Welcome to New Knowledge Adventures

A MESSAGE FROM THE PRESIDENT

Welcome to the Fall 2019 semester of New Knowledge Adventures. The Curriculum Committee, under the direction of Trent and Kathleen Stephens, has once again provided classes from a variety of interests to engage you in learning and socializing with fellow members. Try traveling vicariously to: Iceland with Dr. Boe; Tajikistan with Dr. Rodgers, cruise European rivers with Chuck and Jane Humphries or attempt Mt. Kilimanjaro with Geoff Hogander. Take your pick or do it all! How fortunate we are to enjoy life-long learning and shared experiences through NKA.

The vitality of NKA depends upon a combined effort of community volunteers, Idaho State University faculty and staff, and our members. A sincere thank you to: the volunteer presenters who willingly give their time and expertise to benefit our members; ISU CEWT director Gary Salazar and staff for their partnership and support; Liberty Hall, Quail Ridge, the Travel Lodge and others who provide venues for our events, and finally to you—the members who give their time and talent to facilitate classes, serve as committee chairs and officers, and handle all the details necessary for the success of NKA.

The future of NKA is promising because our membership and class offerings have a great potential for growth. As of this spring, we became a 501c3 non-profit organization; this designation will allow us new opportunities such as applying for grants for guest speakers and programs. The Board welcomes your suggestions for presenters and ideas for classes. May you enjoy the adventures and interactions as you embark on a new semester in New Knowledge Adventures.

—Jan Flandro, NKA President

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NKA BLOG

We encourage you to submit pictures and information about NKA activities for the NKA blog. E-mail to Cheryl Lyda at lydacher@gmail.com.

newknowledgeadventures.blogspot.com
Blog maintained by Cheryl Lyda
New Knowledge Adventures (NKA), a Road Scholar affiliate at Idaho State University, is a member-directed organization that provides an informal, noncompetitive environment for lifelong learners age 50 or older.

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

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

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

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

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

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

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

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

**ISU will be CLOSED September 2 for Labor Day; November 28 & 29 for Thanksgiving; and December 24 to January 1 for ISU Christmas Holiday. No classes will be held these days.**
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ART, MUSIC, & THEATRE

Keyboard Lessons (#3715)
**Tuesdays: September 17 – November 19; 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. Join us for this enjoyable learning experience.

**Location:** Piano Gallery, 338 Yellowstone Ave. (208-233-1883)
**Instructor:** Margaret Squires
**Facilitator:** Rachel Damewood (208-604-0741)
**Class Limit:** 20
**Class Fee:** $20 includes book, purchase at first class

Movie-Making in the Digital Age: How Did They Do That? (#3005)
**Tuesday: September 17: 1:00 - 2:30 p.m.**

Movie possibilities have grown exponentially since the days before computer editing. From early digitally edited films like Terminator 2 and Jurassic Park, we'll look at some of the groundbreaking movies (and techniques) which changed the course of the movie-going experience – and our expectations.

**Location:** Quail Ridge, 797 Hospital Way
**Instructor:** Jim Mariani
**Facilitator:** Trent Stephens (trentstephens1@cableone.net)

Preview to: The Best Christmas Pageant Ever (#3006)
**Friday: November 1; 5:00-6:00 p.m.**

Learn how Theatre ISU will stage this fun seasonal play. We will learn the background information about the plot, the characters, costuming, and setting from Director Stefan Espinosa.

**Play dates:** November 8, 9, 14, 15 & 16; 7:30 p.m.
**Matinees:** November 9 & 16; 2:00 p.m.
**Location:** Bistline Theatre, Stephens Performing Arts Center
**Instructor:** Stefan Espinosa, Play Director
**Facilitator:** Jane Riley (208-237-6801)

Preview to: It’s a Wonderful Life (#3007)
**Friday: November 22; 5:00-6:00 p.m.**

Learn how the beloved American holiday classic, *It’s a Wonderful Life*, a live radio play, will be staged at the Palace Playhouse to tell the story of George Bailey. During the preview, behind the scenes information concerning the history, plot, setting, props, cast and crew will be shared by the director, Sherri Dienstfrey-Swanson.

**Play dates:** November 29 – December 21. See www.palaceplayhouse.com for more information.
**Location:** Palace Playhouse, 158 E. Chubbuck Road, Chubbuck
**Instructor:** Sherri Dienstfrey-Swanson, Play Director
**Facilitator:** Jane Riley (208-237-6801)

Preview to: Last Train to Nibroc (#3008)
**Friday: September 20; 5:00-6:00 p.m.**

In this preview to the play *Last Train to Nibroc*, Director Joel Shura will share the main themes concerning this story of two young people who meet on a train and how their lives are changed. We will learn about the writer, Arlene Hutton, and the challenges of bringing her play to the stage.

**Play dates:** September 27 & 28, October 3, 4 & 5.
**Location:** Black Box Theatre, Stephens Performing Arts Center, ISU
**Instructor:** Joel Shura
**Facilitator:** Jane Riley (208-237-6801)
**Preview to the Symphony** (#3322)  
*Fridays: September 13, October 18 & November 22: 3:00 - 4:00 p.m.*  
Dr. Geoffrey Friedley is an adjunct instructor at ISU, where he teaches voice, music appreciation, and music history. Dr. Julie Sorensen is the conductor and artistic director of the Idaho State-Civic Symphony. Either Dr. Sorensen or Dr. Friedley (or both) will describe the compositions which will be performed at the upcoming concert. They will talk about the composers, their times and styles, and what to expect at the concerts. These previews will enhance the enjoyment of going to the concerts. For more information, visit [www.thesymphony.us](http://www.thesymphony.us)

**Performance Dates:**  
— September 20, Americana Stories  
— October 25, POPS – Stories of the Silver Screen  
— December 6/7, Joy to the World: The Stories of Christmas  
**Location:** Quail Ridge, 797 Hospital Way  
**Instructors:** Dr. Geoffrey Friedley or Dr. Julie Sorensen  
**Facilitator:** Bill Brydon (208-233-4278)

**Readers’ Theater** (#3134)  
*Wednesdays: September 18 – November 20; 3:00-4:30 p.m.*  
Class members select materials that benefit from being heard. No memorization is required. Participants will have the opportunity to perform selected materials. One planned performance is The Night of January 16th. It will be performed in a court house setting. Registration is not required to attend performance(s). Performance dates to be announced.  
**Location:** Quail Ridge, 797 Hospital Way  
**Instructor:** Peer led  
**Facilitators:** Jane Riley (208-237-6801) & Jim Mariani (208-851-0842)

