

A MESSAGE FROM THE NKA PRESIDENT

Welcome to the New Year of 2014. We have had a great fall semester and can't wait to get started with the Spring Semester. During the fall semester we topped enrollment with over 490 members. The spring semester is usually lower in enrollment because of our snowbird members who leave in late fall and don't come home until April. We wish them well, but will continue with our wonderful class offerings this spring. So get ready to sign up and keep yourself active and learning during the cold winter days in the coming months.

We had several popular travel activities during the fall. Both the trip to Montana in September and the Mesa Falls tour were met with rave reviews. A huge thank you to the Travel committee and all the hard work they do to provide us with fun and interesting travel experiences.

Once again I am asking you a special favor! 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 members 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!!!

The Board of Directors has been working hard this fall. We have worked on updating the Policy and Procedures Manual and have that almost completed. We have re-typed and archived all of the job descriptions for the various offices and committee chairpersons. We have developed a new job description for the Travel Committee chairperson. We have also re-typed and archived the Bylaws of New Knowledge Adventures and are in the process of developing a new Memorandum of Understanding and Agreement with Idaho State University. It has been a busy fall and we look forward to continuing our efforts this spring in making NKA the positive learning experience you desire.

Thank you for your continued support and let us know what your likes and interests are by contacting your Curriculum Committee members with your suggestions. I am looking forward to seeing you in our spring classes.

Marjean Waford
NKA President

Annual NKA Meeting/ Luncheon, Wednesday, May 14, 2014 11:30 a.m.

We 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. The Annual NKA Meeting/Luncheon Invitations will be sent out to all NKA members.

Officers

President: Marjean Waford	237-4367
President Elect: John Carlson	237-0635
Secretary: Marilyn Ames	(208) 705-8451
Treasurer: Barbara Harcus	(419) 297-0732
Members-at-Large:	
Marg Griffin	233-1898
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
Publicity: Virginia Kelly	232-7417
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

cover photograph by
Lynn Hebdon

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New Knowledge Adventures
Idaho State University
Continuing Education/
Workforce Training
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 50 years of age or older to explore new ideas in an informal, noncompetitive environment.

HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?

Fill out the 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 spring semester begins in January and continues through May. Membership is by semester and fees are due each semester. Membership allows you to participate in any of the classes listed. Membership is open to anyone 50 years of age or older in pursuit of lifelong learning. There is no previous educational requirement. For additional membership information call 282-2789, Monday–Friday between 8:00 a.m. and 5:00 p.m.

NKA MEMBERSHIP CLASS REQUESTS

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

NOTICE

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

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

The views and opinions expressed in presentations are those of the instructor and do not necessarily reflect the policy or position of the NKA governing board

THANKS TO OUR INSTRUCTORS & FACILITATORS

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

PARKING

Parking is free at the Continuing Education Building but on campus only after 4:00 p.m. If you will be attending daytime classes on campus, you will need a parking permit which is good in all the General Lots. The cost of a parking permit through NKA is \$5 and will be mailed with the registration receipt, or you can buy one in person at the Continuing Education Office. This permit is good for the entire year.

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

NKA learning tree logo by
Erica Lothspeich

FACILITATORS TRAINING (#3515)

Wednesday: January 15

2 – 3 p.m. • CE 125

Facilitator: Mary Spinner 241-7258

NKA members, we need your help. The NKA Curriculum Committee has the daunting responsibility of planning, contacting instructors, and organizing interesting lifelong learning classes for each semester. There are usually 10 – 20 NKA members who serve on the Curriculum Committee. With over 100 classes, that means committee members may facilitate from 5 to 15 classes. We need the help of the general membership to lighten that load and facilitate some of the classes. Serving as a facilitator is not a difficult task and involves very little time.

This training will cover the basics of facilitating a class, and should not last longer than ½ hour. Light refreshments will be served. Please help by offering your service to keep NKA a vital program which provides rewarding and interesting lifelong learning opportunities for many in Southeastern Idaho.

Crafts & Hobbies

Hand-built Pottery (#3165)

Tuesday: Jan. 21 & Feb. 11

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

Class Limit: 15

Note: Parking permit is required to park on campus.

Knitting Lap Robes for PMC (#3196)

Tuesday: Jan. 21 – May 6

11:30 a.m. – 12:30 p.m.

CE 203

Facilitator: Pauline Havens 234-8517

The knitting sessions are continuing every Tuesday from 11:30-12:30 to knit (or crochet) squares for lap robes, baby hats and other items for PMC. If you like to knit or crochet, join us for an hour of fun. It is not necessary to be there every week. Instructions and yarn provided. Please bring #8 needles. Donations of acrylic yarn gladly accepted.

Woodcarving (#3101)

Section 1 – Beginning

Wednesday: Jan. 22 – May 14

9-12 noon

CE 108A

Instructors: Diane Porter & Shorty Miller

Facilitator: Diane Porter 238-0762

Section 2 – Returning Carvers

Monday: Jan. 27 – May 12

9-12 noon

CE 108A

Instructors: Diane Porter & Shorty Miller

Facilitator: Diane Porter 238-0762

Section 3 – Returning Carvers

Friday: Jan. 24 – May 16

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 fee of \$10 is to be paid to the facilitator at the first class meeting. Class limit: 13

Crazy Quilts for Beginners (#3291)

Thursday: Jan. 30, Feb. 6, Feb. 13

1 to 3 p.m.

CE 203

Instructor: B.J. Sandusky

Facilitator: Marjean Waford

In this class you will learn how to coordinate fabrics and attach to foundation pieces. Embroidery stitches for each seam will be part of the lessons. The class also includes instruction on how to embellish the fabric with other items. BJ has been crazy quilting since 1998 and has taken classes and taught classes in this process. There will be a fee for the class which will cover the foundation fabric, numerous pieces of fabrics, threads, buttons, beads, etc. With these items, we will learn how to coordinate fabrics and attach to a foundation piece.

If you have a portable sewing machine, please bring it to class. We will also do a lot of hand stitching. You should also bring sewing scissors, white thread, various needles (like chenille and tapestry needles). A handout of general crazy quilt patterns will be provided.

Class fee: \$20

Class Limit: 10

Silk Painting (#3216)

Monday, Feb. 24

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 want to learn the art of painting silk. You will paint on a pre-stretched piece of silk mounted on a 10 inch metal hoop ring. Your finished project could be hung in a window or incorporated in a fabric creation. Bring a simple design of your own or use one of ours. You will learn techniques of silk painting, including the use of wax resist and salt for some amazing effects. Mary Miller, the ISU Craft Shop director, will also share what the ISU Craft Shop has to offer to the public. The ISU Craft Shop is “Where all your creativity and craft

projects will unfold.” All materials are included in the class fee. This is a one session class.

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

Class Limit: 18

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

Antique Road Show (#3216)

Tuesday: March 4

9 a.m. – 12 noon

CE 125

Instructor: Jerry Craven

Facilitator: Linda Fairchild 251-2586

Prepare yourself for fun and information. For many years Jerry Craven has been a leading antique dealer in Pocatello and the surrounding area. We are honored to have him consent to offer a lecture on antiques. He is knowledgeable about glass, pottery, furniture, tools, toys and more. Those registered may bring one item to be evaluated by Jerry. A class you do not want to miss.

Class Limit: 40

The Art of Chinese Calligraphy (#3217)

Wednesday: March 5

10 – 11:30 a.m.

CE 125

Instructor: Dr. Shu-Yuan Lin

Facilitator: Angela Luckey 237-2610

This class will introduce the art of Chinese Calligraphy. It will show the evolution and creation of Chinese writing. Examples will be given of calligraphy as art.

Knitting (#3102)

Thursday: March 6, 13, 20, 27

10 – 11 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

Paint like a Master (#3198)

Saturday: March 8

10 a.m. – 12 noon

Pocatello Art Center, 444 N. Main

Instructor/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 fee: A fee of \$12, paid at the door, will cover supplies (paint, canvas and brushes).

Class limit: 12

Gourd Birdhouse (#3218)

Saturday: April 26

9 a.m. – 4 p.m.

Rm. CE 108A

Instructor: Teri Henderson

Facilitator: Shorty Miller 233-7285

Spring is in the air – join us to make a beautiful gourd birdhouse. Design placement, wood burning, painting and some cutting is involved in this class, plus a whole lot of fun.

