Welcome to New Knowledge Adventures

FROM THE PRESIDENT

Welcome to a new year and a new semester of lifelong learning through New Knowledge Adventures! We are very fortunate here in Southeastern Idaho to have this opportunity to keep our minds and bodies active and stimulated through the classes offered by NKA.

A big thank you goes out to the professors and community members who are willing to teach classes for us, and to NKA members who are willing to give of their time to plan, coordinate, and facilitate these classes. We are a growing, thriving organization and a lot of behind-the-scenes work goes into making this happen. We have such a wide variety of categories of class offerings that NKA members can find at least one niche, and usually more, to meet their interests.

We are very fortunate, too, to have a good working relationship and the support of ISU’s Continuing Education/Workforce Training (CEWT).

Whether in our lives as individuals, or as organizations, we go through stages of change and transition. NKA started 20 years ago with 14 members. In Fall 2016, 600 members enrolled. Transitions are happening! Last year we looked for a new location for our lecture classes, and Liberty Hall has worked out well for those. This year most of our other classes will also be held off campus, as CEWT transitions to its new site. We are an adaptable group of learners!

I would like to ask and encourage each of you, in order to keep NKA a growing and thriving organization, to consider volunteering to serve on an NKA committee. These committees are the lifeblood of NKA. Contact information for the committees is listed in this catalog. I hope you all enjoy a wonderful semester of classes and interactions with a great group of fellow learners.

—Mary Spinner, NKA President

OFFICERS

President: Mary Spinner
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NKA BLOG

NKA members are encouraged to submit pictures and information about NKA activities to be included in the NKA blog. These items can be e-mailed to Cheryl Lyda at lydacher@gmail.com.
newknowledgeadventures.blogspot.com
Blog maintained by Cheryl Lyda
New Knowledge Adventures (NKA), a Road Scholar affiliate at Idaho State University, is a member-directed organization that provides an informal, noncompetitive environment for lifelong learners age 50 or older.

HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?
Fill out the Membership and Registration form (both sides) in the middle of this catalog, sign the “Agreement and Release of Liability” form, choose your classes, and return the forms to the Continuing Education office with all registration fees. Or register online. Membership is by semester and fees are due each semester. For additional membership information call 208-282-2789, Monday–Friday between 8 a.m. and 5 p.m.

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

THANKS TO OUR INSTRUCTORS AND FACILITATORS
We are very fortunate that our instructors share their time and knowledge with us. Please take a minute to thank the class instructor and the facilitator. We should all do our part by attending the classes we sign up for. If you cannot attend a class, please call and let the office know. Some classes have waiting lists, and it is your responsibility to inform the facilitator so someone else can attend the class.

NOTICES
—INSTRUCTORS, facilitators, or leaders of classes, field trips, or other activities have the discretion and right to deny enrollment or participation of anyone who fails to demonstrate consistently the ability, with or without reasonable accommodation, to complete or perform the requirements of a particular course, field trip, or other activity without jeopardizing the health or safety of the member, other participants, or the instructor.
—FEES required in advance for travel or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable. Some fees will need to be paid either at the first class or prior to the class.
—The VIEWS AND OPINIONS expressed in presentations are those of the instructor and do not necessarily reflect the policy or position of the NKA governing board.
—PHOTOS AND VIDEOS may be taken during NKA classes and activities for publicity or historical purposes. Members may request to opt out of any visual documentation.

PARKING
Parking is free at Liberty Hall, but on the ISU campus it is free only after 4 p.m.
For daytime classes on campus, you need a campus parking permit, which is good in all the General Lots for the entire year. The cost of a parking permit through NKA is $5; the permit will be mailed with the registration receipt, or you can buy one in person at the Continuing Education office. Permits issued to NKA members are not transferable to anyone else. Permits are issued to members, not their vehicles, and are to be used for NKA classes only. Any other use may result in the member receiving a ticket. Neither Continuing Education nor Workforce Training shall be held liable for any violation of parking regulations.

BUS TRANSPORTATION
For bus stop locations: 208-234-ABUS; www.pocatellotransit.com
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CLASSES LISTED BY APPEARANCE ON THE CALENDAR, EARLIEST TO LATEST.

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

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

— ISU will be CLOSED September 4 for Labor Day; November 23 & 24 for Thanksgiving; and December 25 to January 1 for ISU Christmas Holiday. No classes will be held these days.

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Wednesday: November 1; 1-3 p.m. at Liberty Hall

NKA 20th Birthday Party

Celebrate 20 years of your NKA
Remember people and activities with scrapbooks.
Meet past NKA presidents.
Yes, there WILL be cake!
ART, MUSIC, & THEATRE

Keyboard Lessons (#3715)
*Tuesdays: September 12 – November 14; 3:00 – 4:00 p.m.*

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

**Location:** Piano Gallery, 338 Yellowstone Ave.
**Instructor:** Lorrie Bridges (208-233-1883)
**Facilitator:** Rachel Damewood (208-604-0741)
**Class Limit:** 20
**Class Fee:** $20. To be paid at first class.

Preview to the Symphony (#3322)
*Fridays: September 15, October 6, November 3, December 1; 3:00 – 4:00 p.m.*

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

**Performance Dates:** September 22, Season Opener, Saint Saens Organ Symphony #3; October 13, POPS, Charlie Chaplin, City Lights; November 10, Beethoven Symphony #2 & Zuill Bailey, cello; December 8/9, Joy to the World, an ISU Christmas

**SECTION 1 – Season Opener**
*Friday: September 15; 3 - 4 p.m.*

**SECTION 2 – POPS Concert**
*Friday: October 6; 3 - 4 p.m.*

**SECTION 3 – Beethoven**
*Friday: November 3; 3 - 4 p.m.*

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SECTION 4 – Joy to the World

*Friday: December 1; 3 - 4 p.m.*

**Location:** Liberty Hall, 325 W. Benton, lecture room
**Instructor:** Dr. Grant Harville, conductor, Idaho State Civic Symphony
**Facilitator:** Bill Brydon (208-233-4278)

Preview to Lysistrata (#3790)
*Friday: September 29; 5:00 – 6:00 p.m.*

Come meet the stage personnel and learn how Theater ISU will present one of the great comedies of the ages, *Lysistrata*, by Aristophanes. Athens in the fifth-century BCE is a city-state locked in an ongoing civil war with rival Sparta. The political system is broken, the treasury has been looted, and the common people are suffering. Lysistrata vows to change this sorry state of affairs. She molds a group of women into a cohesive unit, seizes control of the capitol and treasury, and persuades the women to deny all sexual favors until the war is ended.

**Location:** Rogers Black Box Theatre, Stephens Performing Arts Center
**Instructor:** Dr. Norman Schroder, chair, Department of Theatre & Dance
**Facilitator:** Priscilla Reis (208-775-3617)

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The Process of Writing Symphonic Music (#3792)
*Wednesday: October 11; 4:00 – 5:00 p.m.*

How does one go about writing a concerto or symphony? Dr. Thom Hasenpflug will take you step-by-step through the process of composing an original musical piece. You start with nothing but a thought in your head and then develop that thought into a musical masterpiece. What does the composer do? What happens after the composer completes his or her part of the composition? How (continues...)
(continued: Writing Symphonic Music)
does writing music of today differ from that written many years ago? Beginning with an idea and hearing that idea performed by an orchestra makes an interesting journey.
**Location:** ISU Fine Arts Building, Room 102
**Instructor:** Dr. Thom Hasenpflug, chair of music department, ISU
**Facilitator:** Roger Wheeler (208-237-5010)

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**Storytelling Extravaganza (#3800)**
**Thursday: October 26; 1:00 – 3:00 p.m.**

Come enjoy an afternoon of storytelling around a campfire. Bring a folding chair and enjoy listening to stories told by a variety of local storytellers. Some of these stories may even be true! (Or at least they could be.) It is too early to publish a list of storytellers, but two have already signed up: Allan Priddy and Kathryn Poulter.

**Location:** Empire Park, N. 18th Ave. (in case of inclement weather, Marshall Public Library)
**Instructors:** Allan Priddy, experienced yarn-spinner & Kathryn Poulter, Marshall Public Library
**Facilitator:** Jan Flandro (208-221-4091)

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**Preview to The Cat in the Hat (#3791)**
**Friday: November 3; 5:00 – 6:00 p.m.**

Oh the thinks you can think when you think about Seuss! Come learn what it takes to create The Cat in the Hat, a children’s theatre piece that ISU’s theatre department will present. Enjoy an insider’s track and learn about the process for creating the scenery and lighting, as well as about the costume designers and actors. Director Vanessa Ballam will introduce us to the cast and crew and relate her goals for this fun production.

**Performance Dates:** November 11, 13, 17, 18
**Location:** Stephens Performing Arts Bistline Theatre
**Instructor:** Vanessa Ballam
**Facilitator:** Jane Riley (208-237-6801)

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**Knitting & Crocheting Service Project**
**NOTE: This class will NOT be held this Fall 2017 semester.**

Those wishing to continue making items for the PMC Cancer Center may do so. Completed items can be given to Pauline Havens (208-232-8517), Rita Anderson (208-232-2166), or Carolyn Johnson (208-232-1604), and they will be responsible for delivering the finished and washed articles to the Center. Pauline Havens will store the yarn. If you are in need of yarn for an article, please call her. She will also continue to keep track of hours for the Service Committee. Rita, Carolyn, Pauline, and previous facilitators thank everyone who has contributed items for this worthwhile and wonderful project. Hopefully, this class will continue in the future.

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**Intermediate & Advanced Woodcarving (#3558)**
**Mondays, Wednesdays, OR Fridays: September 11 – December 15; 9:00 a.m. – 12:00 p.m.**

Students may select any one session: Mon., Wed., OR Fri. Daily classroom clean-up from 11:30 to 12.

This class is for those who have completed Beginning Woodcarving or have experience and do not require constant assistance/supervision. Advanced carvers provide their own tools and select their own projects. Participation and a visit to the Utah Valley Wood Carvers’ show and competition and a class carving display and demonstration during the First Friday Art Walk are optional.