**Rhythm and Pulse Percussion** (#3009)  
*Thursdays: October 3, 10, 17 & 24; 2:00 – 3:30 p.m.*  
The class is limited to people who are willing to commit to attending and participating. Please contact the instructor as soon as you sign up to discuss the class. The class will use videos, body movement, voice, and hand percussion to explore singing, counting, body percussion, and hand drumming techniques using conga drums and other percussion instruments. It will also explore world cultures that use the body/voice/drums in their cultural practices. Instructor will provide all materials required for the class.  
**Location:** 3900 Johnny Creek Road, Pocatello  
**Instructor/Facilitator:** Eric Limbach (208-241-9817 (leave msg), limberic@gmail.com)  
**Class Limit:** 8

**Small Group Music Festivals & Performance** (#3956)  
*Wednesday: September 18; 3:30-5:00 p.m.*  
We are organizing small music groups to perform at local nursing facilities to share music and passion with them. If you play any kind of instruments for solo, duet, etc. (including drums or Native American flute) for rhythm connections or for sing along/play along music making, you may want to join us for fun. At the first class, we will discuss the performance schedule, then you practice your music in your leisure time and show up for the music festivals or performance.  
**Location:** Quail Ridge, 797 Hospital Way  
**Instructor/Facilitator:** Rachel Damewood (208-604-0741)

**Story Telling** (#3010)  
*Monday: November 18; 1:00 – 3:00 p.m.*  
Come sit and enjoy some really tall tales. I’ve been told these will be all true stories except for the good parts. There should be at least three different storytellers bringing different stories and three different styles, maybe more. No campfire smoke and mosquitoes this time.  
**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Allan Priddy and at least two other storytellers  
**Facilitator:** Geoff Hogander (208-232-3437)
CRAFTS & HOBBIES

Christmas Craft Project (#3011)
Thursday: November 7; 1:00 – 3:00 p.m.

Come join the fun as we make a holiday project. Not sure what it will be, but it will be fun!
Location: Liberty Hall, 325 W. Benton, small room
Instructor: Karen Barron
Facilitator: Nancy Dafoe (nancyd@uidaho.edu)
Class Limit: 15
Class Fees: $20 to be paid by October 31. Make the check payable to Karen Barron, and mail to Nancy Dafoe at 2800 Birdie Thompson, Pocatello 83201.

Create Cards for Halloween and Christmas (#3960)
Thursdays: October 17 and 24; 1:00 – 3:00 p.m.

Join us and create holiday cards! Please bring a small pair of scissors to class.
Location: Liberty Hall, 325 W. Benton, small room
Instructor: Diane Tauscher
Facilitator: Nancy Dafoe (208-596-0491)
Class Limit: 10
Class Fees: $15, due by October 10. Make the check payable to Diane Tauscher and mail to Nancy Dafoe, 2800 Birdie Thompson, Pocatello, ID 83201.

Creative Color: Working with Crayons (#3012)
Saturday: October 12; 1:00 - 2:30 p.m.

Take an afternoon to learn about the often used but perhaps misunderstood common crayon and learn about some art history and how artists use color! Please bring your own favorite sketchbook (8.5x11 or 9x12 are great!), and a box of crayons (64 is great, but if you prefer to work with more or less, that's totally fine); an afternoon to explore color and creativity.
Location: Liberty Hall, 325 W. Benton, Lecture room
Instructor: Bettina Throckmorton
Facilitator: Elizabeth Dyer (dyer2158@gmail.com; (573-210-7588)
Class Limit: 10
Class Fees: $10 payable to Bettina Throckmorton, bring to class, checks are fine

Crochet/Knitting Service Group (#3196)
Tuesdays: September 10 – December 17; 1:15 – 2:15 p.m.

A service project crocheting and knitting lap blankets for the PMC cancer center. Yarn is provided for these projects. BYO hooks and needles is helpful although we do have some we can lend. A basic knowledge of crocheting or knitting is also helpful plus we have talented members to assist you. This is a fun way to practice your skills and to be creative with colors and patterns while helping others at the same time.
Location: Senior Activity Center, 427 North 6th Avenue, dining room
Facilitator: Barbara Christensen (562-544-4136)
Class Limit: 20

Letterpress Note Cards (#3963)
Mondays and Wednesdays: September 23 – October 9; 2:00 – 4:00 p.m.

Invented by Johannes Gutenberg in the mid-15th century, letterpress is now prized as a fine craft process that can produce beautiful text and images with a slight embossment when printing on thick paper. Students will design their own personal notecards and then set type and border designs from the shop, using a letterpress at Pinyon Jay Press, ISU. Participants will take home at least 10 handmade notecards with envelopes at the end of the six sessions.
Location: Liberal Arts Building, Room 139 (downstairs) at ISU. Quad side entrance.
Instructor/Facilitator: Paula Jull, Professor Emerita, ISU (jullpaul@yahoo.com)
Class Limit: 10
Class Fees: $20. Pay first day of class, cash or check

Painting with Acrylics (#3198)
Saturday: October 19; 10:00 a.m. - Noon

Beginning with acrylics; all supplies furnished.
Location: Pocatello Art Center, 444 N. Main
Instructors: Pat Geiger and Peggy Bain
Facilitator: Sallee Gasser (gasser@ida.net)
Class Limit: 12
Class Fee: $15 paid at the time of the class.
Advanced Woodcarving (#3558)
Mondays, Wednesdays and Fridays as desired:
September 16 – December 20; 9:00 a.m. – Noon (clean-up from 11:30-noon)

This class is for carvers who have completed at least one semester as a beginning carver or who have prior experience and do not require constant assistance and supervision. They provide their own tools and equipment to include rotary power tools or knives/gouges (edged hand tools). Carvers will select projects per their individual interests. Related optional activities include participation in woodcarving competitions and displays.

Location: Home Depot – Lumber Department, 4340 Hawthorne Road, Pocatello
Instructors: Shorty Miller & Diane Porter, both with years of experience and recognition in woodcarving journals
Facilitator: Cathy McPherson (208-233-5899, cathylee@cableone.net)
Class Fee: $10 (cash or check at first meeting) plus purchase of any other additional supplies.

Beginning Woodcarving (#3101)
Wednesday: September 18; 9:00 a.m. – Noon (clean-up from 11:30-noon). After this first class, you may come any Monday, Wednesday or Friday from September 18 – December 20.