Class fee: \$10

Class Limit: 8



Fitness & Motion

Fit and Fall Proof (#3106)

Wednesday: Jan 22 – March 19

9:30 – 10:30 a.m.

CE 162

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

Class limit: 35

Square Dance (#3105)

Thursday: Jan. 23 – May 15

4 – 6 p.m.

Sullivan's Rec Hall, 1935 South 5th

Instructor: Steve Sullivan

Facilitator: Sondra Dunkle 904-4925

Instruction and practice in square dancing. Appropriate for beginner through plus level. These lively and fun classes offer physical, mental and social stimulation for all. Wear soft-soled, comfortable dance shoes. Costumes not required, but women often prefer to wear skirts. Partners are encouraged but not mandatory.

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

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

Round Dance (#3105)

Thursday: Jan. 23 – May 15

6 – 7 p.m.

Sullivan's Rec Hall, 1935 South 5th

Instructor: Steve Sullivan

Facilitator: Sondra Dunkle 904-4925

Instruction and practice in Round Dance. Round dance is a very pretty form of couples dance, with moves similar to ballroom, but with a caller. Couples dance while progressing in a circular pattern on the dance floor. Steve will teach the steps and dances, to include waltz, two-step, cha-cha, and many other interesting moves. This is a wonderful opportunity to learn to round dance, and at a very good price. One would otherwise have to travel to Rupert to find instruction in round dance, and here it is available right in Pocatello! Having a partner is useful, but several of the participants already know how to dance both the male or female parts, and may fill in for someone without a partner. Wear comfortable, soft sole shoes for dance. Women often prefer to dance in skirts.

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

Snow Shoeing/ Hiking (#3118)

Snow Shoeing

Friday: Jan. 24, Feb. 21, & March 21

12 – 3 p.m.

Continuing Education/Trail Heads to be determined

Hiking

Friday: April 11 – May 16

12 – 3 p.m.

Continuing Education/Trail Heads to be determined

Instructor: Lynn Hebdon

Facilitator: Bill Steckbauer, 233-4286

On Jan. 24 we 'hopefully' should be able to do our first snow shoe trip of the winter season that will set the stage for snowshoeing through March. During April and May we will take advantage of spring 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. 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 or snowshoe adventures 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.

T'ai Chi Chih – Beginners (#3103)

Monday: Jan. 27 – March 17

9 – 10 a.m.

CE 162

Instructor: Lynn Hebdon 339-4841

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 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

T'ai Chi Chih – Advanced (#3104)

Monday: Jan. 27 – March 17

10 – 11 a.m.

CE 162

Instructor: Lynn Hebdon 339-4841

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

Class Limit: 40

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.

Line Dancing Starter Level (#3111)

Mondays: Feb. 3 – April 14

2 – 3 p.m.

Congregational Church (corner of Garfield and Lander)

Instructors: Bob Schaffner and Marti Collins

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 and rhythms, which will help to build memory, so you will get both physical and mental exercise. If you have line danced before and want to practice some easy dances just for “kicks”, you are welcome to join us! This class is for guys and gals. Tennis or soft-soled shoes are required in order to avoid scuffing the polished hard-wood floor in the church’s gym.

Line Dancing Level 1 Beginner (#3112)

Monday: Feb. 3 – April 14

3 – 4 p.m.

Congregational Church (corner of Garfield and Lander)

Instructors: Susan Cramer and Nancy Frank

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.

**Maybe being oneself is
an acquired taste.**

Patricia Hampl

Line Dancing Beginner 2/Intermediate (#3113)

Tuesday: Feb. 4 – April 15

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: 30

Line Dancing Intermediate/ Advanced (#3114)

Tuesday: Feb. 4 – April 15

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.

Class limit: 30

Latin Line Dancing (#3107)

Wednesday: Feb. 5 – April 16

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

(continued on next page)

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

Performance Line Dancing (#3108)

Wednesday: Feb. 5 – April 16

3-4:30 p.m.

CE 162

Instructor: Lucy Bonman

Facilitator: Marjean Waford 237-4367

Latin line dancing is 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)

Thursday: Feb. 6 - April 17

9:30 – 11 a.m.

CE 162

Instructor: Jan Green and Joyce DeGarlais

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!

Class Limit: 30



Oldies but Goodies Line Dance (#3110)

Thursday: Feb. 6 –April 17

11-12 p.m.

CE 162

Instructors: Sue Schaffner

Judy Liday

Tom Baxter

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.

Class limit: 30

Walking the Greenway (#3115)

Friday: April 4 – May 9

9 – 10:30 a.m.

CE Parking Lot

Facilitator: Sandra Babb 238-2034

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.

Lady Niners Golf for Spring (#3116)

Wednesday: April 30 – May 28

Lessons at 12 noon, Golf : 1– 4:00 p.m.

Riverside Golf Course

Instructors: Greg Albright and Charles Clinton

Facilitators: Linda Lindley 473-4903

Roma Hurley 242-6021

Ladies, spring is a great time for golf. It is a beautiful time of the year in Idaho. This is a continuation of the fall 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 spring!!!

Tennis (#3219)

Monday: May 12, 19, 26

11 a.m. – 2 p.m.

Raymond Park

Facilitator: Linda Lindley 473-4903

Do you wish you could or would like to be part of a tennis group/league? Have you played a million years ago and would love to get started again? This is a great class with great people who would love others to join, hopefully to have a league some day. If you have never played but would like to learn, just call Juniper Hills and pick up a few lessons. Class participants will be grouped by ability.

Road Bicycle Touring (#3117)

Tuesday: May 20 & 27

1 – 4 p.m. (variable ending time)

Starting locations/routes to be determined

Facilitator: Linda Lindley 473-4903

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. 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. 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.

**"I'd give up chocolate,
but I'm no quitter."**

Unknown

Food & Beverage

"Secrets of Sushi" with Sumisu Chef Daniel Russo (#3220)

Monday: Jan. 27

9 – 10:30 a.m.

Sumisu Restaurant 309 E Center

Instructor: Chef Daniel Russo

Facilitator: JoAn Dilweg 232-2656

Japanese cuisine is the food—ingredients and way of eating—of Japan. The traditional food of Japan is based on rice with miso soup and side dishes, served separately with an emphasis on seasonal ingredients. The side dishes often consist of fish, pickled vegetables, and vegetables cooked in broth. Fish is common in the traditional cuisine. Seafood and vegetables are also deep-fried in a light batter as tempura. Japan has an indigenous form of sweets called wagashi, which include ingredients such as red bean paste, as well as its indigenous rice wine sake. Japanese cuisine, particularly sushi, has now become popular throughout the world. Chef Daniel Russo will share his "Secrets of Sushi."

International Cuisine Planning (#3119)

Monday: Jan. 27

1 – 2 p.m.

CE 203

Facilitators: Marilyn Edwards 237-0751

Marjean Waford 233-7081

Ruth Dyer 232-0479

Liz Meske 234-1544

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.

Cabin Fever? Let's Cook Up Some New Foods! (#3221)

Section 1

Monday: Feb. 3

10 a.m. – 12 p.m.

Marigolds - 1800 Flandro Drive, Suite 330

Instructor: Jean Christensen

Facilitator: Sharon Manning 233-9425

Section 2

Monday: Feb. 3

1 – 3 p.m.

Marigolds - 1800 Flandro Drive, Suite 300

Instructor: Jean Christensen

Facilitator: Sharon Manning 233-9425

Do you have cabin fever? We have the solution: savory homemade soups with fresh homemade breads. Come share the experience and gather new recipes. Register for one section.

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

Taste and Share (#3197)

Wednesday: Feb. 5, March 5, April 30

11:30 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

Chocolate and Wine (#3120)

Thursday: Feb. 13

5 – 7 p.m.

Marigolds - 1800 Flandro Drive, Suite 300

Instructor: Jean Christensen

Facilitator: Sharon Manning 233-9425

What goes together better than chocolate and wine? Jean will provide the perfect pairings for us to savor while enjoying good company with one another. Happy Valentine's Day

Class fee: \$12 paid at the door

Italian Cooking with Greg (#3222)

Monday: March 3

3 – 6 p.m.

College of Technology Culinary Arts Kitchen

Instructor: Greg Grasso

Facilitator: Jane Riley 237-6801

Greg has been cooking since he was five. His passion for Italian immigrant food started with recipes from his mother, grandmothers, aunts and uncles. He'll share some of his family secrets while we prepare dinner.