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

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*Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.*
SECTION 1 – Mondays: September 11 – December 11; 9 a.m. – 12 p.m.

SECTION 2 – Wednesdays: September 13 – December 13; 9 a.m. – 12 p.m.

SECTION 3 – Fridays: September 15 – December 15; 9 a.m. – 12 p.m.

Location: TBA
Instructors: Shorty Miller & Diane Porter
Facilitator: Cathy McPherson (208-233-5899; cathylee@cableone.net)

Class Limit: 6 per session
Class Fee: $10. To be paid at the first class.

Hand Built Pottery (#3165)
Mondays: September 11 & October 16; 1:30 – 3:30 p.m.

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

Location: ISU Craft Shop, located on the lower level of the Pond Student Union Building
Instructor: Mary Miller, director of ISU Craft Shop
Facilitators: Janet Turner (208-637-0246) & Barbara Hyde (208-760-7260)

Class Limit: 15
Class Fee: $10. To be paid at first class to ISU Craft Shop.

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

Painted Rustic Barnwood (#3725)
Thursdays: September 14 & 21; 10:00 a.m. – 1:00 p.m.

We will paint a flower and a saying of your choice on a barnwood board that is about 20 inches by 20 inches. These are the perfect welcome signs for your porch. If you don’t know how to paint, don’t worry – it is easy, and we can teach you.

Location: Liberty Hall, 325 W. Benton, small room
Instructor: Karen Barron (208-241-3150; mkbarron@live.com)
Facilitator: Nancy Dafoe (208-596-0491; nancyd@uidaho.edu)

Class Limit: 20
Class Fee: $15. Make check payable to Karen Barron. Send to Nancy Dafoe, 2800 Birdie Thompson, Pocatello ID 83201, by September 7.

Glazing Bisque Pottery (#3629)
Monday: September 18; 1:30 – 3:30 p.m.

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

Location: ISU Craft Shop, located on the lower level of the Pond Student Union Building
Instructor: Mary Miller, director of ISU Craft Shop
Facilitators: Janet Turner (208-637-0246) & Barbara Hyde (208-760-7260)

Class Limit: 12
Class Fee: $10. To be paid at first class to ISU Craft Shop.

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

Silk Dancing Veil Tie-Dying (#3797)
Thursday: September 21; 1:30 – 3:30 p.m.

Participants will learn how to tie-dye by dyeing a 35” x 108” silk dancing veil that can also be used as a wrap or an oversized scarf. Wear appropriate clothing – creativity can sometimes be messy.

Location: ISU Craft Shop, located on the lower level of the Pond Student Union
Instructors: Roberta Ridgley (208-530-1336; Bossmare8@icloud.com)
Facilitator: Jackie Birch (208-681-4539)

(continues...)
NEW KNOWLEDGE ADVENTURES • FALL 2017

NEW KNOWLEDGE ADVENTURES
FALL 2017

Class Limit: 12
Class Fees: $16 for silk veil to Roberta Ridgley & $7.50 to ISU Craft Shop, both to be paid at first class.
Note: Parking permit is required to park on campus. Obtain permit at the NKA office or by marking your registration form.

Hypertufa Pots for Small Gardens (#3714)
Monday: September 25; 10:30 a.m. – 12:00 p.m.

You may not have heard of hypertufa pots. Made from vermiculite, perlite, peat moss, and Portland Cement, these strong, lightweight, free-form pots can be used inside or outside. Often seen at craft fairs filled with luscious plants, they are equally attractive on porches or patios in fall or summer. In this hands-on class, participants will create their own pots. Dress appropriately – making things can be messy. Kathy is a biologist, college professor, and artist; she brings a wealth of knowledge to any class.

Location: Pine Ridge Mall
Instructor: Kathy Spiegel, PhD
Facilitator: Helen Beitia (208-237-2528)
Class Limit: 30

“Postcrossing” Postcard Exchange (#3189)
Monday: October 23; 1:00 – 2:00 p.m.

Tired of nothing in the mail but bills and advertisements? Fill your mailbox with beautiful and interesting postcards from all around the globe. Postcrossing isn’t as much about collecting as it is about connecting, because it provides a way to communicate with people from different countries and cultures. Postcrossing will help you brush up on your world geography, and it may even improve your penmanship. Come learn how to get started with this inexpensive hobby.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Cheryl Lyda (208-232-8221; lydacher@gmail.com)
Facilitator: Audene Campbell

Making Watchable Videos (#3716)
Monday: October 2; 11:00 a.m. – 12:00 p.m.

Bill Haley may shake, rattle, and roll, but your videos shouldn’t! Do you routinely subject your friends and family (or are subjected to) a vertiginous, hard-to-hear experience? You’ll be shooting watchable videos in no time, once you’ve learned these tried-and-true techniques, which work for any kind of video camera, including point-and-shoot and cell phones. Expect an interactive class but not a training on how to use your device(s). We’ll be sticking to principles and tips.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Jim Mariani
Facilitator: Sharon Manning (208-233-9425)

Working with Stoneware (#3708)
Mondays: October 16 – 30; 1:00 – 3:00 p.m.

Carol Dille, with over 40 years of experience in the ceramics industry, will present a brief overview of how to work with stoneware. Students will be creating several hand built pieces.

Location: 140 Valleyview Dr.
Instructor: Carol Dille
Facilitator: Lee Dille (208-339-5346)
Class Limit: 12
Class Fee: $20. To be paid at the first class.

Silk Painting: Salt Technique (#3430)
Friday: October 27; 1:30 – 3:30 p.m.

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

Location: ISU Craft Shop, located on the lower level of the Pond Student Union Building
Instructor: Mary Miller, director of ISU Craft Shop
Facilitators: Janet Turner (208-637-0246) & Barbara Hyde (208-760-7260)
Class Limit: 8
Class Fee: $15. To be paid at first class to ISU Craft Shop.

Painting with Acrylics (#3726)
Saturday: October 28; 10:00 a.m. – 12:00 p.m.

Acrylic painting from pictures that are provided. Yours will be an original. All supplies are provided!
Location: Pocatello Art Center, 444 N. Main
Instructors: Pat Geiger & Mary Ann Hoffman
Facilitator: Sallee Gasser (gasser@ida.net)
Class Limit: 12
Class Fee: $15. To be paid at class.

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

Participants will learn the fence technique of silk painting with gutta. Gutta is a water-based wax resist and acts as a barrier for the dye. It keeps the color within the outlined areas of a design, allowing sharply defined borders. Participants will free form their own designs with gutta paint on a hemmed white silk scarf. Once the gutta has dried, the spaces can be filled in with a large selection of colors. All materials are included in the class fee.
Location: ISU Craft Shop, located on the lower level of the Pond Student Union Building
Instructor: Mary Miller, director of ISU Craft Shop
Facilitators: Janet Turner (208-637-0246) & Barbara Hyde (208-760-7260)
Class Limit: 8
Class Fee: $15. To be paid at class to ISU Craft Shop.

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

Flowers with L.D. (#3487)
Thursday: December 7; 1:00 – 3:00 p.m.

L.D. will walk us through the creation of a beautiful Winter Holiday floral arrangement sure to enhance our glow of December. Water bricks and foliage included in class fee.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: L.D. Wolfley, owner of Flowers by L.D.
Facilitator: Liz Benson (208-232-0054)
Class Limit: 48

FITNESS & MOTION

Hiking & Snowshoeing (#3118)
September through November

Outings will be scheduled according to weather/trail conditions and facilitators’ availability. Facilitators will e-mail hikers several days before each outing with time, place, and directions. Hikes are about three hours long and are mainly on rough, uneven, up-and-down dirt trails. Just join us when you can; no need to call if you can’t make a hike. Do call a facilitator if you have questions.
Facilitators: Sandy Clark (208-530-0657; jaclark1@gmail.com); Deborah Jeppson (208-234-7036); Rayde Mortenson (208-252-1157)
T’ai Chi Chih, Beginning (#3103)
Mondays: September 11 – 25, October 2 – 30,
November 6 & 13; 8:00 – 8:50 a.m.

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

Location: Mind Your Body Annex, 310 E. Clark
Instructor-Facilitator: Linda Fairchild (208-251-2586)
Class Limit: 30

Line Dance 1: Starter (#3111)
Mondays: September 11 – November 13;
1:30 – 2:25 p.m.

If you are new to line dancing, you want to “start” with this class. You will learn simple yet fun dances, step patterns, and rhythms, 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, you don’t need a partner. Wear tennis or other soft-soled shoes to avoid scuffing the floor.

Location: Mind Your Body Annex, 310 E. Clark
Instructors: Bob Schaffner & Khristi Cummings
Facilitator: Anita Affa (208-478-1744)
Class Limit: 60

Line Dance 2: Beginner (#3112)
Mondays: September 11 – November 13;
2:30 – 3:25 p.m.

The line dances taught in this class are more complex than the dances in Line Dance 1 (Starter) class, but still fun and relatively easy. Guys and gals, come enjoy the FUN of line dancing and get some exercise too. No partner required. Wear tennis or other soft-soled shoes to avoid scuffing the floor.

Location: Mind Your Body Annex, 310 E. Clark
Instructors: Kay Elsathagen & Marti Collins
Facilitator: Anita Affa (208-478-1744)
Class Limit: 60

Line Dance 3 (#3113)
Tuesdays: September 12 – November 14;
9:30 – 10:25 a.m.

Line Dance 3 (Beginner 2/Intermediate) introduces a bit more challenging dances than the Line Dance 1 (Starter) and Line Dance 2 (Beginner 1) classes. We will start slowly and keep adding to our repertoire, working up to low intermediate level. You’ll have lots of fun learning these dances, which are designed for those who have completed Line Dance 2. Wear tennis or other soft-soled shoes to avoid scuffing the floor.

Location: Mind Your Body Annex, 310 E. Clark
Instructors: Susan Cramer & Joyce DeGarlais
Facilitator: Susan Cramer (208-237-8709)
Class Limit: 30

Line Dance 4, Oldies but Goodies I (#3110)
Tuesdays: September 12 – November 14;
10:30 – 11:30 a.m.

