Availability of the texts: "Old Man" is included in *The Wild Palms* (1939); "The Bear" is found in *Go Down, Moses* (1942). Both are in *Three Famous Short Novels* (1958). They are also found in anthologies, and perhaps on the internet. You should have little trouble getting hold of them.

The Old West by Kirby Jonas (3144)

Wednesday, Nov. 6

1-2 p.m.

CE 125

Instructor: Kirby Jonas

Facilitator: Sharon Manning 233-9425

Kirby Jonas is a Western novelist from Pocatello who has eleven books now in print. Three of these books take place in Idaho, and all in the American West. He will present some of his memories of the writing process and how he began as an author. If there is an interest, he will also be open to questions about his novels. For the first time, Kirby will also discuss his upcoming series, "Lehi's Dream."

September 2013

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	Final copy 7/11/2013	2	3	4	5	6	7	
8	9-12 Woodcarving 108A 10-11:30 Medicaid 125 1-2 International Cuisine 203 2-3 Core Standards 125 4:00 ISU Tree Walk	Travel: Gates of the Mountain 5:30-7 New Horizons Band	Travel: Gates of the Mountain 1:00 Lady Niners Golf 5:30-7 New Horizons Band	Travel: Gates of the Mountain 12:30-2 Readers Theatre 203 4-6:30 Square Dance	12-2 Speaker Lunch Rotunda	12-2 Speaker Lunch Rotunda		
15	9-12 Woodcarving 108A 10-11 Fit & Fall 162 10-11:30 Voices Valley 125 1:30-3:30 Silk Paint ISU Craft Shop 2-3 Starter Level LD CC 3-4 Beginners L1 LD CC	10 10-11:30 Alex McCall Smith 125 10:30-11:15 Recreational Music 1-3 Biking 1-2:30 Animal Shelter 125 1:30-3:30 Pottery ISU Craft Shop 1:30-4 Beginner Bridge 162 4-5 NH Band Intro 125 5:30-7 New Horizons Band	11 9-12 Woodcarving 108A 10-12 The FBI 125 1:00 Lady Niners Golf 1-2 Federal Reserve 125 5:30-7 New Horizons Band	12 10-11 Board Meeting 162 11-12 Postcrossing 125 12:30-2 Readers Theatre 203 2-4 Creative Writing 162 4-6:30 Square Dance	13 9-12 Woodcarving 108A 10-11 Successful Aging 125 10-12 noon Mahjong 162 1-3 Curriculum Meeting 203 1-3 Texas Hold'em 162 3-4:30 Vietnam Frazier 216	20 9-12 Woodcarving 108A 9-10:30 Walking Greenway 9-noon Hiking 10-12 noon Mahjong 162 12-3 Lunch & Games JHCC 1-3 Texas Hold'em 162 3-4:30 Vietnam Frazier 216	21 1:30-3:30 Somatic	
22	9-12 Woodcarving 108A 10-11 Fit & Fall 162 10-12 Field Trip to RISE 1-3 Curriculum Meeting 203 1-2:30 Thrill of it All 125 2-3 Starter Level LD CC 3-4 Beginners L1 LD CC	17 9:30-10:30 B2/Inter LD 162 10-12 Constitution 125 10:30-11:15 Recreational Music 10-30-11:30 Inter/Adv LD162 11:30-12:30 Knit Robes 203 1-3 Biking 1:30-4 Beginner Bridge 162 5:30-7 New Horizons Band	18 9-12 Woodcarving 108A 10-11 Fit & Fall 162 11-1 Taste and Share 162 1:00 Lady Niners Golf 2-3 Latin Line Dance 162 3-4:30 Performance LD 162 5:30-7 New Horizons Band	19 9:30-11 Out of Box LD 162 11-12 Oldies LD 162 12:30-2 Readers Theatre 203 1-3 Planning Mystery 125 2-4 Creative Writing 162 4-6:30 Square Dance 5-7 Winetasting at Marigolds	26 9:30-11 Out of Box LD 162 11-12 Oldies LD 162 12:30-2 Readers Theatre 125 2-4 Creative Writing 162 4-6:30 Square Dance	27 9-12 Woodcarving 108A 9-10:30 Walking Greenway 9-noon Hiking 10-12 noon Mahjong 162 1-3 Texas Hold'em 162 3-4:30 Vietnam Frazier 216	28	
29	9-12 Woodcarving 108A 10-11 Fit & Fall 162 12:45 Tour to Hospital South 2-3 Starter Level LD CC 3-4 Beginners L1 LD CC	24 9:30-10:30 B2/Inter LD 162 10:30-11:15 Recreational Music 10-30-11:30 Inter/Adv LD162 10-11 Going Green ISU 125 11:30-12:30 Knit Robes 203 1-3 Biking 1:30-3 Birding Ethiopia 125 1:30-4 Beginner Bridge 162 5:30-7 New Horizons Band	25 9-12 Woodcarving 108A 10-11 Fit & Fall 162 1:00 Lady Niners Golf 1:30-3:00 Hospital South 125 2-3 Latin Line Dance 162 3-4:30 Performance LD 162 5:30-7 New Horizons Band					