Class fee: \$15.00

International Beer Tasting at the Wine Garden (#3223)

Tuesday: March 11

4 – 6 p.m.

The Wine Garden 310 N. Meridian Suite B, Blackfoot

Instructor: Cathy Southern

Facilitator: Mary Spinner 241-7258

Taste beers from around the world! This class will feature ten beers for your tasting experience. Come and visit Spain, Brazil, Japan, Germany, England, Jamaica, Italy, Ireland, Mexico, and Canada as you enjoy brews from each country. Light snacks will also be provided.

Class fee: \$15.00, paid at the door.

Class limit 40

Wine Tasting at the Grapevine (#3122)

Tuesday: April 8

5 – 7 p.m.

The Grapevine, 466 South 5th

Instructor: Kathleen Hughes

Facilitator: Pauline Havens 234-8511

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

Class fee: \$7.50 paid at the door

Portneuf Brewery Taste & Tour (#3224)

**Tuesday: April 29
5 – 7 p.m.**

Portneuf Brewery

Instructor: Penny Pink

Facilitator: Barb Bain 232-3415

Come enjoy a pizza and salad buffet dinner while tasting a variety of beers hand-crafted by Portneuf Valley Brewing. Learn about the history of brewing in Pocatello and the evolution of the Portneuf Valley Brewing. Dinner and the beer tasting will conclude with a tour of the brewing operations. Participants are invited to stay for the acoustic jam session that starts at 7:30 p.m. in the loft.

Class fee:\$20 per person (includes pizza, beer, salad, tax and gratuity) Facilitators will contact classmembers for payment prior to class.

Class limit: 20

Dutch Oven Cooking (#3225)

Thursday: May 8

3 – 6 p.m.

Empire Park, N. 18th and Davis

Instructors: Allan & Kathy Priddy

Facilitators: Mel & Barbara Nicholls 233-0714

Dutch oven cooking is not hard and the food can be absolutely delicious! The class will start with a lecture which will teach you how to cook in a Dutch oven. A handout, including recipes, will be provided for each participant. This class is “hands on” so everyone will then have fun together preparing the different recipes and watching the ovens cook. After eating and socializing, all will help clean up.

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

\$10 Fee Payment: Facilitators will contact class members for payment by April 28. If your check is not received by then, someone on the waiting list will be called to fill your spot. (The fee payment goes towards the park rental fee and the cost of the food and supplies for all.)

Class Limit: 30 people

Games

Lunch and Games (#3126)

Section 1

Friday: Jan. 24

12 – 3p.m.

Juniper Hills Country Club (6600 Bannock Hwy)

Facilitator: Pat Ringe 233-5494

Section 2

Friday: Feb. 28

12 – 3p.m.

Juniper Hills Country Club (6600 Bannock Hwy)

Facilitator: Pat Ringe 233-5494

Section 3

Friday: March 14

12 – 3p.m.

Juniper Hills Country Club (6600 Bannock Hwy)

Facilitator: Pat Ringe 233-5494

Section 4

Friday: April 11

12 – 3p.m.

Juniper Hills Country Club (6600 Bannock Hwy)

Facilitator: Pat Ringe 233-5494

Section 5

Friday: May 9

12 – 3p.m.

Juniper Hills Country Club (6600 Bannock Hwy)

Facilitator: Pat Ringe 233-5494

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

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

Class fee: \$12.00 for each lunch, paid at the door.

Class limit: 90

**"I base my fashion taste
on what doesn't itch."
Gilda Radner**

Mahjong (#3125)

Friday: Jan. 24 – April 11

10 a.m. – 12 noon

CE 162

Instructor: Lucy Bonman

Facilitator: Donna Hillard 232-2398

This four player table game is similar to the Western card game Rummy and should not be confused with the popular Western single player (tile matching) computer game. Mahjong is a game of skill, strategy and calculation and involves a 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)

Friday: Jan. 31 – April 25

(Not on Lunch & Games days)

2 – 4 p.m.

CE 162

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.

Nertz (#3226)

Friday: Feb. 7 – April 25

(Not on Lunch & Games days)

2 – 4 p.m.

CE 203

Instructor: Sharon Ard

Facilitator: Jack Ard: 237-0771

In this class you will learn to play Nertz. This fast paced card game is easy to learn. It is a great game for family gatherings. The rules of the game will be explained. The class will be divided into groups of 6 for playing the game.

Intermediate Bridge: Doubles (#3227)

Tuesdays: March 4 – April 8

1:30 – 4 p.m.

CE 162

Instructor: Joy Burke

Facilitators: Janice Matteson-Howell 478-9538

Barbara Bain 232-3415

Topics covered will be the takeout double, advancing a takeout double, doubler's rebid and the subsequent action and balancing and other doubles. You will play dealt hands that match the lessons. The recommended text is *Improving Your Judgment 2: Doubles* by Audrey Grant. The book is available through Amazon.com or the facilitators can order the book in a group and avoid shipping charges. Please contact the facilitator 3 weeks before the beginning class if you want them to order a book for you.

Intermediate Bridge: Defense in the 21st Century (#3228)

Tuesday: April 15, 22, 29, May 6 and 13

1:30 - 4 p.m.

CE 162

Instructor: Jeanne Moore and Joy Burke

Facilitators: Janice Matteson-Howell 478-9538

Barbara Bain 232-3415

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

**You only live once—but if
you work it right, once is
enough."**

Joe E. Lewis

General Interest

Ghosts of Pocatello (#3229)

Tuesday: January 28

1 – 2:30 p.m.

CE 125

Instructor: John Brian

Facilitator: Jane Riley 237-6801

John Brian is a native of Pocatello with a degree in anthropology and a passion for telling history and haunted stories of the buildings in Pocatello. John's book *Ghosts of Pocatello Haunted History from the Gate City* came out fall of 2013. His annual Haunted History tour is a fund raiser for Old Town.

Traditional Wear in India (#3230)

Wednesday: January 29

10 – 11:30 a.m.

CE 125

Instructor: Nandita Burke

Facilitator: Shirley Rodgers 233-4662

We will look into the traditional wear from different states of India, including Saris, dresses with traditional hand embroidery, brocades done on silk, cotton, rayon, etc.

Mrs. Burke is a native of Mubai, India and currently lives in Pocatello. She has a Masters Degree in Textile Chemistry and Clothing, and has taught clothing courses for 25 years in a college affiliated with the University of Mubai.

Is the Social Security System Healthy? Is It Sustainable? (#3231)

Wednesday: January 29

1 – 2 p.m.

CE 125

Instructor: Joel Phillips

Facilitator: Sharon Manning 233-9425

The political airwaves are full of statements regarding the health of the Social Security system. This course will explore the current status of the Social Security system, its outlook, and distribution options.

Estate Planning (#3232)

Tuesday: February 4

1 – 2 p.m.

CE 125

Instructor: James Manning

Facilitator: Sharon Manning 233-9425

This course will provide an overview of the estate planning process, estate and gift tax considerations, and the probate process in Idaho.

Help! My Daughter is Missing: A Pocatello Mother's Experience with Sex Trafficking in Eastern Idaho (#3233)

Wednesday: Feb. 5

2 – 3 p.m.

CE 125

Instructor: Jennifer Coombes

Facilitator: Donna Boe 233-5651

The first-hand story of a Pocatello mother and the day her daughter was seduced over the internet is a gripping and emotional story about how much Eastern Idaho really is part of the rest of the world. What seemed like a secret internet boyfriend to a 12-year old girl and plans for a short weekend getaway, turned into a multi-state FBI search, resulting in the arrest and conviction of two middle-aged men. Learn from this mother as she shares what she does differently today at home and as a training professional as a result of this horrifying experience.



African Adventure – Tom McCurdy and His Daughter on Kilimanjaro and Beyond (#3234)

Friday: February 7

1 – 3 p.m.

CE 125

Instructor: Tom McCurdy

Facilitator: Kathy Stevens 232-5683

Tom McCurdy will discuss his mountain climbing experiences, the support of CW Hog, and the relationships he has formed during the challenges of climbing as a wheelchair bound explorer. Tom will spend some time with us sharing how people in wheelchairs have attempted and succeeded in climbing Mount Kilimanjaro, Africa's highest peak, including his recent trips with his son Sage and daughter Madeline.