This class is a combination of dances previously taught in Beginner 1 (Starter), Beginner 2, and Beginner 3 (Beginning 2/Intermediate). Dances will not be taught but reviewed with a variety of music and rhythms. Join us for a workout and lots of fun. Wear tennis or other soft-soled shoes to avoid scuffing the floor.

Location: Mind Your Body Annex, 310 E. Clark
Instructors: Sue Schaffner; Judy Liday; Tom Baxter
Facilitator: Judy Liday (208-317-6664; lidayja@cableone.net)
Class Limit: 30

Chair Yoga for Seniors (#3640)
Wednesdays: September 13 – 27, October 4 – 25,
November 1 – 15; 9:00 – 10:00 a.m.

All are welcome to participate in this seated yoga asana (postures that rebalance the body) practice. Yoga is much more than physical exercise;
it is also a spiritual practice that supports all religious traditions. We practice yoga positions to open our bodies with space, to bring strength where we are weak, and to increase flexibility where we are tight. We will discuss how yoga can strengthen mind, body, and spirit through three of the limbs: *asana* (movement), *pranayama* (breathing), and *dhyana* (meditation).

**Location:** Liberty Hall, 325 W. Benton, upstairs
**Instructor-Facilitator:** Brenda Ehrler, certified 200-hour yoga instructor (b_ehrler@att.net)
**Class Limit:** 40

**Fit & Fall Proof (#3106)**
**Wednesdays & Fridays: September 13 – December 15 (skip Nov. 22 & 24); Wednesdays 9:30 – 10:30 a.m., Fridays 9:30 – 10:00 a.m.**

Fit & Fall Proof is an exercise program developed in Idaho for older adults to promote balance, strength, flexibility, and endurance to decrease the risk of falling. The class is designed to gradually build strength and endurance by using chairs, walls, and resistance bands. It includes 30 minutes of Tai Chi breathing and stretching on Wednesdays. With exercise, anyone can counteract the lower body weakness, loss of muscle mass, and poor posture that contribute to falls. Bring a bottle of water and wear comfortable clothes.

**Location:** Mind Your Body Annex, 310 E. Clark
**Instructors-Facilitators:** Marlene Hendrick (mkhendy@yahoo.com; 208-220-0615) & Rachel Damewood (damerw@cableone.net; 208-604-0741)

**Beginning Mat Yoga (#3717)**
**Wednesdays: September 13 – 27, October 4 – 25, November 1 – 15; 10:30 – 11:30 a.m.**

We will practice beginning yoga positions on the mat to open our bodies with space, to bring strength where we are weak, and to increase flexibility where we are tight. We will discuss how yoga can strengthen mind, body, and spirit through three of the limbs: *asana* (movement), *pranayama* (breathing), and *dhyana* (meditation). Bring a mat and wear comfortable clothing.

**Location:** Liberty Hall, 325 W. Benton, upstairs
**Instructor-Facilitator:** Brenda Ehrler, certified 200-hour yoga instructor (b_ehrler@att.net)
**Class Limit:** 20

**Latin Line Dance I (#3107)**
**Wednesdays: September 13 – December 13; 2:00 – 3:00 p.m.**

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

**Location:** Mind Your Body Annex, 310 E. Clark
**Instructor:** Lucy Bonman (208-243-0856)
**Facilitator:** Martha Collins (marti.collins5@gmail.com)

**Latin Line Dance II: Performance (#3108)**
**Mondays & Wednesdays: September 13 – December 13; Mondays 10:30 a.m. – 12:00 p.m., Wednesdays 3:00 – 4:30 p.m.**

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

**Location:** Mind Your Body Annex, 310 E. Clark
**Instructor:** Lucy Bonman (208-243-0856)
**Facilitator:** Jane Gibson (gibsonjm@cableone.net)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.
Line Dance 5, Oldies but Goodies II  
(#3109)  
*Thursdays: September 14 – November 16; 9:30 – 10:55 a.m.*  
This class is a combination of old and new intermediate and advanced dances and music. It is designed for experienced dancers who have previously taken the intermediate level. Expect a variety of music and rhythms. Join us for a workout, some challenges, and lots of fun. Wear tennis or other soft-soled shoes to avoid scuffing the floor.  
**Location:** Mind Your Body Annex, 310 E. Clark  
**Instructors-Facilitators:** Jan Green (208-251-1244) & Joyce DeGarlais (208-238-1247)  
**Class Limit:** 30

Square Dance Lessons & Practice  
(#3105)  
*Thursdays: September 14 – December 7; 4:00 – 7:00 p.m.*  
Learn the joy of square dance! No partner needed – we have several experienced dancers who dance male/female positions. You commit your time and we’ll all have fun! Wear comfortable clothing, comfortable dance shoes, a can-do attitude, and a big smile! Learn from Steve Sullivan, a nationally known, third-generation, licensed, top square dance caller – and he’s GOOD!  
**SECTION 1 – Basic & Mainstream**  
4 - 5:15 p.m.  
**SECTION 2 – Introduction to Plus Level**  
5:15 - 6:30 p.m.  
**SECTION 3 – Round Dance**  
6:30 - 7 p.m.  
**Location:** Sullivan’s Square Dance Hall, 1935 S. 5th Ave.  
**Instructor:** Steve Sullivan, licensed square dance caller  
**Facilitator:** Barbara Hyde (b_hyde@q.com)  
**Class Fee:** Non-NKA members: $5/person/evening

Beginning Disc Golf  
(#3704)  
*Wednesdays: September 20 & 27, October 4 & 11; 1:00 – 2:30 p.m.*  
The class will provide loaner practice discs to participants. At the end of the class participants should understand the different types of discs and their uses and understand three different throwing techniques. They will also learn the basic rules and etiquette for more formal games. By the end of the class participants should be able to complete the nine-hole course, select appropriate discs for each shot, and understand the rules of the game.  
**Location:** Upper Ross Park  
**Instructor:** Lance Clark (lclark@pocatello.us), Parks & Recreation  
**Facilitator:** Jackie Birch (208-681-4539)  
**Class Limit:** 20  
**Class Fee:** $10. To be paid at the first class.

Don’t Do This  
(#3705)  
*Tuesday: October 3; 1:30 p.m. – 3:00 p.m.*  
After years doing something one way, it can be incredibly difficult to change. So it goes with posture and movement. Whether you slouch when you sit and stand, repeatedly stand with your weight on one leg, or play golf with an irregular backswing, over time the incorrect becomes the norm. It is time to correct the norm and get back to the basics of excellent posture, and excellent posture is hard work, requiring thought, strength, and flexibility. “Don’t Do This” will help you unlearn those bad habits and begin new ones so you can sit, stand, and walk tall. Sherrie Hebert teaches and trains at Gold’s Gym and owns Performance Pilates & Personal Training. Be sure to visit her Facebook page, PerformancePilatesAndPT.  
**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Sherrie Hebert, certified personal trainer & Pilates mat & equipment instructor (208-478-2433; sherriehebert@gmail.com)  
**Facilitator:** Gail Dial

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Walking the Greenway (#3115)
Fridays: October 6 – 27; 10:00 – 11:30 a.m.

Come walking with us along the Portneuf Greenway Trails. These trails are paved on mostly flat terrain. Walk at your own pace. We will meet at the trailheads, which will be announced by e-mail two days before the walk. Those who do not have e-mail or need guidance must phone the facilitator. Dress for the weather, wear comfortable shoes, and bring your own water.
Facilitator: Sandra Babb (208-238-2034)

T’ai Chi Chih, Advanced (#3104)
Mondays: October 9 – 30, November 6 – 27, December 4 & 11; 9:00 – 10:00 a.m.

T’ai Chi Chih (TCC) advanced class is for those who already attended a Basic Class and for those who simply want to do the meditation in a group session. This “Joy Through Movement” or “Moving Meditation” group will not include basic training for TCC-associated discipline, but rather a review of such, only as needed before group meditation session. Dress in comfortable clothes, such as sweats or other attire you might wear to a gym. All five senses will be stimulated during TCC.
Location: Mind Your Body Annex, 310 E. Clark
Instructor-Facilitator: Michael McCarthy (mccamic2@isu.edu)
Class Limit: 30

Wine Tasting/Pairing at The Bridge (#3642)
Tuesday: September 26; 5:00 – 7:00 p.m.

For an enjoyable evening come and join us for a fabulous wine tasting at The Bridge inside the Yellowstone Hotel. This will be a tasting and pairing of five exquisite wines paired with selected menu items.
Location: The Bridge inside the Yellowstone Hotel, 230 W. Bonneville
Instructor: Lisa Willmore
Facilitator: Pauline Havens (208-234-8517)
Class Limit: 50
Class Fee: $45, includes gratuity. Make check payable to The Bridge. Send to Pauline Havens, 5 Purdue Ave., Pocatello ID 83201, by September 8.

Coffee at the Bru House (#3700)
Friday: October 6; 1:00 – 2:30 p.m.

Let’s learn about coffee, one of the most popular drinks worldwide. Sandy Madrid, owner of the Bru House, will share why this is her passion, what makes good coffee, and how to prepare the various selections available today.
Location: 502 N. Main
Instructor: Sandy Madrid
Facilitator: Jane Riley (208-237-6801)
Class Limit: 35

Cooking for One or Two (#3298)
Thursday: October 26; 10:30 a.m. – 12:00 p.m.

Do you have a hard time cooking for just one or two now that the nest is empty? You will learn how to shrink your meal preparations, reduce waste, and prepare nutritious meals for just one or two. Plan for an engaging class and a hands-on cooking lab – after all we want you to practice what you learn!
Location: Liberty Hall, 325 W. Benton, lecture
Instructor: Julie Buck EdD, RDN, family & consumer science educator, UI Extension, Bannock County
Facilitator: Helen Beitia (208-237-2528)
Class Limit: 24
Class Fee: $6. To be paid at class. Make check payable to Bannock County Extension.
Bread Making Basics (#3697)
Thursday: October 26; 2:00 – 3:00 p.m.