October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30-10:30 B2/Inter LD 162 10-12 Court System 125 10:30-11:15 Recreational Music 10-30-11:30 Inter/Adv LD 162 11:30-12:30 Knit Robes 203 1-3 Biking 1:30-3:30 Pottery ISU Craft Shop 1:30-4 Beginner Bridge 162 5:30-7 New Horizons Band	2 Travel: Falls Tour 9-12 Woodcarving 108A 10-11 Fit & Fall 162 2-3 Latin Line Dance 162 3-4:30 Performance LD 162 5:30-7 New Horizons Band	3 10-11 Board Meeting 162 10-11:30 Plants 125 12:30-2 Readers Theatre 203 2-4 Creative Writing 162 4-6:30 Square Dance	4 9-12 Woodcarving 108A 9-10:30 Walking Greenway 9-noon Hiking 10-12 noon Mahjong 162 1-2:30 Nathaniel Hawthorne 125 1-3 Texas Hold'em 162 3-4:30 Vietnam Frazier 216 5-6 Play Preview-Philadelphia	5 10-12 Paint Like a Master ISU Homecoming
6	7 9-12 Woodcarving 108A 10-11 Fit & Fall 162 10-11:30 Boiswara 125 1-3 Curriculum Meeting 203 2-3 Starter Level LD CC 3-4 Beginners L1 LD CC 6-7 King of Clean 125 6:30-8 Westside Players	8 9:30-10:30 B2/Inter LD 162 10:30-11:15 Recreational Music 10-30-11:30 Inter/Adv LD 162 11:30-12:30 History ISU 125 11:30-12:30 Knit Robes 203 12-2 Mystery Preparation 162 1:30-4 Competitive Bridge 203 2-4 Murder Mystery 162 5:30-7 New Horizons Band	9 9-12 Woodcarving 108A 10-11 Fit & Fall 162 2-3 Latin Line Dance 162 2:30-4 Hearing 125 3-4:30 Performance LD 162 5:30-7 New Horizons Band	10 9:30-11 Out of Box LD 162 10-11 Knitting Mustard Seed 10-11:30 Plants 125 11-12 Oldies LD 162 12:30-2 Readers Theatre 203 12:30-5 AARP Driver 125 2-4 Creative Writing 162 4-6:30 Square Dance	11 9-12 Woodcarving 108A 9-10:30 Walking Greenway 9-noon Hiking 8:30-12 AARP Driver 125 10-12 noon Mahjong 162 1-3 Texas Hold'em 162 3-4:30 Vietnam Frazier 216	12
13	14 9-12 Woodcarving 108A 10-11 Fit & Fall 162 10-11:30 Fibers/Fabrics 125 1-2:30 Magic of Poetry 125 2-3 Starter Level LD CC 3-4 Beginners L1 LD CC	15 9:30-10:30 B2/Inter LD 162 10:30-11:15 Recreational Music 10-11:30 Aaron Burr 125 11:30-11:30 Inter/Adv LD 162 11:30-12:30 Knit Robes 203 1-3 Bear Ed & Safety 125 1:30-4 Competitive Bridge 162 5:30-7 New Horizons Band	16 9-12 Woodcarving 108A 10-11 Fit & Fall 162 10-12 Curriculum Meeting 125 1-1 Taste and Share 162 2-3 Latin Line Dance 162 2-4 The Writing Life 125 3-4:30 Performance LD 162 5:30-7 New Horizons Band	17 9:30-11 Out of Box LD 162 10-11 Knitting Mustard Seed 10-11:30 Plants 125 11-12 Oldies LD 162 12:30-2 Readers Theatre 203 2-4 Creative Writing 162 4-6:30 Square Dance	18 9-12 Woodcarving 108A 9-10:30 Walking Greenway 9-noon Hiking 10-12 noon Mahjong 162 12-3 Lunch & Games JHCC 1-2:30 Magic of Poetry 125 1-3 Texas Hold'em 162 3-4:30 Vietnam Frazier 216	19 1:30-3:30 Somatic
20	21 9-12 Woodcarving 108A 10-11 Fit & Fall 162 10-11:30 Bipolar 125 1-2:30 Magic of Poetry 125 2-3 Starter Level LD CC 3-4 Beginners L1 LD CC	22 9:30-10:30 B2/Inter LD 162 10:30-11:15 Recreational Music 10-30-11:30 Inter/Adv LD 162 11-12:30 Life Lessons 125 11:30-12:30 Knit Robes 203 1:30-4 Competitive Bridge 162 5:30-7 New Horizons Band 5-7 Wine Tasting Grapevine	23 9-12 Woodcarving 108A 10-11 Fit & Fall 162 2-3 Latin Line Dance 162 2:30-4 Hearing 125 3-4:30 Performance LD 162 5:30-7 New Horizons Band	24 9:30-11 Out of Box LD 162 10-11 Knitting Mustard Seed 11-12 Oldies LD 162 12:30-2 Readers Theatre 203 2-4 Creative Writing 162 4-6:30 Square Dance	25 9-12 Woodcarving 108A 9-noon Hiking 10-12 noon Mahjong 162 1-2:30 Magic of Poetry 125 1-3 Curriculum Meeting 203 1-3 Texas Hold'em 162	26
27	28 9-12 Woodcarving 108A 8-9 Tai Chi Advanced 162 9-10 Tai Chi Basics 162 10-11 Fit & Fall 162 11-12 Oregon Trail 125 1-2:30 Moughs, Maharajahs 125 2-3 Starter Level LD CC 3-4 Beginners L1 LD CC	29 9:30-10:30 B2/Inter LD 162 10:30-11:15 Recreational Music 10-30-11:30 Inter/Adv LD 162 11:30-12:30 Knit Robes 203 1:30-4 Competitive Bridge 162 5:30-7 New Horizons Band 6-7 Technology for Seniors II 125	30 9-12 Woodcarving 108A 10-11 Fit & Fall 162 1-2:30 Last Chapter 125 2:30-4 Hearing 203/125? 2-3 Latin Line Dance 162 3-4:30 Performance LD 162 5:30-7 New Horizons Band	31 9:30-11 Out of Box LD 162 10-11 Knitting Mustard Seed 11-12 Oldies LD 162 12:30-2 Readers Theatre 125 2-4 Creative Writing 162 4-6:30 Square Dance		