Family History Workshop (#3235)

Wednesday: February 19 and February 26

10 a.m. – 12 noon

**Family History Center, 156 ½ South 6th,
Pocatello, ID 83201 (208-232-9262)**

**Contact Person at Family History Center: Amy
Roberts, 208-237-0623, alrobfam@gmail.com**

Instructor/s: Jason Mendenhall

Facilitator: Marilyn Ames 237-7506

Research the most popular websites to find your ancestors. Build your family tree and make a fan chart. Lots of individual help will be available.

Class Limit: 20

Smart Growth (Part 2 –Spring Semester) (#3201)

Tuesday: March 4

1 – 2:30p.m.

CE 125

Instructors: Sue Skinner – retired EPA

**Shannon Ansley – Idaho Dept. of
Environmental Quality
panelist(s) TBA**

Facilitator: Shirley Rodgers 233-4662

What is Smart Growth and how can we use it in local planning decisions will be discussed in greater depth. The ideas generated from the Fall introduction class of Smart Growth will be explored as local planning

opportunities and practical applications and outcomes in our local geographic area. If weather permits, there may be a practical exercise within walking distance of the CE classroom.

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

Class limit: 50

Severe Weather (#3236)

Wednesday: March 5

1 – 3 p.m.

CE 125

Instructor: Vernon Preston

Facilitator: Mary Spinner 241-7258

An informative session about weather patterns, how severe weather develops and weather spotting techniques in your community. Taking this course will certify you to be an official NWS spotter (if you desire). Training includes definitions and climatology of severe weather, cloud and storm recognition, storm hazards and safety tips, weather reporting procedures, and a review of past severe weather events across eastern Idaho. Participants will receive a variety of useful items including weather brochures, safety brochures and a cloud poster.

Idaho Ice Ages (#3237)

Thursday: March 6

1 – 3 p.m.

CE 125

Instructor/s: Mary E. Thompson, Ph.D.

Facilitator: Shirley Rodgers 233-4622

A glacier is a natural accumulation of land ice showing movement at some time. Many times during Earth's history, great ice sheets waxed and waned over the surface. The current ice age, the Pliocene-Quaternary glaciation, started about 2.58 million years ago during the late Pliocene, when the spread of ice sheets covered most of the northern hemisphere. The continental ice sheet moved from the Canadian ice fields towards the south into northern Idaho. This class will explore how this glaciation affected the animal populations of Idaho during this time. Focus will be on the Pliocene fauna of Hagerman, Idaho and the Pleistocene fauna of American Falls, Idaho

Ukraine Libraries Past and Present (#3238)

Monday: March 10

10 – 11:30 a.m.

CE 125

Instructor: Amy Campbell

Facilitator: Jane Riley 237-6801

In 2011 Amy Campbell had the opportunity to travel and study the libraries in the Ukraine. She will share some history of that country and explain what libraries were like under the Nazi and Soviet governments. She will tell what has happened in that country and how it has affected the people and their libraries.

The Roma: Wanderers of the World (#3239)

Tuesday: March 18

10 – 11:30 a.m.

CE 125

Instructor: Dr. Roger Boe

Facilitator: Bill Brydon 233-4278

The Roma, otherwise known as the Gypsies, have a rich history of migration from India, servitude and enslavement. They have wandered the world for more than a thousand years. An estimated 2.5 million were exterminated during Hitler's reign of terror. Their estimated population today of 16 million makes them the largest ethnic minority in Europe, possibly the world. Today they continue to endure discrimination and persecution wherever they go. This class will introduce you to this complex, very interesting people, their history, culture and current status in the world.

Book Exchange (#3129)

Tuesday: March 18

2 – 4 p.m.

CE 125

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.

Class limit 20

Understanding Football: Everything You Wanted to Know But Were Afraid to Ask (#3240)

Wednesday: March 19

10 a.m. – 12 noon

CE 125

Instructor: Jeff Tingey, Athletic Director of ISU

Facilitator: Cathy Conley 236-0400

This class will cover the details about all of the strategies and plays of the game of football. After participating in this class you will be better able to understand the game of football.

ISU Museum of Natural History (#3241)

Thursday: April 3

1 – 3 p.m.

ISU Museum of Natural History

Instructor: Dr. Herb Maschener

Facilitator: Cathy Conley 236-0400

Dr. Maschener will give a tour of the Museum and all its fascinating exhibits. Questions are welcomed.

Wildlife of Yellowstone (#3242)

Wednesday: April 9

3 – 4:30 p.m.

CE 125

Instructor: Ray Laible

Facilitator: Virgie Arambarri 226-6993

This popular presenter will show wildlife photos and discuss how to best find animals in the northern range of Yellowstone, such as Mammoth Hot Springs and Lamar Valley. This information will help you plan wildlife viewing on your next trip to Yellowstone.

AARP Driver Refresher Safety Program (#3130)

Friday, April 18, 8:30 – 4

This meets the new 6 hour course requirement

CE 125

Instructor: Roger Wheeler

Facilitator: Aleen Shearer 233-4803

This comprehensive nationwide 6-hour course is 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

(continued on next page)

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.

Class Fee: \$12 for AARP members or \$14 for non-AARP members. Paid at the door.

Class limit: 25

State of Education in the Pocatello/ Chubbuck School District (#3243)

Tuesday: April 22

11 a.m. – 12 noon

CE125

Instructor: Mary Vagner

Facilitator: Kathy Stevens 232-5683

Mary Vagner, Superintendent of the Pocatello/Chubbuck School District, will discuss the district's budget "post legislature", and answer questions about the school district.

Uganda: Is There Hope for the Future? (#3244)

Monday: April 28

1 – 2:30 p.m.

CE125

Instructor: Gene Hoge

Facilitator: Jane Riley 237-6801

"If you educate a man, you educate a man. If you educate a woman, you educate a family". Rotary International has given Dr. Gene Hoge the opportunity to travel to Uganda. He will share what he learned about the country and its people. By listening to these beautiful people Rotary can provide a helping hand where it is most needed. Fifteen hundred children die every day of malaria. Gene will explore what hope there is for their youth.

Bannock County Landfill (#3245)

Wednesday: May 7

10 a.m. – 12 noon

Bannock County Landfill, 1500 N. Fort Hall Mine Rd

Instructor: Therese Marchetti

Facilitator: Mary Spinner 241-7258

Members will be given a history of the landfill starting with its beginning in 1943. All the changes that have evolved over the years with the government regulations will be explained.

A slide show will be presented that shows how the county is dealing with the ground water contamination.

The county project will be described that has just been completed in which methane gas is being converted into power and sold to Idaho Power.

The class will conclude with a tour of the landfill.

Class Limit: 40

Plant Places (#3246)

Thursday: May 15

9:30 a.m. – 12 noon

CE Parking Lot

Instructor: Ruth Moorhead

Facilitator: Marijana Dolsen 233-8735

Remembering the fun we had last fall with our plants and plant books in the classroom, now we will visit the plants where they live, and read about them from the books we can carry. We will begin at Cherry Springs, walking the easy paved trail into the low tangle of box elder, hawthorn, virgin's bower, and dogwood, incidentally also meeting the birds that nest there, so you might want to carry binoculars, too. Carpool at 9:30 a.m. from the CE parking lot, or meet at 10:00 a.m. at Cherry Springs. We can walk to one of the group areas, if we don't want to walk the whole trail.

Class limit: 15

Spring Flower Lecture and Walk (#3247)

Wednesday: May 21, 10 – 11:30 a.m. and

Thursday: May 22, 12:30 – 3:00 p.m.

CE Parking Lot

Instructor/s: Dr. Karl Holte

Facilitator: Juanita Bailey 244-2-3707

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

Health & Wellness

Advanced Medical Directives and Living Wills: What Works and What Doesn't? (#3248)

Thursday: January 23

1-2 p.m.

CE 125

Instructor: Dr. Ralph Baergen

Facilitator: Fred Hyde 339-4832

Living Wills and other advance directives inform doctors about what sort of medical treatment you want – or don't want – if you are unable to make your own decisions. But some approaches work better than others, and this is an opportunity to learn what to do, and which mistakes to avoid, if you decide to make a directive of your own. The discussion will cover relevant laws and hospital policies, as well as the dynamics of having someone else make medical decisions on your behalf.

Caring for Aging Skin (#3249)

Friday: Feb. 7

10 – 11:30 a.m.