If you’ve always wanted to learn to make bread and haven’t had the chance, this is the perfect class for you. Bread making does not have to take all day like when grandma used to make it. With a few tricks, it can be quick and easy with the same great result! Come learn to knead with us.

Location: Liberty Hall, 325 W. Benton, lecture
Instructor: Julie Buck, EdD, RDN, family & consumer science educator, UI Extension, Bannock County
Facilitator: Lyndell Jackson (208-258-1045)
Class Limit: 25
Class Fee: $5. To be paid at class. Make check payable to Bannock County Extension.

Wine Tasting at PV’s Uncorked (#3564)
Thursday: October 26; 5:00 – 7:00 p.m.

Enjoy wine tasting at locally owned PV’s Uncorked, Pasta & Vino. Donny and Jen will select a variety of great wines to try, and appetizers will be served.

Location: PV’s Uncorked, 144 N. Main
Instructors: Jen & Donny Flores
Facilitator: Janet Boehm (208-233-1645)
Class Limit: 50
Class Fee: $15, includes gratuity. Make check payable to PV’s Uncorked. Send to Janet Boehm, 3595 Summit Dr., Pocatello ID 83201, by October 16.

Wine Tasting at Café Tuscano (#3120)
Tuesday: November 14; 5:00 – 7:00 p.m.

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

Location: Café Tuscano, 2231 E. Center St.
Instructor: Allyson Burnham
Facilitator: Sharon Manning (208-233-9425)
Class Limit: 50
Class Fee: $15, includes gratuity. Make check payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello ID 83204, by November 7.

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.
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NEW KNOWLEDGE ADVENTURES  FALL 2017

NKA 2017 MEMBERSHIP AND REGISTRATION FORM

☐ New Member  ☐ Previous Member

Name: _______________________________________________________________________________________

Address: _____________________________________________________________________________________

City/State/Zip: ________________________________________________________________________________

Daytime Phone: __________________  Evening Phone: __________________  Cell Phone: ___________________

E-Mail: _______________________________________________________________________________________

Emergency Contact Person and Phone: _____________________________________________________________

Preferred method of contact: ☐ Phone  ☐ E-mail

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

REGISTRATION DUE BY SEPTEMBER 1

Three options are available to register:

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

2—In Person at:
  777 Memorial Drive, Roy F. Christensen Bldg., #48

3—Online (available August 9) at:
  cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3155
Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

$35 per person/per semester  $ _______

Parking Fee $5 (once a year)  $ _______

Only required on campus before 4 p.m.

TOTAL DUE  $ _______

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

AGREEMENT AND RELEASE OF LIABILITY

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

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

Date: __________________  NKA Member or Participant Signature: _________________________________

PLEASE: PRINT NEATLY
SIGN BELOW
COMPLETE BOTH SIDES
REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

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

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<td>Reinterpreting Romeo and Juliet #3795</td>
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<td>Book Group &amp; a Glass . . . #3372</td>
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<td>How We Published Our Family History #3713</td>
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<td>Write Your Own Mini Memoir #3709</td>
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NKA 2017 MEMBERSHIP AND REGISTRATION FORM

☐ New Member  ☐ Previous Member

Name: _______________________________________________________________________________________

Address: _____________________________________________________________________________________

City/State/Zip: ________________________________________________________________________________

Daytime Phone: __________________  Evening Phone: __________________  Cell Phone: ___________________

E-Mail: _______________________________________________________________________________________

Emergency Contact Person and Phone: _____________________________________________________________

Preferred method of contact: ☐ Phone  ☐ E-mail
Preferred method of registration receipt: ☐ Mailed  ☐ E-mailed

REGISTRATION DUE BY SEPTEMBER 1

Three options are available to register:

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

2—In Person at:
777 Memorial Drive, Roy F. Christensen Bldg., #48

3—Online (available August 9) at:
cetrain.isu.edu/nka

Phone: 208-282-2789 or 208-282-3155
Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

$35 per person/per semester $ _______

Parking Fee $5 (once a year) $ _______
Only required on campus before 4 p.m.

TOTAL DUE $ _______

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

AGREEMENT AND RELEASE OF LIABILITY

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

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

Date: ______________  NKA Member or Participant Signature: ____________________________________________
REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

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

ART, MUSIC, & THEATRE
- Keyboard Lessons #3715
- Preview to the Symphony #3322
  Section: 1 2 3 4
- Preview to Lysistrata #3790
- Process of Writing Symphonic Music #3792
- Storytelling Extravaganza #3800
- Preview to The Cat in the Hat #3791

CRAFTS & HOBBIES
- Woodcarving #3558
  Section: 1-Mon 2-Wed 3-Fri
- Hand Built Pottery #3165
- Painted Rustic Barnwood #3725
- Glazing Bisque Pottery #3629
- Silk Dancing Veil Tie-Dying #3797
- Hypertufa Pots for Small Gardens #3714
- Making Watchable Videos #3716
- Working with Stoneware #3708
- “Postcrossing” Postcard Exchange #3189
- Silk Painting: Salt Technique #3430
- Painting with Acrylics #3726
- Silk Painting: Fence Technique #3486
- Tie-Dying #3368
- Flowers with L.D. #3487

FITNESS & MOTION
- Hiking & Snowshoeing #3118
- Tai Chi Chih, Beginning #3103
- Line Dance 1, Starter #3111
- Line Dance 2, Beginner #3112
- Line Dance 3 #3113
- Line Dance 4, Oldies but Goodies I #3110
- Chair Yoga for Seniors #3640
- Fit & Fall Proof #3106
- Beginning Mat Yoga #3717
- Latin Line Dance I #3107
- Latin Line Dance II: Performance #3108
- Line Dance 5, Oldies but Goodies II #3109
- Square Dance Lessons & Practice #3105
  Section: 1 2 3
- Beginning Disc Golf #3704
- Don’t Do This #3705
- Walking the Greenway #3115
- T’ai Chi Chih, Advanced #3104

FOOD & BEVERAGE
- Taste & Share #3197
- Wine Tasting/Pairing at The Bridge #3642
- Coffee at the Bru House #3700
- Cooking for One or Two #3298
- Bread Making Basics #3697
- Wine Tasting at PV’s Uncorked #3564
- Wine Tasting at Café Tuscano #3120

GAMES
- Intermediate Bridge #3228
- Beginning Bridge #3128
- Mahjong #3125
- Lunch & Games #3126
  Section: 1 2 3 4
- Texas Hold’em Poker #3127
- Pinochle #3496
- Trivia Quizzes! #3567
- 13 Locks, Pocatello’s Escape Room #3692
  Section: 1 2 3 4 5 6

GENERAL INTEREST
- Baha’i Faith #3694
- United Senior Project #3645
- State of the Nation’s Economy #3580
- Drawing Lines on Maps #3707
- US EPA: Authority, Goals, & Capacity #3805
- All the President’s People #3693
- Disabilities: Challenges & Hopes #3703
- Real Thinking in a World of Fake News #3793
- AARP Driver Safety Course #3130
- Time to Declutter #3571
- Threat & Exploitation in Leaders #3802
- Persecution of Baha’i Faith #3727
- Normalizing Death #3590
- Medicare Updates #3718
- Islamic Visit #3501
- “South” for the Winter #3798
- The Mind You Don’t Know #3719
- What’s Going on at the Women’s Prison? #3807
- Elder Law #3708
- Bridges Idaho #3698
- Opening Libraries, Opening the World #3724
- Normalizing Grief After Loss #3723

HEALTH & WELLNESS
- Fundamentals Mindfulness Meditation #3339
- Origami & Theragami #3461
  Section: 1 2
- Therapeutic Drumming Circle #3527
- Remembering When™ #3796
- Long-Term Care #3663

HISTORY
- Garrett Freightlines #3711
- The Rhetoric of the Vietnam War #3131
- Music in German American Communities #3721
- Diamonds – From Dirt to Destiny #3702
- Dragon Tracks #3706
- Constitutional Intersections #3701
- History of Female Comics/ Cartoons Artists #3712
- The Reformation – 500th Anniversary #3794
- Voices from Mountain View Cemetery #3806

NATURE, SCIENCE, & TECHNOLOGY
- Monarch Butterflies & Other Pollinators #3720
- Astronomy 103: The Solar System Unbound #3613
- Your Caribou-Targhee National Forest #3699
- Birding in Idaho #3695
- Do We Protect Our Drinking Water? #3683
- 21st-Century Hearing Solutions #3804
- Exploring the Mojave Desert #3709

TRAVEL & FIELD TRIPS
- Prospects, Battlefields, & Explorers #3687
- Fall Foliage Trip to Logan Canyon #3710
- Twin Falls Planetarium #3803
- Theater, Dinner, Christmas Lights in SLC #3801

WRITING & LITERATURE
- Low-Impact Creative Writing #3136
- Reinterpreting Romeo and Juliet #3795
- Book Group & a Glass . . . #3372
- Bravery of a Hobbit #3696
- The National Outdoor Book Awards #3722
- Storytelling Class #3799
- How We Published Our Family History #3713
- Write Your Own Mini Memoir #3709
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<tr>
<th>Sunday</th>
<th>Monday</th>
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<tr>
<td><strong>ELECTION DAY</strong></td>
<td>9:30-10:25 Line Dance 3</td>
<td>9:30-10:25 Line Dance 3</td>
<td>9:30-10:55 Line Dance 5</td>
<td>9:30-10:55 Line Dance 5</td>
<td><strong>THANKSGIVING</strong></td>
<td>4-7 Square Dance</td>
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<td>8-8:50 T’ai Chi Chih, Beg.</td>
<td>9-10 Tai Chi Chih, Adv.</td>
<td>9-12 Woodcarving</td>
<td>9:10 Chair Yoga</td>
<td>9-10 Chair Yoga</td>
<td>9-12 Woodcarving</td>
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<td>9:30-11:30 Mini Memoir</td>
<td>9:30-11:30 Mini Memoir</td>
<td>9:15 Twin Falls trip</td>
<td>9-12 Woodcarving</td>
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<td>9:30-10:30 Texas Hold’em</td>
<td>9-12 Woodcarving</td>
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<td>10:30-12 Lat. Line Dance I</td>
<td>10:30-12 Lat. Line Dance II</td>
<td>10:30-11:30 Mat Yoga</td>
<td>1-3 Creative Writing</td>
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<td>10-12 Mahjong</td>
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<td>1-3 Creative Writing</td>
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<td>11:1 Taste &amp; Share</td>
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<td>2-4 Texas Hold’em</td>
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<td>1:30-2:25 Line Dance 1</td>
<td>1:30-3:30 Tie-Dying</td>
<td>2-3 Lat. Line Dance 1</td>
<td>2:30-3:25 Line Dance 2</td>
<td>3:30-5 Drumming Circle</td>
<td><strong>4-7 Square Dance</strong></td>
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<td>1-2:30</td>
<td>9-12 Woodcarving</td>
<td>10 NKA Board Meeting</td>
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<td>Bridges Idaho</td>
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<td>10-11:30 Normalizing Grief</td>
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<td>9:30-10:30 Fit &amp; Fall</td>
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<td>10-12 Mahjong</td>
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<td>9-12 Woodcarving</td>
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<td>3:30-5 Drumming Circle</td>
<td>4-5:30 Book &amp; a Glass</td>
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<td>1-2:30 Opening Libraries</td>
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<td>9-12 Woodcarving</td>
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<td>12:30-1:30 Trivia</td>
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**Mahjong (#3125)**