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
3	4 9-12 Woodcarving 108A 8-9 T'ai Chi Advanced 162 9-10 T'ai Chi Basics 162 10-11 Fit & Fall 162 11-12 Oregon Trail 125 10-12 Cooking -Marigolds #1 1-3 Cooking -Marigolds #2 1-2-30 William Faulkner 125 2-3 Starter Level LD CC 3-4 Beginners L1 LD CC	5 9:30-10:30 B2/Inter LD 162 10:30-11:15 Recreational Music 10-30-11:30 Inter/Adv LD162 11:30-12:30 Knit Robes 203 1-3 Musical Cats 125 1:30-4 Bridge Conventions 162 5: 30 -7 New Horizons Band	6 Travel: Ogden Tour 9-12 Woodcarving 108A 10-11 Fit & Fall 162 1-2 Kirby Jonas 125 2-3 Latin Line Dance 162 3-4-30 Performance LD 162 5: 30 -7 New Horizons Band	7 10-11 Board Meeting 162 12:30-2 Readers Theatre 203 1-2 Home Health Care 125 2-4 Creative Writing 162 4-6:30 Square Dance	8 9-12 Woodcarving 108A 10-12 noon Mahjong 162 10-11:30 Hot Topics 125 12-3 Lunch & Games JHCC 1-3 Texas Hold'em 162 5-6 Play Preview-Shape	9	
10	11 9-12 Woodcarving 108A 8-9 T'ai Chi Advanced 162 9-10 T'ai Chi Basics 162 10-11 Fit & Fall 162 11-12 Oregon Trail 125 1-2-30 William Faulkner 125 2-3 Starter Level LD CC 3-4 Beginners L1 LD CC	12 9:30-10:30 B2/Inter LD 162 10:30-11:15 Recreational Music 10-30-11:30 Inter/Adv LD 162 11:30-12:30 Knit Robes 203 1:30-4 Bridge Conventions 162 2-4 Book Exchange 203 4-6 Wine -Fish Off Old Block 5: 30 -7 New Horizons Band	13 9-12 Woodcarving 108A 10-11 Fit & Fall 162 10-11 Lake Wobegon 125 1-2:30 Medicare 125 2-3 Latin Line Dance 162 3-4-30 Performance LD 162 5: 30 -7 New Horizons Band	14 9:30-11 Out of Box LD 162 10-11:30 Acupuncture 125 11-12 Oldies LD 162 12:30-2 Readers Theatre 203 1-2:30 Kingdoms 125 2-4 Creative Writing 162 4-6:30 Square Dance	15 9-12 Woodcarving 108A 10-12 noon Mahjong 162 10-12 Motion Pictures 125 1-2:30 Smart Growth 125 1-3 Texas Hold'em 162	16 1:30-3:30 Somatic	
17	18 9-12 Woodcarving 108A 8-9 T'ai Chi Advanced 162 9-10 T'ai Chi Basics 162 10-11 Fit & Fall 162 11-12 Oregon Trail 125 1-2-30 William Faulkner 125 2-3 Starter Level LD CC 3-4 Beginners L1 LD CC	19 9:30-10:30 B2/Inter LD 162 10-30-11:30 Inter/Adv LD162 11:30-12:30 Knit Robes 203 1-3 Code Talkers 125 1:30-4 Bridge Conventions 162 5: 30 -7 New Horizons Band	20 9-12 Woodcarving 108A 10-11 Fit & Fall 162 11-1 Taste and Share 162 2-3 Latin Line Dance 162 2-3:30 Yellowstone 125 3-4-30 Performance LD 162 5: 30 -7 New Horizons Band	21 9:30-11 Out of Box LD 162 10-12 Tour Shoshone Bannock 11-12 Oldies LD 162 12:30-2 Readers Theatre 125 2-4 Creative Writing 162 4-6:30 Square Dance	22 9-12 Woodcarving 108A 10-12 noon Mahjong 162 1-3 Texas Hold'em 162	23	
24	25 9-12 Woodcarving 108A 8-9 T'ai Chi Advanced 162 9-10 T'ai Chi Basics 162	26 11:30-12:30 Knit Robes 203 5: 30 -7 New Horizons Band	27 9-12 Woodcarving 108A 5: 30 -7 New Horizons Band	28 Thanksgiving ISU Holiday	29 ISU Holiday	30	