Beginning woodcarving classes are for individuals with little or no experience in carving. Beginners will use rotary power tools and related equipment provided by the class. Projects may begin with a stylized bird, then a shelf cat, with a final project selected by the carver. Related optional activities include participation in woodcarving competitions and displays.

Location: Lumber Department, 4340 Hawthorne Road, Pocatello
Instructors: Shorty Miller & Diane Porter, both with years of experience and recognition in woodcarving journals
Facilitator: Cathy McPherson (208-233-5899, cathylee@cableone.net)
Class Fee: $10 (cash or check at first meeting) plus purchase of any other additional supplies.

FITNESS & MOTION

Fit & Fall Proof (#3106)
Wednesdays & Fridays: September 18 – November 22; Wednesdays - 9:30-10:30 a.m.; Fridays - 9:30-10:15 a.m.

Fit & Fall Proof is an exercise program developed in Idaho for older adults to promote balance, strength, flexibility, and endurance to decrease the risk of falling. The class is designed to gradually build strength and endurance, 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. Wear comfortable clothes. Bottled water will be provided by the facility.

Location: Travelodge, 133 W. Burnside Rd., Chubbuck
Instructors/Facilitators: Marlene Hendrick (208-220-0615, mkhendy@yahoo.com), Rachel Damewood (208-604-0741, damerw@cableone.net), and Jim Mariani (jsm2253@yahoo.com)

Latin Line Dance I (#3107)
Wednesdays: September 18 – November 20; 2:00 – 3:00 p.m.

Dance to Latin rhythms – mambo, cha cha, rumba, tango, samba, bachata, merengue, and salsa! No partners required. Meet people and have fun! The music impassions the brain and the dance itself is a full body workout! Please do not bring any liquids into the dance area. Water will be provided.

Location: Travelodge, 133 W. Burnside Rd., Chubbuck
Instructor: Lucy Bonman
Facilitator: Martha Collins (208-776-5526; marti.collins5@gmail.com)

Latin Line Dance II: Performance (#3108)
Mondays & Wednesdays: September 18 – December 11; Mondays: 10:30 a.m. – Noon; Wednesdays: 3:00 – 4:30 p.m.

This is Latin line dance taken to the next level. Focus is on learning and refining dances to
perform at assisted living and other venues. Please seriously consider the instructor’s requirements before registering: Must have taken Latin Line Dance I 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. Please do not bring any liquids into the dance area. Water will be provided.

**Location:** Travelodge, 133 W. Burnside Rd., Chubbuck
**Instructor:** Lucy Bonman
**Facilitator:** Jane Gibson (gibsonjm@cableone.net)

### Line Dancing: Beginning (#3111)
**Mondays: September 16 – November 18; 2:00 – 2:45 p.m.**

This class will build on what was taught in the starter class. The line dances in this class are more complex than the dances in the starter class, but they are still fun and relatively easy. Line dancing helps to build memory and coordination; you get physical and mental exercise. This class is for guys and gals; you don’t need a partner. Please do not bring any liquids into the dance area. Water will be provided.

**Location:** Travelodge, 133 W. Burnside Rd., Chubbuck
**Instructor/Facilitator:** Kay Elsethagen (208-233-2945; robandkays@msn.com)

### Line Dancing: Intermediate (#3113)
**Tuesdays: September 17 – November 19; 9:30 – 10:25 a.m.**

Intermediate line dancing is for those who have completed the beginning line dancing class. This class introduces more challenging dances. We will start slowly and keep adding to our repertoire, working up to the intermediate level. You’ll have lots of fun learning these dances. Please do not bring any liquids into the dance area. Water will be provided.

**Location:** Travelodge, 133 W. Burnside Rd., Chubbuck
**Instructors:** Susan Cramer & Joyce DeGarlais
**Facilitator:** Susan Cramer (208-237-8709)

### Line Dancing: Oldies but Goodies (#3110)
**Tuesdays: September 17 – November 19; 10:30 – 11:30 a.m.**

This class is a combination of dances previously learned in the beginning and intermediate dance classes with a few advanced dances. Dances will be reviewed (not taught) with a variety of music and rhythms. If you know the basic steps in line dancing, you will love this class. Join us for lots of fun, exercise and dancing. Please do not bring any liquids into the dance area. Water will be provided.

**Location:** Travelodge, 133 W. Burnside Rd., Chubbuck
**Instructors:** Judy Liday & Tom Baxter
**Facilitator:** Judy Liday, (208-317-6664; lidayja@cableone.net)

### Line Dancing: Starter (#3013)
**Mondays: September 16 – November 18; 1:00 – 1:45 p.m.**

If you are new to line dancing, this is the place to “start”. Basic line dance steps, step patterns, and rhythms will be taught, which then will be combined into simple and easy-to-learn dances. This will help memory and coordination; you get both physical and mental exercise. This class is for guys and gals; you don’t need a partner. Please do not bring any liquids into the dance area. Water will be provided.

**Location:** Travelodge, 133 W. Burnside Rd., Chubbuck
**Instructor/Facilitator:** Marti Collins (208-776-5526, marti.collins5@gmail.com)

### Line Dancing: Step It Up (#3819)
**Thursdays: September 19 – November 21; 9:30 – 11:00 a.m.**

If you’d like a little more challenge to your line dancing, we encourage those who have completed the beginning/intermediate classes and are familiar with most line dance steps to join our “STEP-IT-UP” dance class. We teach new dances and review/reteach oldies and then incorporate different songs/rhythms. These dances are not advanced; rather (continues...)

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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.
geared toward introducing additional steps/turns to create slightly more complicated dances. Please do not bring any liquids into the dance area. Water will be provided.

**Location:** Travelodge, 133 W. Burnside Rd., Chubbuck  
**Instructors/Facilitators:** Jan Green (208-251-1244) & Joyce DeGarlais (208-238-1247)

**Square Dance Lessons & Practice** (#3105)  
**Thursdays: September 12 - December 12:**  
4:00 - 6:30 p.m. (See sections for specific time)

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

**SECTION 1 – Basic & Mainstream**  
4:00 - 5:15 p.m.

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

**Location:** Sullivan's Square Dance Hall, 1935 S. 5th Ave.  
**Instructor:** Steve Sullivan, licensed caller  
**Facilitator:** Barbara Hyde (208-760-7260; bhyde1048@gmail.com)

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

**T’ai Chi Chih, Advanced Class** (#3104)  
**Tuesdays and Thursdays: September 24 – December 19; 9:00 – 10:00 a.m.**

Meditation in motion for those who have previous experience or who have completed the beginner’s class. We will practice the 19 T’ai Chi Chih disciplines taught in the beginner’s class and also offer instruction in several classical Qigong forms. If you have no experience but would like to try this class, contact the instructor about tutoring.