*Fridays: September 15 – December 15 (skip Oct. 13 & Nov. 24); 10:00 a.m. – 12:00 p.m.*

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

**Location:** Liberty Hall, 325 W. Benton, small room  
**Instructor:** Lucy Bonman (208-243-0856)  
**Facilitator:** Marijana Dolsen (208-233-8735)

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**Lunch & Games (#3126)**

*Fridays: September 15, October 20, November 17, December 8; 12:00 – 3:00 p.m.*

Lunch is served at noon. Hand and Foot game or the Dominoes Mexican Train game go from 1 to 3 p.m. There is no cost for the games. You must sign up to participate each month. The facilitator will verify attendance by calling everyone who signs up. On the registration form, please select the months you plan to attend. *Call the facilitator, Pat Ringe (208-233-5494) if you must cancel.*

**SECTION 1 – Friday: September 15; 12 – 3 p.m.**  
**SECTION 2 – Friday: October 20; 12 – 3 p.m.**  
**SECTION 3 – Friday: November 17; 12 – 3 p.m.**  
**SECTION 4 – Friday: December 8; 12 – 3 p.m.**

**Location:** Juniper Hills Country Club, 6600 S. Bannock Hwy.  
**Facilitator:** Pat Ringe (208-233-5494)  
**Class Limit:** 90  
**Class Fee:** $13 per lunch. To be paid at the door.

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**Texas Hold’em Poker (#3127)**

*Fridays: September 15 – December 8 (skip Oct. 13 & Nov. 24); 2:00 – 4:00 p.m.*

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

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

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**Trivia Quizzes! (#3567)**

*Fridays: September 22, October 27, November 17, December 15; 12:30 – 1:30 p.m.*

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

**Location:** Liberty Hall, 325 W. Benton, small room  
**Instructor:** Carol Nelson (208-238-6369)  
**Facilitator:** Cheryl Lyda (208-232-8221; lydacher@gmail.com)

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**13 Locks, Pocatello’s Escape Room (#3692)**

*Thursdays: October 12 or 19; see sections*

An escape room is a physical adventure game in which players are locked in a room and have to use elements of the room to solve a series of puzzles to escape within a set time limit. Games are set in a variety of fictional locations, such as prison cells, dungeons, and space stations, and are popular as team-building exercises.

**SECTION 1 – Thursday: October 12; 9:45-11:15**  
**SECTION 2 – Thursday: October 12; 12:45-2:15**  
**SECTION 3 – Thursday: October 12; 3:45-5:15**

(continues...)
SECTION 4 – Thursday: October 19; 9:45-11:15
SECTION 5 – Thursday: October 19; 12:45-2:15
SECTION 6 – Thursday: October 19; 3:45-5:15
Location: 701 S. First Ave.
Facilitator: Nancy Dafoe (nancyd@uidaho.edu)
Class Limit: 4 per section
Class Fee: $22. Make check payable to Nancy Dafoe.
Send to Nancy Dafoe, 2800 Birdie Thompson,
Pocatello ID 83201, by October 2.

GENERAL INTEREST

Baha’i Faith (#3694)
Tuesday: September 12; 3:00 – 4:00 p.m.
Baha’u’llah, the founder of the Baha’i Faith has taught that a just and peaceful global society is possible. This course examines the teachings of this global community, and how Baha’i is working with their fellow citizens of all backgrounds to build peaceful communities.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Mona Heern
Facilitator: Virginia Kelly (208-232-7417)

United Senior Project (#3645)
Thursday: September 14; 11:00 a.m. – 12:00 p.m.
Get the latest scoop on what is happening with the United Senior Project. Find out where we are and how we are moving forward. You can also learn about ways that you can become involved and support this vision.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: committee members
Facilitator: Mary Spinner (208-241-7258)

State of the Nation’s Economy (#3580)
Thursday: September 14; 1:30 – 2:30 p.m.
The economy is in a constant state of change. It can swing from expansion to contraction and back to expansion in only a matter of months. Conflicting media reports only compound this issue. We will look at actual, current data from different areas of the economy to derive the current economic “State of the Nation”. Additionally, we will look at what the current data suggests the next several months may look like from both an optimistic and a pessimistic perspective.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Joel Phillips, Sanctuary Wealth Management
Facilitator: Jim Manning (208-233-9425)

Drawing Lines on Maps (#3707)
Monday: September 18; 11:00 a.m. – 12:30 p.m.
WWI’s impact on the Middle East was tremendous! The end of the war signaled the fall of the Ottoman Empire, which had ruled much of the Middle East and Eastern Europe for 500 years. For the first time in Islamic history, there was no Caliph. What and who would replace the empire? Much of the Middle East became controlled by the French and British, who created new states. French territory included what is now Syria and Lebanon, and British territory included Israel, Palestine, Jordan, and Iraq. This is a story of war, nationalism, imperialism, and the creation of new identities.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Dr. Zackery Heern, assistant professor, history, ISU
Facilitator: Virginia Kelly (208-232-7417)

US EPA: Authority, Goals, & Capacity (#3805)
Tuesday: September 19; 1:30 – 3:00 p.m.
With each change in administration, there is a shift in authority and goals of the US EPA. What does the US EPA authority look like today, and what are their current goals? Does the agency have the capacity to address and achieve its identified goals? The class will draw on insights from Professor Lybecker’s time on the US EPA National Advisory Committee and will examine challenges for the future of protecting human health and the environment.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Donna Lybecker, professor, political science, ISU
Facilitator: Jane Riley (208-237-6801)
All the President’s People (Or Maybe Not So Much): This class explores how well Supreme Court nominees mirror presidential preferences over time. It delves into why some, like Justice Scalia, closely mirror presidential preferences over their careers, while others, like Justice Blackmun, drift to the other end of the ideological spectrum.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Shane Gleason, assistant professor, political science, ISU
Facilitator: Virginia Kelly (208-232-7417)

Disabilities: Challenges & Hopes
Monday: September 25; 1:00 – 2:30 p.m.
With one daughter battling a brain tumor and another with Angelman Syndrome, Camille Ashcraft has a unique perspective on parenting. Add her work on state legislation and ongoing local projects, and she is immersed in the world of those with disabilities and an advocate for those without a voice. As she shares her story, along with research breakthroughs that bring cures closer, she will give you hope for what's to come!

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Camille Ashcraft, graduate of Partners in Policymaking, ID Council on Developmental Disabilities
Facilitator: Donna Boe (donnaboecableone.net)

Real Thinking in a World of Fake News
Tuesday: September 26; 1:30 – 3:00 p.m.
What is fake news? How do we know which media sources to trust and which ones are suspect? In a world where news moves and changes faster than the click of a mouse, it’s still possible to critically consume what we read and see to be an educated, informed citizen and voter.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Amy Campbell, public services supervisor, Marshall Public Library
Facilitator: Jane Riley (208-237-6801)

AARP Driver Safety Course
Friday: September 29; 8:30 a.m. – 4:00 p.m.
(Lunch on your own 12 – 1)
Registration at 8:30 a.m. Please bring your AARP membership card and driver's license. Class starts at 9 a.m.
Take this important opportunity to learn how to drive more efficiently and safely. This class contains up-to-date information about changes over time in ourselves, our vehicles, the laws, and our roads. It can help you boost safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence. Just a refresher, the class requires no “on-the-street driving” or tests.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Roger Wheeler (208-237-5010)
Class Fee: $15 for AARP members; $20 for non-AARP members. Pay at class to AARP with check or exact amount of cash.
Class Limit: 30

Time to Declutter
Monday: October 2; 1:00 – 2:00 p.m.
It’s always time to declutter! Don Aslett, the world’s number one author on this subject, will show you why, how, and when to deal with the STUFF you really don’t need. This will be a very fun class.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Don Aslett
Facilitator: Lee Dille (208-339-5346)

Threat & Exploitation in Leaders
Tuesday: October 3; 10:00 – 11:30 a.m.
I will speak about threat as a factor in authoritarianism and the exploitation of that threat by a leader exhibiting the Dark Triad (narcissism, psychopathology, and Machiavellism). Environmental threat (e.g., financial depression of 1929-1939, WWII, the mid-to-late 1960s) is identified as one of the basic causes of high authoritarianism (obedience to authority/leader). Leaders who exhibit the Dark Triad characteristics (continues...)
Islamic Visit (#3501)
Wednesday: October 18; 11:00 a.m. – 12:30 p.m.
Learn about Islamic beliefs and the Islamic community in Pocatello during this visit.
Location: The Mosque, 1513 S. 5th Ave.
Instructors: Mohammad Safdar & the Amah
Facilitator: Virginia Kelly (208-232-7417)
Class Limit: 50

“South” for the Winter (#3798)
Wednesday: October 18; 2:00 – 4:00 p.m.
Kathy and Allan Priddy decided to go south for the winter of 1990-1991 – maybe a little too far south! Share in the adventures of “summer” in Antarctica (-55°F the day they arrived). This was Allan’s eleventh trip and Kathy’s first. Be there to view the slide show that makes it look like they both had fun.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Kathy & Allan Priddy
Facilitator: Jan Flandro (208-221-4091)

The Mind You Don’t Know (#3719)
Friday: October 27; 10:00 – 11:30 a.m.
It is plain that mental states – such as beliefs, desires, fears, perceptual states, and pains – often occur in consciousness, but there is growing evidence that many mental states can also occur without being conscious. Some thinkers in the history of philosophy have denied this. In this talk, however, I survey many commonsense and experimental reasons to think mental states can be nonconscious. Indeed, I explore a perhaps surprising hypothesis – namely, that any mental state that can occur consciously can occur nonconsciously. I then consider some of the ramifications that this thesis may have on theories of the nature of consciousness.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Dr. Jacob Berger, assistant professor, philosophy, ISU
Facilitator: Jane Riley (208-237-6801)

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.
What’s Going on at the Women’s Prison? (#3807)
Wednesday: November 1; 10:00 – 11:00 a.m.