CE 125

Instructor: Dr. Earl Stoddard, MD, FAAD

Facilitator: Juanita Bailey 242-3707

Dr. Stoddard will teach about skin cancer and skin care. More than 2 million Americans are diagnosed with skin cancer each year. With early detection and treatment, skin cancer is highly curable. The class will teach what to watch for and how to be proactive in skin care. Age is a risk factor.

The Aging Knee (#3250)

Wednesday: Feb. 12

1 – 3 p.m.

CE 125

Instructor: Dr. Anthony Joseph

Facilitator: Sondra Dunkle 904-4925

An overview of anatomy/physiology and function of the normal knee will be given. The effects of aging and “wear and tear” on the knee joint will be discussed. Devices and non-surgical medical interventions to delay and/or prevent possible future joint replacement will be presented. Partial vs total joint replacement will be examined.

Organic Gardening The Easy Way (#3251)

Tuesday: February 25

1 – 2:30 p.m.

CE 125

Instructor: Paul Martin

Facilitator: Shirley McElprang 282-2789

Paul will cover three topics for gardening: Vertical gardening: Keeping the fruits of your garden off the ground to prevent rotting, insect control and best of all LITTLE OR NO BENDING. Weedless gardening: To keep the weeds at a minimal (unless you like to weed or have grandchildren who need something to keep them out of Mom's hair). Heirloom tomatoes: Tomatoes are not always red OR large to be good.

Depression and Anxiety Disorders in Later Life (#3252)

Wednesday: March 12

1 – 3 p.m.

CE 125

Instructor: Dr. Victor Joe

Facilitator: Virginia Kelly 232-7417

Information will be provided and suggestions given to respond to the question of: What kinds of attitudes and activities might help individuals enter old age with peace of mind and positive anticipation”?

Class Limit: 70



Coping with a Loved One's Dementia (#3253)

As people age, the incidents of dementia increase. Many of us find ourselves in the role of caregivers for loved ones, whether it be a spouse, parent or other loved family member. There are many issues involved with care giving, including stress, time, balancing responsibilities and taking care of ourselves. This two part class will address the issues and provide ideas on coping with a loved one's dementia. NKA members may sign up for one or both of the sections.

Section 1

Friday: April 4

2 – 3:30 p.m.

CE 125

Instructors: Jeehoon Kim and Susan Barkus

Facilitator: Mary Spinner 241-7258

This class will cover issues related to family caregivers providing care to older adults with dementia. In recent years, care giving has been envisioned in the frame of public health concern (Talley & Crews, 2007), and caregivers have been regarded as both care providers and clients (Reinhard, 2008). In this course, we will understand the challenges and rewards of caring for a loved one with dementia. We also learn about which coping strategies and resources that we can utilize to better maintain our own health while sustaining our primary caregiver's role successfully.

Section 2

Wednesday: April 9

10 a.m. – 12 noon

CE 125

Instructor: Lynn Hebdon

Facilitator: Mary Spinner 241-7258

When it comes to dealing with family and/or friends with dementia, people often become very nervous and have no idea on how to interact with others suffering from this disorder. Family and friends that have visited others afflicted by dementia have learned and developed routines that can be of great help. Entire books have been written about this topic. This session will be primarily video review/training. This class will include discussion of lessons learned from people who have dealt directly with people suffering from this disorder, and important things to Do and Not to

Do, when visiting someone suffering from dementia, either in a home or at a facility of any sort. There will be a compiled list from four professional sources with 10 tips for dealing with people with dementia, and a training video that shows hands on situations, and provides new techniques, methods and recommended changes in the care giver's attitude and approach to dealing with dementia.

Understanding Lyme Disease (#3254)

Monday: April 7

1-2:30 p.m.

CE 125

Instructor: Pam Taysom

Facilitator: Jane Thornley 237-1659

The return of warmer temperatures brings the opportunity to be closer to nature. Warmer temperatures aren't just attractive to people, but to mosquitoes, fleas and ticks! The risk of human infection with a tick is greatest in the late spring and early summer.

Lyme disease cases have been reported in nearly every state. The reporting of such cases is reported from the infected person's place of residence, not the place where they were infected. The chance that you might get Lyme disease from a single tick bite depends on the type of tick, where you acquire it, and how long it was attached to you. Only blacklegged ticks (commonly known as a "deer tick") transmit the bacteria that cause Lyme disease. A recent national survey found that nearly 20% of people in areas where Lyme disease is common were unaware of the danger. Blacklegged ticks live in moist and humid environments, particularly in or near wooded or grassy areas, usually in the northeastern and upper Midwestern United States. Of course populations of ticks may be found outside commonly expected areas. Fortunately there are several tactics you can use to prevent tick bites and reduce your risk of tick-borne disease.

Pam will be discussing a history of Lyme disease, where Lyme disease exists in the United States and in particular Pocatello and the surrounding areas, symptoms and prevention methods. How does Pam know about this disease? Pam can speak volumes with her own experience and journey with Lyme disease!

History

DNA (#3255)

Section 1:

Tuesday: April 8

10 a.m. – 12 noon

Gale Life Sciences Building (#65)

Instructor: Erin Oleary Jepson

Facilitator: Shirley Rodgers 233-4662

Section 2:

Tuesday: April 8

2 – 4 p.m.

Gale Life Sciences Building (#65)

Instructor: Erin Oleary Jepson

Facilitator: Shirley Rodgers 233-4662

The discovery of DNA sixty years ago has had an enormous effect on the biological sciences, medicine and research. In this class you will tour the ISU Molecular Research Core Facility. You will learn about the remarkable DNA molecule, and look at tools used by molecular researchers. Participants will have the opportunity to extract DNA from strawberries, and view DNA using a variety of instruments. Register for one section.

Class Limit: 15, each section

Zoonotic Diseases (#3256)

Wednesday: April 16

10 – 11:30 a.m.

CE 125

Instructor: Dr. Richard Spall

Facilitator: Donna Hillard 232-2398

This class will address zoonotic diseases such as Ebola, SARS, influenzas, Lyme disease and other human miseries that we contract from animals.

What's Hot in the Kitchen? Food Trends, Regulations and More (#3257)

Monday: April 21

3-5 p.m.

Albion 106 Foods Lab ISU Campus

Instructor: Laura McKnight, MPH, RD, LD Director

Dietetic Programs, Clinical Associate Instructor

Facilitator: Barbara Bain 232-3415

Current consumer trends in food choices and purchasing, preparation and the role of sustainability will be discussed along with the regulation of our food supply.

Class Limit: 45

History of Early SE Idaho (#3258)

Wednesday: January 22

1: 00- 2:30 p.m.

CE125

Instructor: Jacquee Alvord

Facilitator: Jane Riley 237-6801

Relive the early days of our area from the 1820's through the 1850's. Included in the presentation is a new 25 minute video created by Vision 12. Larry Wilde, an active mountain man and Indian flutist, will help you relive the joys and perils of the first white men. Jacquee Alvord, script writer for the video, will share tales of explorers, trappers, traders, and visitors to Fort Hall.

The Rhetoric of Adolf Hitler (#3259)

Thursday January 23, 30, February 6, 13, 20, 27

2:30- 4:00 p.m.

ISU Frazier Hall, room 320

Instructor: Bruce Loebis

Facilitator: Jane Thornley 237-1659

Adolf Hitler's impact is almost incalculable. A fitting epitaph for him would be, "Because Hitler lived 50 million people died." Although more has been written about Hitler than any other person, he remains perplexing. After writing two biographies of Hitler, Oxford historian Alan Bullock concedes, "I can't explain Hitler. I don't believe anyone can." However, Bullock acknowledges that "oratory was the essential medium of his power." Hitler agrees: "Everything I have accomplished resulted from persuasion." We will study Hitler's rhetoric through lectures, readings, and films.

Note: Parking permit is required for Frazier Hall parking. Permits obtained through NKA office, or mark the registration form.

Class Limit: 40

Always be a first-rate version of yourself, instead of a second-rate version of somebody else.

Judy Garland

History of Early Pocatello (#3260)

Tuesday: Feb. 4

10 – 11:30 a.m.

CE 125

Instructor: Jacquee Alvord

Facilitator: Jane Riley 237-6801

Preview a new 45 minute video of early Pocatello, introduced by Enrique Romero, KPVI Pocatello, creator of the video. Enjoy photos and history of Pocatello Junction and Pocatello presented by Lance Holladay, author of “Pocatello, Idaho (Images of America)”.