**Location:** Liberty Hall, 325 W. Benton, Main Room  
**Facilitator:** Stephanie Gill (208-234-4184, 208-241-1990; sgillforterra@gmail.com)

**Walking the Greenway** (#3115)  
**Fridays: October 4-25; 10:00 – 11:30 a.m.**

Come walk 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 CEWT office at 208-282-2789.

**Location:** Portneuf Greenway Trails  
**Facilitator:** CEWT office (208-282-2789)

**Zumba Gold II** (#3952)  
**Thursdays: September 19 – November 7:  
10:00 – 10:45 a.m.**

Zumba Gold is an invigorating Latin and international dance exercise program designed for active older women and men. It combines cardio, conditioning, balance, and flexibility into a party-like atmosphere that’s great for the mind, body, and soul. Because of the fun music and moves, it is exercise in disguise!

**Location:** Fitness, Inc., 1800 Garrett Way, Pocatello  
**Instructor:** Elizabeth McKenna, Zumba and Zumba Gold Fitness Instructor  
**Facilitator:** Rachel Damewood (208-604-0741)

**FOOD & BEVERAGE**

**Taste & Share** (#3197)  
**Wednesdays: September 25, October 23 & November 20; 11:30 a.m. - 12:30 p.m.**

Come share your favorite recipes and discover new treats that someone else has made. You only bring a dish once during the semester, but you get to taste everything others bring. Plus, you take all the recipes home! Men and women are welcome!

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructors/Facilitators:** Marilyn Edwards (208-237-0751) & Liz Meske (208-234-1544)

**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.**
## SEPTEMBER 2019

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<th>SUNDAY</th>
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| 8      | Comm Rcvy 10-11:30am
Hyperbaric O2 1-2:30pm | Potato Famine 10-11:30am
Theragami I 10:00-Noon
Hyperbaric O2 1-2:30pm
Team Trivia 1-2:30pm
Crochet/Knit 1:15-2:15pm | 10:00-Noon
Line Dnc, Old 10:30-11:30am
Movie Making 1-2:30pm
Crochet/Knit 1:15-2:15pm
Bridge, Beg 1:30-4pm
Keyboard 3-4pm | 10-11:30am
Anatomy History 10-11:30am
Economy & Markets 1-2:30pm | Worried Minds 10-11:30am
Thomas Sym Hist 1-2:30pm
Sqr Dance One 4-5:15pm
Sqr Dance Two 5:15-6:30pm | 12  | 13  | Landscape 10am-12:30pm |
| 15     | Wd. Carv, Adv 9am-Noon
Line Dnc, Start 1-1:45pm
Line Dnc, Beg 2-2:45pm | Line Dnc, Int 9:30-10:25am
Theragami I 10:00-Noon
Line Dnc, Old 10:30-11:30am
Movie Making 1-2:30pm
Crochet/Knit 1:15-2:15pm
Bridge, Beg 1:30-4pm
Keyboard 3-4pm | Wd. Carv, Adv 9am-Noon
Wd. Carv, Beg 9am-Noon
Fall Proof 9:30-10:30 am
Citizen Science 10-11:30 am
Well-being 1-3 pm
Latin Line I 1-2:30 pm
Latin Line II 3-4:30 pm
Rdrs Thtr 3-4:30 pm
Music Fstvl 3:30-5:30 pm
Wine, Yellowstone 5-7 pm | Wd. Carv, Adv 9am-Noon
Wd. Carv, Beg 9am-Noon
Fall Proof 9:30-10:15 am
Mahjong 10am-Noon
Lunch & Games 12-3pm
Poker 2-4 pm
Last Train to Nibroc 5-6 pm | 18  | 19  | 20  |
| 22     | Wd. Carv, Adv 9am-Noon
Wd. Carv, Beg 9am-Noon
Latin Line II 10:30-Noon
Line Dnc, Start 1-1:45pm
Line Dnc, Beg 2-2:45pm
Letterpress 2-4pm | Tai Chi 9-10am
Line Dnc, Int 9:30-10:25am
Theragami I 10:00-Noon
Line Dnc, Old 10:30-11:30am
Team Trivia 1-2:30pm
Crochet/Knit 1:15-2:15pm
Mammoths 2-4pm
Keyboard 3-4pm | High Desert 6am
Wd. Carv, Adv 9am-Noon
Wd. Carv, Beg 9am-Noon
Fall Proof 9:30-10:30 am
Taste & Share 11:30-12:30
Well-being 1-3 pm
Latin Line I 1-2:30 pm
Letterpress 2-4 pm
Latin Line II 3-4:30 pm
Rdrs Thtr 3-4:30 pm | Tai Chi 9-10am
Line Dnc, Step 9:30-11 am
Zumba II 10-10:45 am
Pinochle, Intro 1-3 pm
Sqr Dance One 4-5:15 pm
Sqr Dance Two 5:15-6:30 pm | 26  | 27  | 28  |
| 29     | Wd. Carv, Adv 9am-Noon
Wd. Carv, Beg 9am-Noon
Chivalry 10-11:30 am
Latin Line II 10:30-Noon
Hot Topics 1-2:30 pm
Line Dnc, Start 1-1:45 pm
Line Dnc, Beg 2-2:45 pm
Creat Wrtg 2-4 pm
Letterpress 2-4 pm
Pharmacy 4-5 pm | | | |

### FALL FIELD TRIPS

- **Wednesday, September 25:** 6:00 a.m. – Friday, September 27; 8:00 p.m. From High Desert to Hells Canyon and Beyond (High Desert)
- **Wednesday, October 23:** 6:30 a.m. – 6:00 p.m. Natural History Museum of Utah (Nat Hist Mus)
- **Wednesday, December 4:** 4:30 p.m. – 10:00 p.m. Mountain River Ranch Dinner and Show (Mountain River)
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**Halloween**

Tai Chi 9-10am
Line Dnc, Step 9:30-11 am
Fall Proof 9:30-10:15 am
Pinochle, Intro 1-3 pm
Sqr Dance One 4:5-15pm
Sqr Dance Two 5:15-6:30pm
NKA 2019 MEMBERSHIP AND REGISTRATION FORM

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 19) 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
$40 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 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 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 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 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 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: _________________________________

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**REGISTRATION INFORMATION**

**ART, MUSIC, & THEATRE**
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- Line Dancing: Step It Up (#3819)
- Square Dance Lessons & Practice (#3105)
  - Section: 1 2 3
- Tai Chi Chih (Advanced) (#3104)
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**NOTE**: Classes filled first-registered, first-served. Please cancel ASAP if you are signed up for a program and cannot attend.

**REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.**
NKA 2019 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 19) 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

$40 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 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 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 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 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 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.

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**NOVEMBER 2019**

- Tai Chi 9-10am
- Line Dnc, Step 9:30-10:45am
- Bridge, Int 9:30-11am
- Theragami 3 10:00-Noon
- Line Dnc, Old 10:30-11:30am
- Crochet/Knit 1:15-2:15pm
- Bridge, Beg 1:30-4pm
- Keyboard 3-4pm
- Wd. Carv, Adv 9am-Noon
- Wd. Carv, Beg 9am-Noon Memoirs 10am-Noon
- Latin Line II 10:30-Noon
- Line Dnc, Start 1-1:45pm
- Line Dnc, Beg 2-2:45pm
- Wd. Carv, Adv 9am-Noon
- Wd. Carv, Beg 9am-Noon Memoirs 10am-Noon
- Latin Line II 10:30-Noon
- Line Dnc, Start 1-1:45pm
- Line Dnc, Beg 2-2:45pm
- Wd. Carv, Adv 9am-Noon
- Wd. Carv, Beg 9am-Noon Memoirs 10am-Noon
- Latin Line II 10:30-Noon
- Story Telling 1-3pm
- Line Dnc, Start 1-1:45pm
- Line Dnc, Beg 2-2:45pm
- Wd. Carv, Adv 9am-Noon
- Wd. Carv, Beg 9am-Noon Memoirs 10am-Noon
- Latin Line II 10:30-Noon
- Hot Topics 1-2:30pm
- Creat Wrtg 2-4pm

**THANKSGIVING**

- Wd. Carv, Adv 9am-Noon
- Wd. Carv, Beg 9am-Noon Memoirs 10am-Noon
- Fall Proof9:30-10:15am
- Mahjong 10am-Noon
- Food & Nutrition 1-3pm
- Poker 2-4pm
- Christmas Pageant 5-6pm
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Wine Tasting at PV’s Uncorked on Main (#3943)

Thursday: November 14; 6:00 – 8:00 p.m.

Let’s get together at PV’s Uncorked for some great food, great wine, and good company. You will enjoy 5 wines and 5 entrees.

Location: PV’s Uncorked, 138 N. Main Street, Pocatello
Instructors: Donny and Jenn Flores
Facilitator: Robert Farmer (208-221-9627)
Class Limit: 50
Class Fee: $45, includes gratuity. Make checks payable to PV’s Uncorked. Send to Robert Farmer, 235 Sorenson Ave., Pocatello, Idaho 83201, by November 1.

GAMES

Basic and Intermediate Sudoku (#3566)

Friday: November 22; 1:00 - 3:00 p.m.

Come learn Sudoku, those funny little number games. Even if you know a little, learn how to do it better. Instead of wasting your time in a doctor’s office or in fast food restaurants, do something useful. The class is for beginners and intermediate players. I can’t help advanced puzzle solvers.

Location: Liberty Hall, 325 W. Benton, small room
Instructor: Allan Priddy
Facilitator: Geoff Hogander (208-232-3437)

Intermediate Bridge: Problem Solving (#3228)

Tuesdays: October 8 – November 26; 9:30 – 11:00 a.m.

We will discuss bidding and playing from hands previously played. Participants can bring problems to class and the instructor will provide options.

Location: Quail Ridge, 797 Hospital Way, Arcade Room
Instructor: Jeanne Moore
Facilitators: Barbara Bain (208-232-3415; bainbarb@isu.edu) & Janice Matteson-Howell (208-478-9538; howejani@isu.edu)

Introduction to Beginning Bridge (#3128)

Tuesdays: September 17, October 1, 15 & 29, November 5 & 19; 1:30 – 4:00 p.m.

This class is for anyone who has never played bridge before or for anyone wanting a review of basic concepts. Basic counting of the hand, basic bidding including major and minor suits and no trump along with play of the bid. Classes concentrate on competitive bidding, preemptive bids, overcalls, advances, and takeout doubles. You will play hands that match the lessons.

(continues...)
(continued: Introduction to Beginning Bridge)

**Location:** Quail Ridge, 797 Hospital Way, Arcade Room  
**Instructor:** Joy Burke  
**Facilitator:** Janice Matteson-Howell (208-478-9538, howejanii@isu.edu)

**Introduction to Pinochle** (#3496)  
*Thursdays: September 26, October 3, 10, 17, 24 & 31: 1:00 – 3:00 p.m.*

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

**Location:** Quail Ridge, 797 Hospital Way, Pocatello  
**Instructor:** Virginia Kelly and class members  
**Facilitator:** Virginia Kelly (208-232-7417; ginnyckelly@gmail.com)

**Lunch & Games** (#3126)  
*Fridays: September 20, October 18, November 8 & December 6; 12:00 – 3:00 p.m.*

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

**SECTION 1 – Friday: September 20; 12-3 p.m.**  
**SECTION 2 – Friday: October 18; 12-3 p.m.**  
**SECTION 3 – Friday: November 8; 12-3 p.m.**  
**SECTION 4 – Friday: December 6; 12-3 p.m.**

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

**Mahjong** (#3125)  
*Fridays: September 20 – December 6: 10:00 a.m. – Noon*

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:** Travel Lodge, 133 West Burnside, Chubbuck, Aspen Room  
**Instructor:** Lucy Bonman (208-243-0856)  
**Facilitator:** Eileen Huestis (208-681-1196)

**Team Trivia** (#3014)  
*Second and Fourth Tuesdays: September 10 – December 10: 1:00 – 2:30 p.m.*

Similar to Trivia Quizzes but in teams. We’ll form them on the spot and change them out each session. Play for bragging rights only!