Pocatello Women’s Correctional Center is a mixed-custody facility that can hold up to 310 female inmates of all custody levels. It acts as the reception, diagnostic, and classification hub for all female offenders in Idaho. The facility offers inmates a variety of vocational courses, educational classes, need-specific core cognitive programming, and a correctional industries program that offers work details to inmates. Pre-release and work-release programs help prepare inmates for life after release during the final stretches of their incarcerations. This class will offer an overview of programming and procedures at the prison.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Amanda Gentry, warden & Sue Pearson, program manager
Facilitator: Jane Riley (208-237-6801)

Elder Law (#3708)
Friday: November 10; 10:30 – 11:30 a.m.

Learn how to prepare for your future. Wills, trusts, power of attorney for finances, and healthcare will be discussed in a straightforward and fun way with a PowerPoint presentation. Medicare, Medicaid, and planning for long-term care will be explained.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Thomas W. Packer, attorney
Facilitator: Jackie Birch (208-681-4539)

Bridges Idaho (#3698)
Tuesday: December 5; 1:00 – 2:30 p.m.

Did you know that Idaho has welcomed over 20,000 refugees since the mid 1970s? Currently the 1,000+ refugees who arrive in Idaho each year come from all over the world. Come learn what our local organization of concerned citizens is doing to support the resettlement efforts of these and future refugees.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: panel TBA
Facilitator: Jane Riley (208-237-6801)

Opening Libraries, Opening the World (#3724)
Wednesday: December 6; 1:00 – 2:30 p.m.

A Pocatello connection with an orphanage in Africa created a library halfway around the world. Experience the ongoing triumphs and challenges of working across oceans to bring literacy and opportunity to some of the poorest, most vulnerable children in the world.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Amy Campbell, public services supervisor, Marshall Public Library & Summer Jackman, vice president, Pocatello Rotary Club
Facilitator: Jane Riley (208-237-6801)

Normalizing Grief After Loss (#3723)
Thursday: December 7; 10:00 – 11:30 a.m.

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

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Kelly Bocanegra, social worker, Horizon Hospice
Facilitator: Virginia Kelly (208-232-7417)

HEALTH & WELLNESS

Fundamentals of Mindfulness Meditation (#3339)
Wednesdays: September 6 – 27; 10:00 – 11:30 a.m.

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

Location: TBA
Instructors: Drs. Tony & Paula Seikel
Facilitator: Barb Bain (bainbarb@isu.edu)
Class Limit: 20
Origami & Theragami (#3461)  
**Tuesdays: September 12 & 19; 10:30 a.m. – 12:00 p.m./October 3 – 24; 10:00 a.m. – 12:00 p.m.**

BE INSPIRED! Origami is the ancient art of paper folding; theragami has healing benefits for the aging. Hugh uses origami, commonly misunderstood as merely arts & crafts, to educate, inspire, self-heal, and instill confidence. Discover this cutting-edge path to health, scientific discoveries, inventions, advanced logic, and FUN. Section 1 introduces the basics. The nerves in the fingertips are exercised, which contributes to wellness and self-healing. Section 2 focuses on creating beautiful, purposeful, and spiritual objects. Students will learn how to complete projects at their own pace. Taking Section 1 is not required for taking Section 2, but would help.

**SECTION 1 – Tuesdays: September 12 & 19; 10:30 a.m. – 12:00 p.m.**

**SECTION 2 – Tuesdays: October 3 – 24; 10 a.m. – 12:00 p.m.**

**Location:** Liberty Hall, 325 W. Benton, small room  
**Instructor:** Hugh Suenaga  
**Facilitators:** Nancy Dafoe (nancyd@uidaho.edu) & Valerie Watson  
**Class Limit:** 25  
**Class Fee:** Section 1, $6. To be paid by September 5.  
**Class Fee:** Section 2, $11. To be paid by September 26.  
Make check payable to Hugh Suenaga. Send to Nancy Dafoe, 2800 Birdie Thompson, Pocatello, ID 83201.

Therapeutic Drumming Circle (#3527)  
**Wednesdays: September 13 – December 13 (skip Nov. 22); 3:30 – 5:00 p.m.**

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

**Location:** Senior Activity Center  
**Instructor-Facilitator:** Rachel Damewood (208-604-0741; damerw@cableone.net)

Remembering When™ (#3796)  
**Thursday: September 28; 10:30 a.m. – 12:00 p.m.**

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

**Location:** Southeastern Idaho Public Health, 1901 Alvin Ricken Dr.  
**Instructors:** Kim Stouse, MA, Pocatello Fire Department & Michelle Butterfield, MHE, Southeastern Idaho Public Health  
**Facilitator:** Ann Smith (208-251-5812)

Long-Term Care (#3663)  
**Wednesday: October 25; 11:00 a.m. – 12:00 p.m.**

The Area Agency on Aging is here to safeguard the independence of the elderly and provide them with a choice of services for their long-term needs. The Area Agency on Aging is also here to provide the growing aging population and its caregivers with access to a system of services with options that promote well-being and independence and embody the values of dignity and choice. These options and choices will be discussed, and there will be plenty of time for your questions and answers.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Sandy Guidinger, information & assistance specialist  
**Facilitator:** Ann Smith (smitann1@gmail.com)

HISTORY

Garrett Freightlines (#3711)  
**Monday: September 11; 1:30 – 3:00 p.m.**

Garrett Freightlines began in Pocatello in 1913 as the first motorized luggage transfer service for railroad passengers. Learn how the company grew to the fifth-largest motor freight carrier in the United States and introduced key innovations to the interstate transport industry while building
a strong culture with dedicated employees. Dr. Bolinger will discuss how his students researched and wrote a book, now in print from Arcadia Publishing, about the history of Garrett Freightlines. This project was a collaboration among the Honors Program, the College of Business, the College of Arts and Letters, and Oboler Library’s Special Collections at ISU.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Alexander Bolinger, PhD, associate professor of management, ISU College of Business  
**Facilitator:** Janet Turner (208-637-0246)

### The Rhetoric of the Vietnam War  
(*#3131*)  
**Fridays: September 15 – 29, October 6 – 20; 1:30 – 3:30 p.m.**

Chief Justice Earl Warren called the Vietnam War “the most divisive event in America since the Civil War.” Everett Alvarez, America’s senior POW who was held captive for eight and one half years, called Vietnam “the subject that never goes away”. A Gallup Poll in 2004 revealed that only 33% of Americans believe the Vietnam War was “a just war” (90% said WWII was “a just war”; 61% said the Korean War was “just”). Vietnam has become a metaphor for dissent and defeat. We will study the angry debate over Vietnam – the arguments and tactics of the “hawks” and the “doves.”

**Location:** Frazier Hall, Room 320  
**Instructor:** Dr. Bruce Loebs, professor emeritus of communication, ISU  
**Facilitator:** Jane Thornley (208-237-1659)

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

### Music in German American Communities  
(*#3721*)  
**Wednesday: September 20; 1:00 – 2:30 p.m.**

Germans living in the United States were vilified during the First World War; American symphonies, for example, dropped German composers from their performance programs. Nevertheless, half a million Germans immigrated to this country between the wars. Männerchor (male choruses) allowed German men to retain their sense of German-ness, even as members sought to assimilate into American society. Benign on the surface, some Männerchor members used music to vocalize their support of the Nazi party after Hitler’s rise to power in 1933. This presentation will explore the power of music to build bridges but also alienate communities from their larger surroundings.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Erika Kuhlman, PhD, professor of history, ISU  
**Facilitator:** Jane Riley (208-237-6801)

### Diamonds – From Dirt to Destiny  
(*#3702*)  
**Thursday: September 21; 6:30 – 7:30 p.m.**

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

**Location:** Molinelli’s Jewelers, 126 Main St.  
**Instructor:** Lance Buttars, owner, Molinelli’s Jewelers; goldsmith; Gemological Institute of America diamond & colored stone certified specialist  
**Facilitator:** Janet Turner (208-637-0246)  
**Class Limit:** 30

### Dragon Tracks  
(*#3706*)  
**Tuesday: September 26; 10:30 a.m. – 12:00 p.m.**

Our ancestors were not stupid, but they didn’t understand extinction and fossilization. Corfe Castle, on England’s south coast, is limestone, and it contains numerous fossils, including giant ammonites, which medievals believed were petrified snakes, and huge, three-toed dinosaur tracks. The castle builders had no knowledge of dinosaurs but they did believe in dragons. Medieval art depicts bipedal dragons with feet that match the dinosaur tracks in the limestone. Imagine (continues...)