Heritage of Dr. Minnie Howard (#3292)

Monday: Feb. 10

10 – 11:30 a.m.

CE 125

Instructor: Katherine Poulter

Facilitator: Jane Riley 237-6801

Dr. Minnie Howard is perhaps the most celebrated and extraordinary resident of Pocatello in the early nineteen hundreds. Learn of her life and contributions from local experts. Enjoy Katherine Poulter’s portrayal of Dr. Minnie, to include excerpts from Dr. Minnie’s correspondence and publications

A Day of Remembrance: Minidoka, An American Concentration Camp (#3261)

Wednesday: February 19

1:00 -2:30 p.m.

CE 125

Instructor: Teresa Tamura

Facilitator: Jane Riley 237-6801

On Feb. 19, 1942, President Franklin D. Roosevelt signed Executive Order 9066, which forced 120,000 Japanese Americans and Japanese from their homes and into prison camps. Nearly 10,000 of these citizens and immigrants were sent to Idaho’s Minidoka War Relocation Center. Teresa Tamura first learned about Minidoka in 1978 as a journalism student at ISU. She will discuss her book *Minidoka, An American Concentration Camp* (2013) and the role educators played before and during her project. Tamara’s book comprises personal essays, poems, capsule biographies and 180 photographs, including one of Bill Vaughn.

The Holocaust: History, Memory, and Debate (#3262)

Friday: February 21

10:00 a.m. – 12:00 p.m.

CE125

Instructor: Dr. Justin Dolan Stover

Facilitators: Virginia Kelly 232-7417

Juanita Bailey 242-3707

This class will examine the origins, course, extent and memory of the Holocaust. It will focus on longstanding issues of anti-Semitism in Europe, the ideological impetus for genocide within the German Third Reich, and the logistical structure and execution of the Holocaust during the Second World War. It will examine individual narratives from survivors, as well as testimony from ordinary Germans and camp overseers. Finally, this course will examine the history of Holocaust denial, and the current state of Holocaust commemoration.

Hunting Down Ancestors in Ireland (#3263)

Tuesday: March 4

6-9 p.m.

CE 203

Instructors: Amy Vargason and Whitney Javed

Facilitator: Neila Loebs 232-1395

Amy and Whitney traveled to Ireland last June to look up relatives and visit the homes of their ancestors. They had great success and would like to share their experiences and tastes of Ireland with you. Participants are encouraged to bring their laptops or I Pads and the surnames and date of deaths, if known, of relatives. Presenters will share the process of finding relatives with participants. Irish refreshments will be served.

Class fee: \$10 to cover refreshments will be collected prior to class by the facilitator.

Class Limit: 50



WWII Memories of Hero Shiosaki (#3264)

Friday: March 21
1:30 – 3:00 p.m.
CE 125

Instructor: Hero Shiosaki
Facilitator: Virginia Kelly 232-7417

Hero will share his memories as being a part of the elite 442 Infantry Regiment, a Japanese Battalion, during WWII. Their motto: GO FOR BROKE.

The Establishment of the Oregon Trail, Part II 1817 - 1848 (#3293)

Monday: April 7 – 28
11 a.m. – 12 noon
CE 125

Monday: May 5 Field Trip 9 a.m. – 4 p.m.
CE Parking Lot

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 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 and its role locally.

1. Mormon Migration (relationship to Western development)
2. McAuley Cutoff 1853
3. Biological urges along the OCT
4. Mormon/US conflict (Fort Lemhi)
5. Mormon migration into Idaho
6. Donner Party
7. Tour to Robert Stuart's route and Bear Lake OCT

Class limit: 50

WWII Memories of Boyd Henderson (#3265)

Wednesday: April 9
1:00 – 2:30 p.m.
CE 125

Instructor: Boyd Henderson
Facilitator: Virginia Kelly 232-7417

Boyd Henderson will share the memories of his experiences from North Africa to Austria as a member of the 805 Tank Destroyer Battalion during WWII

Vietnam: Past and Present (#3266)

Thursday: April 17
10 – 11:30 a.m.
CE 125

Instructor: Mary Dundas, PhD, RD, FADA
Facilitator: Donna Hillard 232-2398

Mary Dundas worked in Vietnam as a community nutritionist and high school teacher from 1966 – 1968. She will return to Vietnam in January 2014, after 45 years, to see how Vietnam the country and the people have changed. Mary will talk about her work in Vietnam and discuss history, culture and customs. She may even tell some of her war stories.

Thomas Jefferson and Abraham Lincoln: A Comparative Perspective (#3267)

Thursday: April 24
1-3 p.m.
CE 125

Instructor: Dr. Ron Hatzenbuehler
Facilitator: Fred Hyde 232-1832

Popular speaker Dr. Ron Hatzenbuehler is back to share his latest project – a book-length comparison of Thomas Jefferson and Abraham Lincoln. Dr. Hatzenbuehler's engaging style brings history to life.

**"Happiness is nothing more
than good health and a bad
memory."**

Albert Schweitzer

Historic Maps, Boundaries and Politics in SE Idaho (#3268)

Thursday: April 24

10 – 11:30 a.m.

CE 125

Friday: April 25

10 a.m. – 3 p.m.

CE Parking Lot

Instructor: Paul Link

Facilitator: Bill Brydon 233-4278

This class will review historic maps of southeast Idaho showing boundaries of the Fort Hall Indian Reservation, the Pocatello city during its several expansions, and the former Oneida County, which was broken up to Bingham, Bannock, Bear Lake, Caribou and Franklin County, for largely political reasons. The field trip will go south through Inkom, Downey, Red Rock Pass, to Oxford, site of Idaho's first newspaper, and the first headquarters of the LDS church in Oneida county.

Participants are urged to bring and share historic maps they have of the Pocatello and Southeast Idaho area. Bring lunch on field trip.

Class fee: Field Trip Fee \$30

Class Limit: 45

Pocatello, 1915



Fire, Cordage and the Cutting Edge (#3269)

Tuesday & Thursday

April 29, May 1 and May 13

1 – 3 p.m.

Bing Hong Pavilion, N. 7th

Instructor: Allan Priddy

Facilitator: Jack Ard 237-0771

Fire, cordage and the cutting edge are three discoveries which brought the cave man into the 21st Century. If you are interested in how to light a fire by rubbing two sticks together, watch it and then try it yourself. Make cordage from plant fiber, old Elvis Presley movies and toilet paper. Learn how to make a Swiss army knife from an old rock. Wow the grandkids.

Cemetery Tour (#3270)

Tuesday: May 6

1:00 - 3:00 p.m.

Mountain View Cemetery, S. 5th

Instructor: Stefani Herridge

Facilitator: Jane Riley 237-6801

A walking tour of Mountain View Cemetery. The history of the cemetery, as well as other cemeteries included in the grounds and the Brady Chapel will be covered. During the time that Stefani was on the Cemetery Board she compiled historical information into a book that is a valuable resource to our community. She will be using a portable microphone so all can hear.

The Arts: Art, Music & Theatre

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

Tuesday: Jan. 7

11 a.m. – 12 noon

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 Stephens Performing Arts Center and two parades. If you would like to expand or reawaken your hidden musical talents in a fun, social environment, please plan on attending the introductory meeting where you can learn more about the New Horizons Music Program. After the meeting, you are welcome to attend the practice session.

Snake River New Horizon Band Practice (#3133)

Tuesday & Wednesday: Jan. 21 – May 14

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 throughout the year at various venues in the local area. "Some people call them practice sessions, I call them social hour," reported one band member.

If you would like to expand or reawaken your hidden musical talents in a fun social environment, please plan to attend the introductory meeting where you can learn more about the New Horizons Music Program. Remember, in a New Horizons Band, playing your best is good enough.

Readers Theatre (#3134)

Thursdays: Jan. 23 – May 15

12:30 – 2 p.m.

CE 203

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.

Speaker's Luncheon (#3208)

Friday: Jan. 31

12 – 1:30 p.m.

Juniper Hills Country Club

Speakers: Grant Harville

Facilitator: Jane Riley 237-6801

Cathy Conley 221-0400

Join us for lunch and meet Dr. Grant Harville, the new Artistic Director and Conductor of the Idaho State Civic Symphony. Multi-talented Grant is an Assistant Professor of music at ISU, plays tuba and viola, and is an accomplished composer and vocalist (tenor) as well.