**Location:** Quail Ridge, 797 Hospital Way  
**Facilitator/Instructor:** Jim Mariani (208-851-0842)  
**Class Limit:** 30

**Texas Hold’em Poker** (#3127)  
*Fridays: September 13 – December 13: 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:** Quail Ridge, 797 Hospital Way  
**Facilitators/Instructors:** Annette Tolman (208-226-4597); Betty Adams (208-589-2880); Barbara Hyde (208-760-7260)  
**Class Limit:** 24

**GENERAL INTEREST**

**Current Issues in Our Changing World** (#3015)  
*Tuesday: October 8: 3:00 - 4:30 p.m.*

The world is constantly in flux. This is particularly true in today’s political climate. In this session, we will discuss some current events, domestic and global, that impact our world. Looking at issues, from the environment to economics, helps us gain a better sense of where our country is and where it is going in relation to the rest of the world.
Disaster Personal Preparedness (#3016)
Friday: September 13: 10:00 - 11:30 a.m.

Personal preparedness (individual preparedness for disasters and emergencies) and Medical Reserve Corps overview.

Europe on Our Own in 40 Days (#3019)
Wednesday: October 9: 10:00 - 11:30 a.m.

We traveled around Europe for 40 days last fall and will explain how we booked it, what apps, websites, and other resources we used to plan it and to book accommodations. We did it all ourselves – no travel agents, not on a big tour – just the two of us. We have a lot of great pictures!

Doing Good Isn’t Easy (#3051)
Wednesday: November 6: 1:30 - 3:00 p.m.

Unique considerations and challenges facing a humanitarian organization.

The Economy, Capital Markets, and You (#3018)
Wednesday: September 11: 1:00 - 2:30 p.m.

In previous discussions, we’ve explored several topics an “inch-wide-but-a-mile-deep.” In this discussion, we’ll go an “inch-deep-but-a-mile-wide” and discuss how what’s occurring in the economy drives what’s happening in the capital markets, and how what’s happening in the capital markets drives what’s happening in your own personal portfolio. We’ll explore how your existing portfolio captures both economic and capital market returns and how what is causing your personal investments to behave like they do (good or bad).

Forensic Science: Recovery and Analysis of Human Remains at the ISU Forensic Anthropology Laboratory (#3020)
Wednesday: November 13: 10:00 - 11:30 a.m.

This class will provide a broad introduction to the field of forensic anthropology, which includes forensic archaeology (the recovery, documentation, and interpretation of outdoor crime scenes) and forensic osteology (the laboratory analysis of human remains.) We will discuss the past, present, and future of casework at the Idaho State University Forensic Anthropology Laboratory and our role in the investigative process.
Hey, Let’s Climb Mt. Kilimanjaro (#3021)  
**Tuesday: November 12; 10:00 – 11:30 a.m.**  
Eight friends set out to climb Mr. Kilimanjaro and go on a photo safari in Tanzania, Africa.  
**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Geoff Hogander  
**Facilitator:** J. Mariani (jsm22553@yahoo.com; 208-851-0842)

Hot Topics (#3827)  
**Mondays: September 30, October 28, November 25; 1:00–2:30 p.m..**  
Events are moving very quickly in our modern world. Some move so quickly we can’t even calendar them for the following semester, but need to address them as they unfold. Just in case this semester will see some strange and exciting events, we are leaving time open to discuss those topics hot off the press. Suitable instructors will be invited as events unfold.  
**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructors:** Various  
**Facilitator:** Trent Stephens (280-240-4994)

Iceland: Land of Fire and Ice (#3022)  
**Wednesday: October 16: 10:00 - 11:30 a.m.**  
A journey in photographs and tales to one of the most fascinating, wild, exotic, and cold places on Earth.  
**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Roger Boe  
**Facilitator:** William Brydon (billb1@cableone.net)

Medicare Overview – New to Medicare? (#3905)  
**Monday: October 7; 1:00 – 3:00 p.m.**  
Are you turning 65 soon? Come join us to learn about Medicare A & B, Part D prescription drug plans, Part C Advantage Plans, and Medicare Supplemental Insurance, as well as enrollment periods. Any Medicare Updates for 2020 will also be shared.  
**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Helen Mayberry, SHIBA – Medicare Counselor, ID Department of Insurance  
**Facilitator:** Rachel Damewood (208-604-0741; damerw@cableone.net)

Mystical Southeast Asia (#3023)  
**Wednesday: October 23: 1:00 - 2:30 p.m.**  
This class shows Myanmar (Burma), Cambodia, and Thailand at a glance through a 14-day journey. Discover people, sights, shrines, and joys of the region.  
**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Rod Johnson  
**Facilitator:** Suzanne Johnson (Rodandsuz@gmail.com; 208-251-4230)

Pharmacy 101: Past, Present, Future (#3024)  
**Monday: September 30: 4:00 - 5:00 p.m.**  
Come take an interactive tour and learn about the history of the profession of pharmacy at historic Leonard Hall, ISU. You will learn how pharmacists play a critical role in healthcare, how they are currently educated and trained in state-of-the-art classrooms, as well as the future of the profession. You will also learn how pharmacists work with you and your doctor to help you better understand your medicine.  
**Location:** Leonard Hall, ISU Campus, 970 South 5th, Bldg #5 Pharmacy Bldg  
**Instructor:** Christopher Owens, PharmD, MPH  
**Facilitator:** Jane Riley (208-237-6801)

The Pocatello Idaho Temple (#3025)  
**Tuesday: October 1: 10:00 - 11:30 a.m.**  
Over 3000 people attended the groundbreaking for the Pocatello Idaho Temple for the Church of Jesus Christ of Latter Day Saints. Even more people had anticipated this day for years. This presentation will explain how Pocatello was selected as the site for the temple, how aspects of the natural environment and local landmarks were included in the temple design, as well as an overview of the process as the temple is constructed and finally dedicated for use.
**RV Road Trip: Mississippi River, End to End (#3026)**

*Wednesday: November 20; 1:00 – 3:00 p.m.*

With a truck, trailer, wife, dog and camera, I traveled the mighty Mississippi River end to end, averaging 70 miles a day to try to see it all.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Allan Priddy  
**Facilitator:** Geoff Hogander (208-232-3437)

**Lifestyles and Landscapes of Eastern Tajikistan, Secluded Gem of Central Asia (#3027)**

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

The physical, cultural, and geological aspects of eastern Tajikistan will be presented by Professor David Rodgers, who recently returned to ISU after a year of teaching geology at the University of Central Asia. He will examine the historical, cultural, and political factors that influence life in rural Tajikistan and will lead a virtual tour of the spectacular Pamir Mountains.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** David Rodgers, PhD, ISU  
**Facilitator:** Shirley Rodgers (208-233-4662; rodgershirl@gmail.com)