(continued: Dragon Tracks)

quarrying a piece of limestone for Corfe Castle and discovering a gigantic footprint – made by a monster that could leave tracks in solid rock.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Trent Stephens, PhD, emeritus professor of anatomy & embryology, ISU  
**Facilitator:** Kathleen Stephens (208-244-2732)

**Constitutional Intersections** (#3701)  
*Thursday: October 5; 2:30 – 4 p.m.*

While the constitutional allocation of power to the three branches of government is reasonably clear, conflicts occur when the branches exercise their respective powers. This is particularly true when Congress investigates the executive and the president resists queries and requests for information. When these collisions occur, everything is possible, including the use of the presidential pardon power and congressional resort to impeachment.

**Location:** College of Education auditorium, ISU, 921 S. 8th Ave.  
**Instructor:** David Adler, PhD, director, Alturas Institute, professor emeritus of political science, ISU  
**Facilitator:** Donna Boe (donnaboe@cableone.net)  
*Note: Parking permit is required to park on campus. Obtain permit at the NKA office or by marking your registration form.*

**History of Female Comics/Cartoons Artists** (#3712)  
*Monday: October 16; 11:00 a.m. – 12:00 p.m.*

What do Kewpie Dolls, Blonde Bombers, Aquaman, and “Dykes to Watch Out for” have in common? They’re all part of a fascinating visual history of cartoons and comics written and illustrated by American female artists. Examples include single-pane cartoons, serialized comic strips, comic books, and graphic novels. Some of the graphics in this presentation depict bodily functions and nudity, which some viewers may find offensive. Please consider this when deciding to attend. Participants will receive a bibliography of the sources used in the presentation.

**The Reformation – 500th Anniversary** (#3794)  
*Monday: October 23; 3:15 – 4:45 p.m.*

Historians usually date the start of the Protestant Reformation to the 1517 publication of Martin Luther’s "95 Theses". From a backdrop of religious and political intrigue and manipulations, this presentation will explore not only Luther, but earlier attempts at reforming the Christian church, as well as those of his contemporaries, and later movements. With the skillful use of the newest technology of the time, the printing press, their ideas were given a wide audience that allowed believers to strive for a better understanding of God.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Aaron Hayes, MA, theological studies; BA, music history & literature; secondary education teacher of world history & theology, Grace Lutheran High School; licensed deacon, Lutheran Church-Missouri Synod  
**Facilitator:** Janet Turner (208-637-0246)

**Voices from Mountain View Cemetery** (#3806)  
*Thursday: November 9; 10:30 a.m. – 12:00 p.m.*

From July 1898 through July 1899 soldiers of the Idaho Voluntary Infantry Regiment served in the Spanish American War with duty in the Philippines. Company G of the regiment was recruited in Pocatello. You will learn about Company G, men in the unit, and their engagements in the Philippines. You will also be introduced to other Pocatello veterans of that war who share a final home in Mountain View Cemetery.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Jacquee Alvord  
**Facilitator:** Jane Riley (208-237-6801)
Monarch Butterflies & Other Pollinators (#3720)
Thursday: September 14; 5:00 – 6:30 p.m.

Class will be held outdoors, seating will be provided, and talk will highlight conservation efforts for butterflies and other pollinators.

Location: Cherry Springs Nature Area Amphitheater, Bannock Hwy.
Instructors: Deb Tiller, landscape architect, USFS, Caribou-Targhee National Forest
Facilitator: Jackie Birch (208-681-4539)
Class Limit: 70

Astronomy 103: The Solar System Unbound (#3613)
Tuesday: September 19; 10:30 a.m. – 12:00 p.m.

NASA and the Russians are no longer the only big players in satellite launches and space exploration. The Chinese, the European Space Agency, lesser-known national space programs, and private ventures are all jockeying for business. Join us as we explore the new age of space tourism and adventurous Mars and the Moon revisited anyone?

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Jim Mariani
Facilitator: Jim Manning (208-233-9425)

Your Caribou-Targhee National Forest (#3699)
Friday: September 22; 5:00 – 6:30 p.m.

The south end of Caribou-Targhee National Forest has numerous points of interest and a fascinating history. Minnetonka Cave, Curlew Grasslands, Caribou Mountain, Bloomington Lake, Big Springs, and other sites will be discussed. Find out more about local destinations and their history.

Location: Cherry Springs Nature Area Amphitheater, Bannock Hwy.
Instructor: Deb Tiller, landscape architect, USFS, Caribou-Targhee National Forest
Facilitator: Jackie Birch (208-681-4539)
Class Limit: 70

Birding in Idaho (#3695)
Monday: October 9; 11:00 a.m. – 12:00 p.m. (talk)
& Wednesday: October 11; 8:30 – ? (field trip)

As the birds begin to migrate, Ashley will help us learn more about how to identify them, where they normally live, and what they eat. Besides her professional life in education and biology, Ashley is an artist, jeweler maker, and beekeeper.

Location: Liberty Hall, 325 W. Benton, lecture room (talk); TBA (field trip)
Instructor: Ashley Rasmussen, M.S., education coordinator, ISU Museum of History
Facilitator: Helen Beitia (208-237-2528)

Do We Protect Our Drinking Water? (#3683)
Wednesday: October 11; 10:30 a.m. – 12:00 p.m.

As part of our ongoing Sustainability Series, we will share the latest information about how Idaho is protecting the groundwater that we use to drink. One hundred percent of our local Pocatello drinking water comes from groundwater.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Sue Skinner, retired EPA & Shannon Ansley, Sho-Ban Tribe environmental management
Facilitator: Shirley Rodgers (208-233-4662)

21st-Century Hearing Solutions (#3804)
Friday: October 20; 10:00 – 11:00 a.m.

Ever hear of a hearing aid adjusting your air conditioner? Did you know that untreated hearing loss impacts cognitive function and income levels too? Dr. Kelley Olenick and audiologist Angie McCurdy will discuss the effects of hearing loss and show you the latest 21st-century solutions. Find out if YOU may have hearing loss, and listen to the newest advancements in hearing technology. See how hearing instruments interact with Bluetooth devices, enabling you to hear on the phone, hear the TV like never before, and even activate your coffee maker and air conditioner.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Dr. Kelley Olenick, AuD, owner of Hearing Zone & Angie McCurdy, MS, audiologist
Facilitator: Jackie Birch (208-681-4539)
Exploring the Mojave Desert (#3709)
Tuesday: November 14; 10:00 – 11:30 a.m.

This presentation will be a botanical exploration of the Mojave Desert during one of the largest wildflower blooms in recent times. A spectacular, colorful, surprising slideshow of what Mother Nature can do in an arid climate.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Bob McCoy
Facilitator: Pauline Havens (208-234-8517)

TRAVEL & FIELD TRIPS

TRAVEL & FIELD TRIPS NOTE: Fees for trips must be received thirty (30) days prior to scheduled departure date. Trip payment unless otherwise stated includes all expenses, bus, meals, gratuities, admissions, and hotels. Your reservation for the trip will be taken in order of payment not registration.
If we do not have the minimum of 40 people paid 30 days prior to a trip, we will cancel it. Fees are nonrefundable within the 30-day period prior to departure except for medical reasons. If you cancel for medical reasons we will refund any monies that are not dedicated funds. Dedicated funds include bus costs and any nonrefundable deposits that NKA has spent on the trip. All costs for overnight trips are double occupancy. For a single add $50 per night to the fee.

Prospectors, Battlefields, & Explorers (#3687)
Monday, Tuesday, Wednesday: September 11 – 13; 7:00 a.m.; Depart 7:30 a.m.

Travel to Quake Lake Visitors Center, then explore Virginia City, a well-preserved ghost town. Spend the night in Dillon MT. After breakfast, visit Bannack State Park (territorial capital of MT), lunch in Wisdom, see Big Hole National Battle Field (Nez Perce war). Travel over Chief Joseph Pass; spend the night in Salmon ID. Last day: Sacajawea Cultural Center; Salmon Historical Museum; lecture, “The Most Important Day of the Lewis and Clark Expedition”. Lunch in Salmon and back to Pocatello by about 5 p.m. Fee includes meals, motels, entrance fees, and gratuities. Lunch NOT provided the first day in Virginia City.

Location: TBA
Instructor: Lynn Hebdon
Facilitator: Kathryn Snyder (208-589-7853)
Class Limit: 54
Class Fee: $310. Make check payable to ISU. Send to Linda Ellis, 2000 Judy Lane, Pocatello ID 83201. Payment will be accepted after July 1 but must be received by August 11. For questions about payment call Linda Ellis (208-237-3530).

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

Fall Foliage Trip to Logan Canyon (#3710)
Wednesday: September 27; 7:00 a.m.; Depart 7:30 a.m.

Fellow Adventurers, we’ve planned a 350-mile Motor Coach Fall Color Tour to include stops at the Bear River Migratory Bird Refuge Visitor Center and lunch at the Brigham City Senior Center. A trip up beautiful Logan Canyon with photo stops along the way to include the Bear Lake overlook. Enjoy a famous Bear Lake raspberry shake in Garden City UT. Resume our drive along the west shore of the lake to Montpelier ID. US Fish & Wildlife technicians will present a heads-up on the happenings at the Bear Lake National Wildlife Refuge. We will return to Pocatello at approximately 6 p.m.

Location: TBA
Instructor: Jennie McCormick (jenniemc1250@yahoo.com; 208-521-2780)
Facilitator: Charlie Sloat
Class Limit: 56
Class Fee: $50. Make check payable to ISU. Send to Linda Ellis, 2000 Judy Lane, Pocatello ID 83201, by August 27.

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

Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.
Twin Falls Planetarium (#3803)
Wednesday: November 8; 9:15 a.m.;
Depart 9:30 a.m.
Depart to Twin Falls by Motor Coach. Arrive at the Senior Center for lunch at noon. Proceed to the Herrett Center Arts and Science Planetarium presentation “The Secret Lives of Stars”. We will watch this under the 50-foot dome with full dome projection system. Also included are the Jean King Gallery of Contemporary Art, five Natural History Galleries, and the Herrett Center Store.
Location: TBA
Instructor: Patricia Devenberg
Facilitator: Kathryn Snyder (208-589-7853)
Class Limit: 56
Class Fee: $46. Make check payable to ISU. Send to Linda Ellis, 2000 Judy Lane, Pocatello ID 83201, by October 9.