December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 FYI—Festival of Trees Tues., Dec 3—Sat., Dec 7	2 9-12 Woodcarving 108A 8-9 T'ai Chi Advanced 162 9-10 T'ai Chi Basics 162 10-11:30 Bear Fun 125	3 10-11 Benefits of Massage 125 11:30-12:30 Knit Robes 203 1:30-4 Bridge Conventions 162 5:30 -7 New Horizons Band	4 9-12 Woodcarving 108A 1-2:30 Eye Problems 125 5:30 -7 New Horizons Band Senior Day at Festival of Trees, Free Admission	5 10-11 Board Meeting 162 12:30-2 Readers Theatre 203 1-2:30 Biggest Fish 125 4-6:30 Square Dance	6 9-12 Woodcarving 108A 10-12 noon Mahjong 162 1-3 Texas Hold'em 162	7
8	9 9-12 Woodcarving 108A 8-9 T'ai Chi Advanced 162 9-10 T'ai Chi Basics 162 NKA Spring 2014 Catalog will be mailed	10 2-4 Art with Bob Beason 125 5:30 -7 New Horizons Band	11 9-12 Woodcarving 108A 10-11 Standing Guard 125 5:30 - 7 New Horizons Band	12 12:30-2 Readers Theatre 203 4-6:30 Square Dance	13 9-12 Woodcarving 108A 10-12 noon Mahjong 162 12-3 Lunch & Games JHCC 1-3 Texas Hold'em 162	14
15	16 9-12 Woodcarving 108A 8-9 T'ai Chi Advanced 162 9-10 T'ai Chi Basics 162	17 5:30 -7 New Horizons Band	18 9-12 Woodcarving 108A 5:30 -7 New Horizons Band	19 12:30-2 Readers Theatre 125 4-6:30 Square Dance Deadline for Spring 2014 Registration	20 9-12 Woodcarving 108A 9-noon Hiking/Snowshoe 1-3 Texas Hold'em 162	21
22	23	24 ISU Holiday	25 Christmas ISU Holiday	26 ISU Holiday	27 ISU Holiday	28
29	30 ISU Holiday	31 ISU Holiday	New Year's Day January 1, 2014 ISU Holiday	ISU Staff returns	SPECIAL NOTE: First Travel Trip for 2014 Boise, Idaho Overnighter Thurs, Feb 6 - Fri, Feb 7	

Please Print

Please circle one: New member Previous Member

Name _____

Address _____

City/State/Zip _____

Daytime Phone _____ Evening Phone _____ Cell Phone _____

E-Mail _____

Preferred method of contact: Phone ___ or E-mail ___

Preferred method of registration receipt: Mailed ___ or E-mailed ___

Registration due by August 23

Three options are available to register:

① By mail:

Idaho State University
Division of Continuing Education & Conference
Services
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) \$ _____

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.