Fee for Luncheon: \$15

Class Limit: 90

Preview “The Gondoliers” (#3271)

Thursday: February 13, 2014

5:00 - 6:00 p.m.

ISU Frazier Hall, Bilyeu Theatre

Instructor: Sherri Dienstfrey

Facilitator: Jane Riley 237-6801

The musical production, *The Gondoliers*, will be previewed for us by both Theatre ISU and the Music department. This operetta by Gilbert and Sullivan is considered to be their most sparkling and tuneful. During the preview we will learn about the story, music, costumes, scenery, lighting, props and meet some of the talented cast members.

Play dates: February 21, 22, 24, 28, March 1, 2014

Sherlock Holmes (#3272)

Wednesday: February 18

1:00-3:00

CE 125

Instructor: JoAn Dilweg

Facilitator: Marg Griffin 233-1898

Visit the “NKA” Sherlock Holmes Museum @ 221B Baker Street, London (aka 1001 N. 7th Ave., Pocatello, Room 125) to have your picture taken with a provided wool deerstalker hat and pipe.

This will be in front of the Victorian lodging house where Sherlock Holmes and Dr. Watson resided. Special permission has been granted by Sir Arthur Conan Doyle for you to view a full length film starring Basil Rathbone as the legendary Sherlock Holmes and Nigel Bruce as the venerable Dr. John H. Watson. A bonus film feature will include six audio commentaries (including all new “Dressed to Kill” commentary with actress {Patricia Morison}); an interview with Robert Gitt, Preservation Officer at the UCLA Film & Television Archives; footage of Sir Arthur Conan Doyle; photo galleries, and theatrical trailers. ‘Elementary’ my dear friends.

"A child of five would understand this. Send someone to fetch a child of five."

Groucho Marx

Preview “James and the Giant Peach” (#3274)

Friday: March 7, 2014

5:00 - 6:00 p.m.

Instructor: Vanessa Ballam

Facilitator: Jane Riley 237-6801

Director Vanessa Ballam will share background information about the production *James and the Giant Peach* by Roald Dahl. We will get to meet some of the cast and crew and learn what goes into making this delightful story come alive as a reader’s theatre.

Performance dates: March 13,14,15

Art History and Appreciation (#3275)

Tuesday: March 11

1-3 p.m.

CE 125

Instructor: Dustin Thompson

Facilitator: Marg Griffin 233-1898

Mr. Thompson, post graduate student at ISU, will describe the historical development of art through the ages. He will use a number of illustrations to accompany his presentation.

Night of January 16th (#3276)

Thursday: March 13

1:00-4:00 p.m.

Bannock County Courthouse

Instructor: JoAn Dilweg

Facilitator: Jane Riley 237-6801

Would you like to be on the jury during a famous murder trial? Then join NKA friends for the play *Night of January 16th* written by Ayn Rand who read of the death of the “Match King,” Ivan Kreuger. The plot centers on a trial to decide whether Bjorn Faulkner has been murdered by his secretary, Karen Andre. Prior to the start of the play, Faulkner had been a prominent businessman who swindled millions of dollars to invest in the gold trade. In the wake of a crash, he had faced bankruptcy. On the night of January 16, Faulkner and Andre were in the penthouse in the Stanrod House, Pocatello, Idaho, when Faulkner apparently fell to his death. The play takes place entirely in a courtroom during the trial with members of the audience (NKA men & women) picked to be members of the jury. The play does not

directly portray the events; instead the “jury” must rely on character testimony and vote on whether the “defendant” is guilty or not guilty (maybe even a hung jury). The play has different endings depending on the verdict of the jury revealing which viewpoint they prefer.

American Musicals “A Fine Romance” (#3277)

Wednesday: April 2

1:00 - 2:30 p.m.

CE 125

Instructors: Sherri Dienstfrey-Swanson, Jamie Romine-Gabardi and Angeline Underwood

Facilitator: Carol Hegstrom 238-1683

“A Fine Romance” Reader’s Theatre revolves around Jewish songwriters and their creations from 1910 to 1965. Highlighted will be award winning songs, iconic movies, and musicals by legendary songwriters such as Irving Berlin, George and Ira Gershwin, Richard Rogers, Hammerstein II, Leonard Bernstein and Stephen Sondheim.

Preview “A Doll’s House” (#3278)

Friday: April 11

5- 6 p. m.

Rogers Black Box Theatre; Stephens Center

Instructor: Norm Schroder

Facilitator: Jane Riley 237-6801

When Henrik Ibsen’s *A Doll’s House* appeared in theatres beginning in 1879, it created a sensation. The play explores the dynamics and morality of the institution of marriage. Its final scene was often described as “the door-slam heard round the world”. It remains a great piece for actors, and is still thought-provoking today. Director Norm Schroder will share information concerning the playwright, the plot, design choices and introduce you to the actors taking on these interesting characters.

Play dates: April 18, 19,21, 25, 26

The Assassination of Abraham Lincoln (#3279)

Monday: April 14th

1:00-3:00 p.m.

CE162

Instructor: JoAn Dilweg

Facilitator: Jane Riley 237-6801

Imagine being in the audience watching the comedy *Our American Cousin* when President Abraham Lincoln and his wife arrive at the theatre a little late. A revival of *Midsummer Night’s Dream* was to have been the production, but carpenter’s working on the set had been delayed several weeks, causing Miss Laura Keene, the noted American actress-manager, to substitute *Our American Cousin*. She had purchased the play because the role of Asa Trenchard well suited a promising young actor in her company named Joseph Jefferson. Of enormous assistance in preparation of the play was the Prompter’s Copy of the script found in the New York Public Library Theatre Collection, written in longhand, giving stage directions and valuable information about the original production. The comedy is in two acts (Act I: the morning rehearsal and Act II: the evening performance) and takes place on the stage of Ford’s Theatre, Washington, D.C. April 14, 1865. Join NKA members in watching *Our American Cousin* and the events that changed America forever.

Class Limit: 50

Verdi Requiem (#3280)

Tuesday: April 22, 1 – 2 p.m.

Wednesday: April 23, 10 – 11

CE 125

Instructor: Dr. Scott Anderson

Facilitator: Bill Brydon 233-4278

In honor of Giuseppe Verdi’s 200th birth year, the Idaho State Civic Symphony and the Symphonic Choral (the Camerata Singers and ISU’s Concert Choir) will perform the Verdi Requiem on April 25th and 26th, 2014 in Jensen Grand Concert Hall. As a preconcert experience and an educational treat, Dr. Scott Anderson will lecture about the Verdi Requiem on Wednesday April 23. As an introduction to this, W. L. Brydon MD will present a brief history of the life and times of Verdi on Tuesday, April 22. Learn about a brilliant Italian composer and one of the world’s most monumental musical compositions. (Please note; Verdi was born in 1813 not 1814, and this concert was originally scheduled for the spring of 2013, but due to the sudden illness of the conductor, the performance was postponed until the spring of 2014.)

Travel

Boise, Idaho Overnighter (#3142)

Thursday, Feb 6, 7:30 a.m. – Friday, Feb 7

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 two weeks in advance of the departure date; i.e., all fees (subject to final computations) must be paid by January 23rd, 2014!! If not enough people signed up and paid, then this trip will be cancelled so as to avoid any penalties.

Be careful about reading health books. You may die of a misprint.

Mark Twain

Tulip Festival at Thanksgiving Point (#3281)

Wednesday: April 30

7:30 a.m. – 7:30 p.m.

CE Parking Lot

Instructor: Lynn Hebdon 339-4841

Facilitators: Jenny McCormick 521-2780

Becky Phelps 406-9355

This day trip will take members to tour the Tulip Festival at the beautiful gardens at Thanksgiving Point in Lehi, Utah. The group will enjoy lunch at Thanksgiving Point. If time permits, the group may also visit the museum at Thanksgiving Point.

Class fee: \$50

Class Limit: 55

Colorado Bus Tour (#3282)

Monday, June 2 – Friday, June 6

Monday: 7:30 a.m.

CE Parking Lot

Instructor: Lynn Hebdon 339-4841

Facilitators: Jenny McCormick 521-2780

Becky Phelps 406-9355

This 5 day/4 night tour to Colorado will include stops at the US Air Force Academy, Manitou Springs, and a variety of gardens and museums in Denver. It also will include a ride on the cog railway to the top of Pike's Peak.