Theater, Dinner, Christmas Lights in Salt Lake City (#3801)
Wednesday: December 13; 1:00 p.m.;
Depart 1:30 p.m.
Travel to Salt Lake City’s Hale Centre for 5 p.m. live show, A Christmas Carol. Depart Hale Centre as soon as possible after 7 p.m. Travel to the Joseph Smith Memorial Building Garden Restaurant for a late dinner and viewing of Christmas lights at Temple Square. Leave Salt Lake City by 9:30 p.m. and arrive in Pocatello around midnight.
Location: TBA
Instructor: Jennie McCormick
Facilitator: Linda Ellis (208-237-3530)
Class Limit: 56
Class Fee: $105. Make check payable to ISU. Send to Linda Ellis, 2000 Judy Lane, Pocatello ID 83201, by November 13.
If you are unable to attend a class please call the NKA office at 208-282-3155 so the Waitlist may be contacted.

Writing & Literature

Low-Impact Creative Writing (#3136)
Mondays: September 25 – December 11;
1:00 – 3:00 p.m.
This class is for those who want to write for pleasure: fiction, nonfiction, or memoirs. We write for an hour on ideas stimulated by story starters that the facilitator or volunteers provide. We always have the option to write about anything we want. For the second hour, we take turns reading what we wrote, if we want to. No pressure, no homework, very little instruction.
Location: Liberty Hall, 325 W. Benton, small room
Facilitator: Stephanie Gill (208-234-4184)
Class Limit: 18

Reinterpreting Romeo and Juliet (#3795)
Wednesday: October 4; 1:00 – 2:30 p.m.
Romeo and Juliet is arguably Shakespeare’s most well-known play, but how well do we actually know it? The play exists in two very different early editions. The existence of these contrasting versions is a story in itself, and the differences between them can provoke new interpretations of Shakespeare’s enduring play. This class merges lecture and discussion to introduce these early editions and explore the questions and ideas they provoke.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Jessica Winston, professor of English, ISU
Facilitator: Jan Flandro (208-221-4091)

Book Group & a Glass... (#3372)
Thursdays: October 5, November 2, December 7;
4:00 – 5:30 p.m.
Enjoy a glass of wine or other beverage and appetizers prepared under the supervision of Allyson Burnham while we discuss the book of the month in small groups. Books will be selected by the group. On October 5, we will discuss Signature of All Things by Elizabeth Gilbert.
Location: Café Tuscano, 2231 E. Center
Facilitators: Ann Smith (208-251-5812) & Sharon Manning (208-233-9425)
Class Limit: 42
Class Fee: $10 per session, includes gratuity. Make check payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello ID 83204, by September 28 for our first meeting.
Bravery of a Hobbit (#3696)
*Monday: October 9; 1:00 – 2:30 p.m.*

Tolkien had a great admiration for the Northern courage of the heroes and warriors in Old English tales. In order to include that courage in his own works Tolkien created a hobbit. We will discuss how Bilbo is in many ways a modern character with modern concerns, but still courageous, in Tolkien’s idea of Northern courage. The courage of hobbits is tempered by their size and their wits. Is Bilbo still as courageous and loyal as an old English warrior?

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

**Instructor:** Valah Steffen-Wittwer, PhD candidate, English, ISU

**Facilitator:** Jane Riley (208-237-6801)

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The National Outdoor Book Awards (#3722)
*Wednesday: October 11; 1:00 – 2:30 p.m.*

The National Outdoor Book Awards (NOBA) is the outdoor world’s largest and most prestigious book award program. It is a nonprofit educational program that is headquartered at Idaho State University. Ron Watters, the chair of the NOBA program and the author of eight outdoor books, will lead a discussion on the National Outdoor Book Awards. He will talk about how the program got started and the judging process. He will also highlight past winners and review standouts among this year’s entries.

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

**Instructor:** Ron Watters

**Facilitator:** Jane Riley (208-237-6801)

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Storytelling Class (#3799)
*Tuesdays & Thursday: October 17, 19, 24; 12:00 – 2:00 p.m.*

This class is for want-to-be storytellers who are willing to be propelled into the realm of “World Class Exaggerators”. Allan Priddy and Katherine Poulter will team-teach various storytelling styles from the wild-and-woolly outdoor adventures to the cultured and refined “pinksies-up” type. Come listen, learn, and create your own stories. (And remember: don’t let the truth spoil a good tale.) Please bring writing materials with you.

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

**Instructor:** Allan Priddy, jack-of-all-trades including tall tales & Katherine Poulter, Marshall Public Library

**Facilitator:** Jan Flandro (208-221-4091)

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How We Published Our Family History (#3713)
*Thursday: November 2; 1:30 – 3:30 p.m.*

An illustrated lecture reveals how we dealt with the pleasures and perils of sharing our Bennett family history. Step-by-step attention will be given to how we selected memoirs, genealogy, and photographs for the project. Collaborating, organizing, annotating, and editing will be discussed. There will be time for questions and examining our printed publication: *The Bennett Journals: 1876-1912*.

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

**Instructor:** Lynda Smithman, writer & editor

**Facilitator:** Betty Adams (208-589-2880)

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Write Your Own Mini Memoir (#3709)
*Mondays: November 6 – 27; 9:30 – 11:30 a.m.*

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

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

**Instructor:** Elise Barker, adjunct instructor of English, ISU

**Facilitator:** Lee Dille (208-339-5346)

**Class Limit:** 20

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Please be courteous to other members and cancel ASAP if you are signed up for a program and cannot attend so that the Wait List individuals may be contacted to attend. Call the NKA office at 208-282-3155.

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

NKA members are being offered the opportunity to take swimming lessons from Lyndell Jackson, a Red Cross certified water safety instructor, at the Pocatello Community Recreation Center. To take advantage of this opportunity, register directly with the Pocatello Community Recreation Center by calling the Center (208-232-3901) or the instructor, Lyndell Jackson (208-258-1045).

FEES ARE DUE SEPTEMBER 27 and are payable to the Pocatello Community Recreation Center, 144 Wilson Ave., Pocatello ID 83201.

Swimming I
Tuesdays & Fridays: October 3 – 27; 1:30 – 2:00 p.m. or 2:00 – 2:30 p.m.
Learn the basics in a very small group atmosphere. For those with little or no swimming ability who experience discomfort in the water. Learn basic swim strokes, breathing techniques, and other fundamentals swimming skills from a patient instructor in a safe, encouraging atmosphere. Bring your own bathing suit, goggles, and towel.
Fee: $24.

Swimming II
Fridays: October 6 – 27; 12:30 – 1:00 or 1:00 – 1:30 p.m.
Improve your skills and techniques in a very small group atmosphere. For those who know how to swim with their face in the water, use a basic front crawl, can back float, etc. This level is for those who want to improve their endurance and skills. Bring your own bathing suit, goggles, and towel.
Fee: $12.

Swimming, Semiprivate or Private
Saturdays: October 7 – 28; 9:30 – 10 or 10:00 – 10:30 or 10:30 – 11:00 a.m.
Available upon request, semiprivate or private lessons must be coordinated with instructor. Semiprivate lessons are limited to two people of comparable ability. You must provide your own partner. Or take private lessons. For either option, you will need to call the instructor to arrange day and time. Bring your own bathing suit, goggles, and towel.
Fee: $40/semiprivate; $48/private.

10TH ANNUAL THOMAS GERIATRIC SYMPOSIUM

Idaho State University Student Union Building, Ballroom
Friday: October 6; 8:30 a.m. – 12:45 p.m.
The Thomas Geriatric Symposium features speakers that touch on topics such as what medicines interfere with sleep, how to keep the brain healthy, and other useful subjects. Participants are seated, and a case study is introduced to them, at which time students from the different health colleges and committee members discuss treatments during the patients’ hospital stay as well as when they are released to go home. To register, call 208-282-3372.
Additions to the Fall 2017 Catalog

Art, Music, & Theatre

Preview to the Symphony – Instructor: Dr. Geoffrey Friedley

Donizetti’s *The Elixir of Love* (#3810)
Wednesday: October 25; 1:00 – 2:00 p.m.

Come join Dr. Diana Livingston Friedley explore one of Donizetti’s most beloved comic operas. The discussion will center on the life of the composer, introduce the opera and offer insight into Opera Idaho’s production which will be performed at the Stephen’s Performing Arts Center, Friday, November 3 at 7:30 p.m. This one-night performance is sponsored in part from a generous grant by the Bistline Foundation

**Location:** Liberty Hall 325 W. Benton
**Instructor:** Dr. Diana Livingston Friedley
**Facilitator:** Bill Brydon (208-233-4278)

Crafts & Hobbies

Knitting & Crocheting Service Project Group (#3196)

This class will be continued!! We will continue to knit or crochet lap robes, scarves, chemo hats and other items for PMC. Basic knowledge of knitting and crocheting desired. Join us for an hour of fun. It is not necessary to be there every week. Yarn for projects is provided. Donations of acrylic yarn gladly accepted. Pauline Havens will continue to store the yarn.

**Location:**
- September 14 & 21, Carol Dille, 140 Valleyview
- September 28 – December 14, Liberty Hall, 325 W. Benton, small room

**Facilitators:** Carolyn Johnson & Nancy Ellis (208-237-0995)

Fitness & Motion

Lady Niners’ Golf (#3116)

Come join our ongoing golf group for some fun golfing. Greg Albright will teach a lesson for us at noon, and then we will break into groups of four to golf. We are given discounts through the season. Come and enjoy the play.

**Location:** Riverside/Highland Golf Courses
**Instructor:** Greg Albright
**Facilitator:** Linda Lindley (lindlind@msn.com)

Pickleball (#3433)

Come to Raymond Park and learn our new and exciting popular game of pickleball. Everyone is getting on board as it is geared so well to seniors although everyone of all ages is playing it. So if you like ping pong, volleyball, or tennis come join us for some fun.

**Location:** Raymond Park
**Instructor/Facilitator:** Linda Lindley (lindlind@msn.com)

These classes are online for registration. If you use the enclosed paper form please add the class number and title of the class to the top of the registration form. Thank you.