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

- curriculum travel social publicity communications history

Thank you for checking an area to become involved.

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 or Participant

Crafts & Hobbies	<input type="checkbox"/> Wood Carving (choose)	3101	Health & Wellness	<input type="checkbox"/> Medicaid Expansion	3204
	<input type="checkbox"/> section 1– Wed. Beginning			<input type="checkbox"/> Secrets of Successful Aging	3147
	<input type="checkbox"/> section 2– Mon. Returning			<input type="checkbox"/> Somatic Movement Workshops (choose)	3162
	<input type="checkbox"/> section 3– Fri. Returning			<input type="checkbox"/> section 1 Sept. 21	
	<input type="checkbox"/> Hand built pottery	3165		<input type="checkbox"/> section 2 Oct. 19	
	<input type="checkbox"/> Post Crossing	3189		<input type="checkbox"/> section 3 Nov. 16	
	<input type="checkbox"/> Silk Painting	3216		<input type="checkbox"/> Understanding Hearing & Hearing Loss	3187
Fitness & Motion	<input type="checkbox"/> Knitting Lap Robes	3196	<input type="checkbox"/> Bipolar Disorders	3177	
	<input type="checkbox"/> Paint Like A Master	3198	<input type="checkbox"/> Eat More and Weigh Less	3185	
	<input type="checkbox"/> Knitting	3102	<input type="checkbox"/> Home Health Care	3195	
	<input type="checkbox"/> Starter Level Line Dancing	3111	<input type="checkbox"/> Yearly Update on Medicare	3167	
	<input type="checkbox"/> Beginner Line Dancing	3112	<input type="checkbox"/> An Alternative: Acupuncture	3200	
	<input type="checkbox"/> Beginner2/Intermediate Line Dancing	3113	<input type="checkbox"/> Benefits of Massage Therapy	3174	
	<input type="checkbox"/> Intermediate/Advanced Line Dancing	3114	<input type="checkbox"/> Vision and Eye Problems	3166	
	<input type="checkbox"/> Performance Line Dancing	3108	<input type="checkbox"/> Rhetoric of the Vietnam War	3131	
	<input type="checkbox"/> Out of the Box Line Dancing	3109	<input type="checkbox"/> The FBI: A History of the FBI	3173	
	<input type="checkbox"/> Oldies but Goodies Line Dancing	3110	<input type="checkbox"/> The Constitution In General	3191	
	<input type="checkbox"/> Latin Line Dancing	3107	<input type="checkbox"/> History of State Hospital South	3178	
	<input type="checkbox"/> Round & Square Dancing	3105	<input type="checkbox"/> Our Court System from Colonial Times	3192	
	<input type="checkbox"/> Lady Niners Golf	3116	<input type="checkbox"/> The Unknown History of ISU	3145	
	<input type="checkbox"/> Road Bicycle Touring	3117	<input type="checkbox"/> Aaron Burr	3151	
	<input type="checkbox"/> Fit & Fall Proof	3106	<input type="checkbox"/> Moghuls, Maharajahs & Viceroy	3190	
	<input type="checkbox"/> Hiking/Snowshoeing	3118	<input type="checkbox"/> The Establishment/ Oregon Trail Part I	3158	
	<input type="checkbox"/> Walking The Greenway	3115	<input type="checkbox"/> Ancient Kingdoms	3205	
<input type="checkbox"/> T'ai Chi Chih Basics	3103	<input type="checkbox"/> Codes & other Cryptic & Clandestine Com.	3184		
<input type="checkbox"/> T'ai Chi Chih Advanced	3104	<input type="checkbox"/> Yellowstone Park	3175		
Food & Beverage	<input type="checkbox"/> International Cuisine Planning	3119	<input type="checkbox"/> Catching the Biggest Fish/Permian Sea	3137	
	<input type="checkbox"/> Taste & Share	3197	<input type="checkbox"/> Standing Guard: Buffalo Soldiers	3164	
	<input type="checkbox"/> Wine Tasting at Marigolds	3120	<input type="checkbox"/> S. R. New Horizon Band Intro. Meeting	3131	