**Two Scots on a Viking Cruise (#3028)**

*Wednesday: November 6; 10:00 – 11:30 a.m.*

In October 2018 Chuck and Jane Humphrey went on a 15-day Viking River cruise on the Danube, Main, and Rhine Rivers in Europe. This presentation will feature photos of their cruise on a Viking longship, beginning in Budapest and ending in Amsterdam. They will also explain why they prefer river cruises over ocean ones.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructors/Facilitators:** F.C. “Chuck” & Jane Humphrey

**HEALTH & WELLNESS**

**Busting Food and Nutrition Myths (#3029)**

*Friday: November 1; 1:00 - 3:00 p.m.*

Have you heard the following recommendations? Cinnamon lowers blood sugar. Eat only plant-based foods which are healthier. Gluten-free diets are good for everyone. Throw out the food when the expiration date has passed. Low glycemic carbohydrates are better to eat. Come to hear why or why not these are true.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Mary Dundas, PhD, FADA, Professor Emerita  
**Facilitator:** Aileen Shearer (ajshearer@cableone.net)

**New Science Points to Health/Well-Being (#3030)**

*Wednesdays: September 18 & 25, October 2, 9 & 16; 1:00 - 3:00 p.m.*

Are we victims of fate and/or the genes we were born with for the kind of health and well-being we have today? The answer is surprisingly NO, according to the latest research from quantum physics, neuroscience, and epigenetics. Learn how a daily, mindful practice can up-regulate genes promoting cellular repair and health while down-regulating genes of stress, anxiety and dis-ease. The research, the “how-to,” the scientific evidence, and more will be explored over five weeks.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructors/Facilitators:** Mike and Bebe Wenig, (wenigone@sbcglobal.net)

**Oral Health and Quality of Life (#3050)**

*Wednesday: October 10; 1:30 - 3:00 p.m.*

The importance of maintaining our teeth throughout our life.

**Location:** Liberty Hall, 325 W. Benton, lecture room  
**Instructor:** Dr. Bryce Larsen, Larsen Dental Care  
**Facilitator:** Kemper Marple (208-237-1735; 914-860-5299)
Origami & Theragami: The Science and Art of Celebration and Healing (#3461)

Hugh uses origami, commonly misunderstood as merely arts & crafts, to educate, inspire, self-heal, and instill greater confidence. Theragami has healing and therapeutic benefits, connecting the mind and body. See information about each class below.

**Location (all classes):** Liberty Hall, 325 W. Benton, small room

**Instructor:** Hugh Suenaga

**Facilitator:** Nancy Dafoe (208-596-0491)

**Class Limit:** 15

**Class Fees:** $20 to be paid at the first day of the class

**SECTION 1 – Moni-Gami**  
*Tuesdays: September 10, 17 & 24; 10:00 a.m. – Noon*

Money! Money! Moni-Gami! Ever heard of a Japanese Money Tree? Come learn a new and creative way to save and enjoy your money!

**SECTION 2 – The Beauty of Butterflies**  
*Tuesdays: October 1, 8 & 15; 10:00 a.m. – Noon*

Let’s create some beautiful and magical butterflies.

**SECTION 3 – Unfold the Elegance of Flowers for Every Occasion**  
*Tuesdays: October 22, 29 & November 5; 10:00 a.m. – Noon*

Open all your senses to the power and beauty of nature. Roses that last forever, lilies that mark the beginning of spring, bougainvillea, and lotus blossoms. Fun be yours!

**SECTION 4 – Kusudama I (Beginner to Intermediate)**  
*Tuesdays: November 12, 19 & 26; 10:00 a.m. – Noon*

Kusudama in Japanese is derived from two words which mean “prayer and medicine” and are multiple folded, modular projects which are traditionally presented at memorable events such as baptisms and weddings. Creating Kusudama requires focus, perfect practice, and determination in creating multiple folded, modular projects that will engage your patience in peaceful meditation. Practiced daily, it will provide enlightenment by personal expression and inspirational, beautiful results.

**SECTION 5 – Origami/Theragami Kusudama II (Intermediate to Advanced)**  
*Tuesdays: December 3, 10 & 17; 10:00 - Noon.*

We will focus on developing advanced skills in the creation of beautiful Kusudama.

**Taming our Worried Minds** (#3031)

*Thursdays: September 12, 19 & 26, October 3; 10:00 – 11:30 a.m.*

How many times have you wished you could find the “off” switch, or at least the volume control, to your mind? We often don’t enjoy the present moment because we are ruminating about the past or anticipating the future. Mindfulness is a very old practice that can help us tame our out-of-control minds and live our lives to the fullest. Participants will learn some practical ways to apply mindfulness to their daily lives and calm that yammering mind.

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

**Instructor:** Paula and Tony Seikel

**Facilitator:** Barbara Bain (208-232-3415; bainbarb@isu.edu)

**Class Limit:** 30

**Thomas Geriatric Symposium: A Basic History** (#3899)

*Thursday: September 12; 1:00 – 2:30 p.m.*

This annual event is designed to provide seniors in our community with important updates, knowledge, and insight into the latest in healthy living in all spheres of life; physical, emotional, social, and financial. It is also an avenue for students in health science programs to partner with seniors to dialogue and learn from one another. Come learn more about the history and discover the topics to be presented at this year’s symposium which is scheduled for Friday, October 4, 2019.

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

**Instructor:** Vickie Allen

**Facilitator:** Shirley Hockett (208-282-2789)
Thomas Geriatric Symposium:
Day 1 (#3048)
Friday: September 27; 9:30 to 11:30 a.m.

The Thomas Geriatric Symposium, “Staying Healthy… Staying Sharp” is a two day event scheduled on concurrent Fridays. The 1st day (Friday, September 27) will be hosted at the Pocatello Senior Activity Center where presenters will discuss dental hygiene, nutrition, fraud prevention, and techniques on keeping the brain stimulated and healthy.

Location: Senior Activity Center, 427 N 6th Ave.
Instructor: Dr. Tony Seikel
Facilitator: Shirley Hockett (208-282-2789)

SECTION 1 – Monday: September 9:
1:00 – 2:30 p.m.
SECTION 2 – Tuesday: September 10:
1:00 – 2:30 p.m.
Location: Idaho Hyperbarics, 1125 Alameda Road, Pocatello
Instructor: Jeff Hampsten, CHT, CHWS
Facilitator: Kemper Marple (208-237-1735, 914-860-5299)
Class Limit: 25 per section

HISTORY

Chivalry and Courtly Love in Medieval Europe (#3033)
Monday: September 30; 10:00 – 11:30 a.m.