Class fee: \$500

Class Limit: 55

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

Wednesday: September 3

7:30 a.m.

CE Parking Lot

Instructor: Lynn Hebdon 339-4841

Facilitator: Lynn Hebdon

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

Class fee: \$40

Class Limit: 55

Writing/Literature

Bag of Books (#3284)

Tuesday: January 21

1:00-2:00 p.m.

Marshall Public Library Community Room

Facilitators: Virginia Kelly 232-7417

Angela Lucky 237-2610

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

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

Low Impact Creative Writing (#3136)

Thursday: Jan. 23 – April 24

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. Returning writers must register for this class. Other registrants will be put on a waiting list.

Polly Bemis, Chinese Immigrant to Idaho (#3285)

Tuesday: March 11

10:00 – 11:00 a.m.

CE 125

Instructors: Kath Ann Hendricks and Jamie Bair
(Librarians, Marshall Public Library)

Facilitator: Virginia Kelly 232-7417

The discussion will talk about Chinese immigrant, Polly Bemis: how she came to Idaho, where she lived, and her contribution to Idaho. The book, *1000 Pieces of Gold* will be referenced and a short slide show of her home now on the National Register of Historic Places located on the Main Salmon near Riggins, Idaho.

Telling Our Own Personal Stories (#3286)

Wednesday: March 12

9 a.m.-12:00 noon

CE 125

Instructor: Hanna B Geshelin

Facilitator: Jane Thornley 237-1659

Many people don't think they have stories to tell, but we all do, especially people who have lived a long time. Hanna Geshelin helps them find meaning behind anecdotes and then shape stories with the purpose of handing over that meaning. Those lessons we have learned from our lives equal wisdom. This is a one session, longer workshop (3 hours) on telling our own, personal stories. Hanna Geshelin was a storyteller for about 10 years, and gave workshops like this in the past. This class will lead to memorable times with family and friends.

How to Write a Novel (#3287)

Thursday: March 13

5:30-7:00 p.m.

CE 125

Instructor: Will Peterson

Facilitator: Pat Packer 232-8809

Will Peterson, author of *Crawl on Your Belly Like a Man*, overcame psychological obstacles to write what Idaho Humanities called, "a 300 page song to the Intermountain West." This class is for beginning and advanced writers. HAVE A QUESTION TYPED OR PRINTED ON A SHEET OF PAPER TO BE HANDED IN AT THE BEGINNING OF THE DISCUSSION. A notebook and pen or pencil is suggested.

**Middle age is when you're
sitting at home on a Saturday
night and the telephone rings
and you hope it isn't for you.**

Ogden Nash

Creative Writing from a Modern Irish American Viewpoint (#3288)

Monday: March 17

1 – 3 p.m.

CE 125

Instructor: Michael Corrigan

Facilitator: Pat Packer 232-8809

Michael Corrigan will discuss his hybrid Irish American memoir, *Confessions of a Shanty Irishman*, and how growing up with Irish immigrant grandparents and a single father in San Francisco influenced his writing. He will discuss writing fiction and nonfiction, and the combination of the two. Works by great Irish authors like James Joyce will be discussed. IF INTERESTED, A WRITING EXERCISE TO FIND THE WRITER'S VOICE WILL END THE CLASS.

Survey of Pocatello Writers: 1961-2011 The Roll of Open Readings (#3289)

Thursday: April 10

5:30 – 7:00 p.m.

CE 125

Instructor: Will Peterson

Facilitator: Pat Packer 232-8809

The Pocatello writing community has been unique in Idaho for its open readings. The link between oral presentation and the written text will be explored. Representative work will be read by the presenter.

Indian Camp: Ernest Hemingway's Break Through Short Story (#3290)

Wednesday: April 23

1 – 2:30 p.m.

CE 125

Instructor: Ted Dyer

Facilitator: Donna Hillard 232-2398

We should all have a year like Hemingway had in 1924, the year all his Paris studies and hard work paid off with "Indian Camp", his first great short story. Join us in a reading of this story, the first in the Nick Adams series, where we will find all of the thematic content that was later to make him famous, and where his famous prose style first becomes clearly evident.

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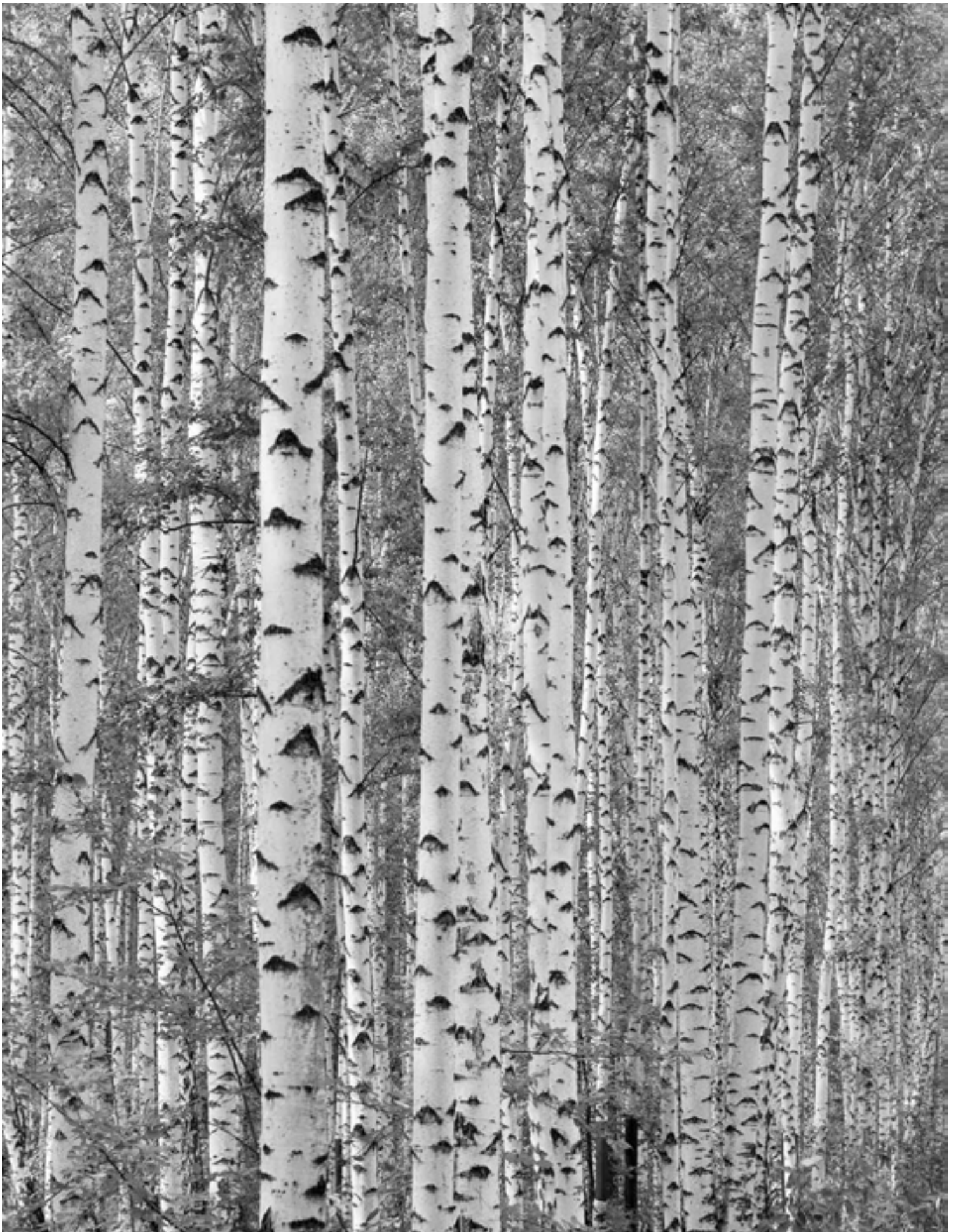
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Please circle one: New member Previous Member

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 January 3

Three options are available to register:

❶ By mail:

Idaho State University
Continuing Education/Workforce Training
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

Membership dues must accompany your Registration

\$35 per person/per semester \$ _____

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

Class fees

Square Dance (\$5) \$ _____

Round 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.

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.

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