	<input type="checkbox"/> Wine Tasting at the Grapevine	3122	<input type="checkbox"/> S. R. New Horizon Band Practice	3133	
	<input type="checkbox"/> Wine Tasting at Fish off the Old Block	3123	<input type="checkbox"/> NKA Readers Theater	3134	
Games	<input type="checkbox"/> Cooking Ideas for the Holidays (choose)	3121	<input type="checkbox"/> Speakers Luncheon	3208	
	<input type="checkbox"/> section 1 - Mon. Nov. 4 (morning)		<input type="checkbox"/> Recreational Music for Seniors	3193	
	<input type="checkbox"/> section 2 - Mon. Nov. 4 (afternoon)		<input type="checkbox"/> Murder in Sin City	3176	
	<input type="checkbox"/> Bridge for Beginners	3128	<input type="checkbox"/> Preview to the Philadelphia Story	3135	
	<input type="checkbox"/> Mahjong	3125	<input type="checkbox"/> Backstage with the Westside Players	3154	
	<input type="checkbox"/> Texas Hold'em	3127	<input type="checkbox"/> Preview to The Shape of Things	3211	
	<input type="checkbox"/> Lunch & Games (choose)	3126	<input type="checkbox"/> Where is Lake Wobegon	3163	
	<input type="checkbox"/> section 1 - Fri. Sept. 20		<input type="checkbox"/> The Power of Motion Pictures	3199	
	<input type="checkbox"/> section 2 - Fri. Oct. 18		<input type="checkbox"/> Montana - Gates of the Mountains	3139	
	<input type="checkbox"/> section 3 - Fri. Nov. 8		<input type="checkbox"/> Field Trip to RISE	3206	
<input type="checkbox"/> section 4 - Fri. Dec. 13		<input type="checkbox"/> Tour of State Hospital South	3179		
<input type="checkbox"/> Competitive Bridge Bidding	3209	<input type="checkbox"/> Falls Tour Day Trip	3140		
<input type="checkbox"/> Bridge Conventions	3210	<input type="checkbox"/> Ogden Tour Day Trip	3134		
General Interest	<input type="checkbox"/> Common Core Standards	3182	<input type="checkbox"/> Tour of ShoShone Bannock Museum	3157	
	<input type="checkbox"/> ISU Tree Walk	3203	<input type="checkbox"/> Boise Idaho Overnighter	3142	
	<input type="checkbox"/> Update/Pocatello Animal Shelter	3186	<input type="checkbox"/> Alexander McCall Smith - Botswana	3181	
	<input type="checkbox"/> Federal Reserve Creating Another Bubble	3170	<input type="checkbox"/> Low Impact Creative Writing	3136	
	<input type="checkbox"/> Birding in Ethiopia	3152	<input type="checkbox"/> Voice of the Valley	3153	
	<input type="checkbox"/> Going Green at ISU	3138	<input type="checkbox"/> The Thrill of it All	3160	
	<input type="checkbox"/> Plants and Plant Books	3194	<input type="checkbox"/> Haunted by History: Nathaniel Hawthorne	3171	
	<input type="checkbox"/> Botswana	3180	<input type="checkbox"/> The Magic of Poetry	3146	
	<input type="checkbox"/> King of Clean	3172	<input type="checkbox"/> The Writing Life	3143	
	<input type="checkbox"/> AARP Driver Refresher	3130	<input type="checkbox"/> The Last Chapter	3161	
	<input type="checkbox"/> The Fascinating World Fibers & Fabrics	3159	<input type="checkbox"/> T.S. Elliot's "Old Possum"	3183	
	<input type="checkbox"/> Bear Education and safety	3156	<input type="checkbox"/> Two Afternoons with William Faulkner	3150	
	<input type="checkbox"/> Life & Leadership...Griffith & Gaga	3168	<input type="checkbox"/> The Old West by Kirby Jonas	3144	
	<input type="checkbox"/> Technology for Seniors II	3188			
	<input type="checkbox"/> Hot Topics/International World	3155			
	<input type="checkbox"/> Book Exchange	3129			
	<input type="checkbox"/> Smart Growth	3201			
	<input type="checkbox"/> Bear Fun	3169			
	<input type="checkbox"/> Art with Bob Beason	3207			
				History	
				Music & Theatre	
				Travel	
				Writing	

Please Print

Please circle one: New member Previous Member

Name _____

Address _____

City/State/Zip _____

Daytime Phone _____ Evening Phone _____ Cell Phone _____

E-Mail _____

Preferred method of contact: Phone ___ or E-mail ___

Preferred method of registration receipt: Mailed ___ or E-mailed ___

Registration due by August 23

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❶ By mail:

Idaho State University
Division of Continuing Education & Conference
Services
921 S 8th Ave. STOP 8062
Pocatello ID, 83209

❷ In person at:

1001 N 7th Ave. Suite 202

❸ Online at:

cetrain.isu.edu

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

FAX: 208-282-5894 ATTN Shirley

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\$35 per person/per semester \$ _____

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

Class fees
Square Dance (\$5) \$ _____

Total Due \$ _____

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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 or Participant

Crafts & Hobbies	<input type="checkbox"/> Wood Carving (choose)	3101	Health & Wellness	<input type="checkbox"/> Medicaid Expansion	3204
	<input type="checkbox"/> section 1– Wed. Beginning			<input type="checkbox"/> Secrets of Successful Aging	3147
	<input type="checkbox"/> section 2– Mon. Returning			<input type="checkbox"/> Somatic Movement Workshops (choose)	3162
	<input type="checkbox"/> section 3– Fri. Returning			<input type="checkbox"/> section 1 Sept. 21	
	<input type="checkbox"/> Hand built pottery	3165		<input type="checkbox"/> section 2 Oct. 19	
	<input type="checkbox"/> Post Crossing	3189		<input type="checkbox"/> section 3 Nov. 16	
	<input type="checkbox"/> Silk Painting	3216		<input type="checkbox"/> Understanding Hearing & Hearing Loss	3187
Fitness & Motion	<input type="checkbox"/> Knitting Lap Robes	3196	<input type="checkbox"/> Bipolar Disorders	3177	
	<input type="checkbox"/> Paint Like A Master	3198	<input type="checkbox"/> Eat More and Weigh Less	3185	
	<input type="checkbox"/> Knitting	3102	<input type="checkbox"/> Home Health Care	3195	
	<input type="checkbox"/> Starter Level Line Dancing	3111	<input type="checkbox"/> Yearly Update on Medicare	3167	
	<input type="checkbox"/> Beginner Line Dancing	3112	<input type="checkbox"/> An Alternative: Acupuncture	3200	
	<input type="checkbox"/> Beginner2/Intermediate Line Dancing	3113	<input type="checkbox"/> Benefits of Massage Therapy	3174	
	<input type="checkbox"/> Intermediate/Advanced Line Dancing	3114	<input type="checkbox"/> Vision and Eye Problems	3166	
	<input type="checkbox"/> Performance Line Dancing	3108	History	<input type="checkbox"/> Rhetoric of the Vietnam War	3131
	<input type="checkbox"/> Out of the Box Line Dancing	3109		<input type="checkbox"/> The FBI: A History of the FBI	3173
	<input type="checkbox"/> Oldies but Goodies Line Dancing	3110		<input type="checkbox"/> The Constitution In General	3191
	<input type="checkbox"/> Latin Line Dancing	3107		<input type="checkbox"/> History of State Hospital South	3178
	<input type="checkbox"/> Round & Square Dancing	3105		<input type="checkbox"/> Our Court System from Colonial Times	3192
	<input type="checkbox"/> Lady Niners Golf	3116		<input type="checkbox"/> The Unknown History of ISU	3145
	<input type="checkbox"/> Road Bicycle Touring	3117		<input type="checkbox"/> Aaron Burr	3151
	<input type="checkbox"/> Fit & Fall Proof	3106		<input type="checkbox"/> Moghuls, Maharajahs & Viceroy	3190
	<input type="checkbox"/> Hiking/Snowshoeing	3118		<input type="checkbox"/> The Establishment/ Oregon Trail Part I	3158
	<input type="checkbox"/> Walking The Greenway	3115		<input type="checkbox"/> Ancient Kingdoms	3205
<input type="checkbox"/> T'ai Chi Chih Basics	3103	<input type="checkbox"/> Codes & other Cryptic & Clandestine Com.		3184	
<input type="checkbox"/> T'ai Chi Chih Advanced	3104	<input type="checkbox"/> Yellowstone Park		3175	
Food & Beverage	<input type="checkbox"/> International Cuisine Planning	3119		<input type="checkbox"/> Catching the Biggest Fish/Permian Sea	3137
	<input type="checkbox"/> Taste & Share	3197		<input type="checkbox"/> Standing Guard: Buffalo Soldiers	3164
	<input type="checkbox"/> Wine Tasting at Marigolds	3120	Music & Theatre	<input type="checkbox"/> S. R. New Horizon Band Intro. Meeting	3131
	<input type="checkbox"/> Wine Tasting at the Grapevine	3122		<input type="checkbox"/> S. R. New Horizon Band Practice	3133
	<input type="checkbox"/> Wine Tasting at Fish off the Old Block	3123		<input type="checkbox"/> NKA Readers Theater	3134
	<input type="checkbox"/> Cooking Ideas for the Holidays (choose)	3121		<input type="checkbox"/> Speakers Luncheon	3208
	<input type="checkbox"/> section 1 - Mon. Nov. 4 (morning)			<input type="checkbox"/> Recreational Music for Seniors	3193
<input type="checkbox"/> section 2 - Mon. Nov. 4 (afternoon)		<input type="checkbox"/> Murder in Sin City		3176	
<input type="checkbox"/> Bridge for Beginners	3128	<input type="checkbox"/> Preview to the Philadelphia Story		3135	
<input type="checkbox"/> Mahjong	3125	<input type="checkbox"/> Backstage with the Westside Players		3154	
<input type="checkbox"/> Texas Hold'em	3127	<input type="checkbox"/> Preview to The Shape of Things		3211	
<input type="checkbox"/> Lunch & Games (choose)	3126	<input type="checkbox"/> Where is Lake Wobegon		3163	
Games	<input type="checkbox"/> section 1 - Fri. Sept. 20		<input type="checkbox"/> The Power of Motion Pictures	3199	
	<input type="checkbox"/> section 2 - Fri. Oct. 18		Travel	<input type="checkbox"/> Montana - Gates of the Mountains	3139
	<input type="checkbox"/> section 3 - Fri. Nov. 8			<input type="checkbox"/> Field Trip to RISE	3206
	<input type="checkbox"/> section 4 - Fri. Dec. 13			<input type="checkbox"/> Tour of State Hospital South	3179
	<input type="checkbox"/> Competitive Bridge Bidding	3209		<input type="checkbox"/> Falls Tour Day Trip	3140
<input type="checkbox"/> Bridge Conventions	3210	<input type="checkbox"/> Ogden Tour Day Trip		3134	
General Interest	<input type="checkbox"/> Common Core Standards	3182	<input type="checkbox"/> Tour of ShoShone Bannock Museum	3157	
	<input type="checkbox"/> ISU Tree Walk	3203	<input type="checkbox"/> Boise Idaho Overnighter	3142	
	<input type="checkbox"/> Update/Pocatello Animal Shelter	3186	Writing	<input type="checkbox"/> Alexander McCall Smith - Botswana	3181
	<input type="checkbox"/> Federal Reserve Creating Another Bubble	3170		<input type="checkbox"/> Low Impact Creative Writing	3136
	<input type="checkbox"/> Birding in Ethiopia	3152		<input type="checkbox"/> Voice of the Valley	3153
	<input type="checkbox"/> Going Green at ISU	3138		<input type="checkbox"/> The Thrill of it All	3160
	<input type="checkbox"/> Plants and Plant Books	3194		<input type="checkbox"/> Haunted by History: Nathaniel Hawthorne	3171
	<input type="checkbox"/> Botswana	3180		<input type="checkbox"/> The Magic of Poetry	3146
	<input type="checkbox"/> King of Clean	3172		<input type="checkbox"/> The Writing Life	3143
	<input type="checkbox"/> AARP Driver Refresher	3130		<input type="checkbox"/> The Last Chapter	3161
	<input type="checkbox"/> The Fascinating World Fibers & Fabrics	3159		<input type="checkbox"/> T.S. Elliot's "Old Possum"	3183
	<input type="checkbox"/> Bear Education and safety	3156		<input type="checkbox"/> Two Afternoons with William Faulkner	3150
	<input type="checkbox"/> Life & Leadership...Griffith & Gaga	3168	<input type="checkbox"/> The Old West by Kirby Jonas	3144	
	<input type="checkbox"/> Technology for Seniors II	3188			
	<input type="checkbox"/> Hot Topics/International World	3155			
	<input type="checkbox"/> Book Exchange	3129			
	<input type="checkbox"/> Smart Growth	3201			
	<input type="checkbox"/> Bear Fun	3169			
	<input type="checkbox"/> Art with Bob Beason	3207			