During the High Middle Ages, aristocratic cultural behavior emphasized chivalry and courtly love. What social trends contributed to the rise of courtesy and romantic love in Europe, what characteristics were embodied in chivalry and courtly love, and why was the development significant?

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Stephanie Mooers Christelow, Professor Emerita, Department of History, ISU
Facilitator: Trent Stephens (208-240-4994)

The Colorful History of Anatomy (#3054)
Wednesday: September 11: 10:00 - 11:30 a.m.

Dr. Stephens, PhD, Anatomy, University of Pennsylvania, will cover the colorful history of anatomy from Egyptian mummifications, to the murders committed by Burke and Hare to supply the University of Edinburgh with cadavers, to Idaho’s Revised Uniform Anatomical Gift Act.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Trent Stephens, PhD
Facilitator: Kathleen Stephens (208-244-2732)

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.
The Great Irish Potato Famine (#3034)
*Tuesday: September 10; 10:00 – 11:30 a.m.*

This lecture will overview the causes and consequences of the Great Irish Potato Famine and how it has been written and remembered.

**Location:** Liberty Hall, 325 W. Benton, lecture room
**Instructor:** Justin Stover, PhD
**Facilitator:** Jane Riley (208-237-6801)

Magna Carta and Corfe Castle (#3053)
*Thursday: October 10: 10:00 - 11:30 a.m.*

Point 39 of the Magna Carta states that, “No free man shall be seized or imprisoned, or stripped of his rights or possessions, or outlawed or exiled, or deprived of his standing in any way, nor will we proceed with force against him, or send others to do so, except by the lawful judgement of his equals or by the law of the land.” Learn how events at Corfe Castle, one of the bloodiest castles in England, were the cause of this clause.

**Location:** Liberty Hall, 325 W. Benton, lecture room
**Instructor:** Trent Stephens, PhD
**Facilitator:** Kathleen Stephens (208-244-2732)

The Rise and Decline of the European Witch Craze (#3035)
*Tuesday: October 29; 10:00 – 11:30 a.m.*

Nearly 100,000 women, men, and children were tried and executed for witchcraft during the period from about 1400 to 1700 in Europe. This presentation investigates the social and cultural contexts of the belief in witchcraft, legal charges, punishment, and the causes of the decline of the witch craze.

**Location:** Liberty Hall, 325 W. Benton, lecture room
**Instructor:** Stephanie Mooers Christelow, Professor Emerita, Department of History, ISU
**Facilitator:** Trent Stephens (208-240-4994)

Solving a History Mystery: Discovering Local History in the Quest to Date Historic Images (#3036)
*Monday: October 21; 10:00 – 11:30 a.m.*

Take a journey through a century of Pocatello history following the search to identify and date a series of downtown images. The presentation includes identifying clues, tips for research, avoiding pitfalls, making and correcting errors, and achieving success. It is a research detective story that builds one clue on the next to solve the history mystery.

**Location:** Liberty Hall, 325 W. Benton, lecture room
**Instructor:** Arlen Walker
**Facilitator:** Nancy Defoe (nancyd@uidaho.edu)

Somalia: History, Geography, Migration (#3037)
*Wednesday: October 2: 10:00 - 11:30 a.m.*

This talk will focus on Somalia, its history, geography, and recent developments. It will consider the complex location of Somalia, between the fertile mountains of Ethiopia, the desert low along the coast, and the trade routes of the Indian Ocean. It will look at how environmental problems, local conflicts, and global rivalries destabilized Somalia in the late 20th century, how this drove international migration, and led to the development of an important Somali community in Minneapolis.

**Location:** Liberty Hall, 325 W. Benton, lecture room
**Instructor/Facilitator:** Allan Christelow (chrialla@isu.edu)

The Star of Bethlehem (#3052)
*Thursday: December 5: 10:00 - 11:30 a.m.*

What do the Scriptures and modern astronomy tell us about the Star of Bethlehem?

**Location:** Liberty Hall, 325 W. Benton, lecture room
**Instructor:** Trent Stephens, PhD
**Facilitator:** Kathleen Stephens (208-244-2732)

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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.*
Astronomy 7: Mission to Mars (#3038)
Monday: October 21: 1:00-2:30 p.m.
We’ll explore notable Mars missions, past and current. We’ll also look at the near future, including both unmanned and manned missions. Find out if the barriers are insurmountable for safely sending humans to the Red Planet in our lifetimes. Attendance at past astronomy classes not needed.
Location: Quail Ridge, 797 Hospital Way
Instructors: Jim Mariani
Facilitator: Trent Stephens (208-244-2732)

Citizen Science: Contributing to the Global Understanding of Our Natural World (#3039)
Wednesday: September 18: 10:00 - 11:30 a.m.
This class will describe my experience as a botanical citizen science volunteer in the Frank Church Wilderness and the alpine zones of our Lemhi Mountains.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Dr. Paul Allen, retired physician and amateur botanist
Facilitator: Geoff Hogander (208-232-3437)

Climate Solutions (#3040)
Thursday: September 19: 10:00 - 11:30 a.m.
This upbeat presentation will be about the science behind climate change. Are we sure it’s human caused? How will warming affect Idaho’s agricultural industry and the health of our citizens? We will discuss different solutions, one enacted by Canada in 2008, and various proposals that have been introduced in the US House and Senate. Will these proposals crash or build our economy? What do economists say? What about job creation? Bring your questions and ideas and prepare to learn more.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Linda Engle & Chris Stevens, Citizens’ Climate Lobby
Facilitator: Sondra Dunkle (dunksond@gmail.com)

Communications Recovery in Puerto Rico: Then and 1 ½ Years Later (#3041)
Monday: September 9: 10:00 - 11:30 a.m.
This presentation is about a deployment to Puerto Rico for cell phone communications recovery. It will discuss issues, obstacles, and successes during this 6-week deployment, as well as observations from visiting one and a half years into recovery.
Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Kevin Busick
Facilitator: Kemper Marple (208-237-1735, 914-860-5299)

Computer Skills (#3055)
Saturdays: October 5 & 19 OR November 2 & 16: 10:00 - 11:15 a.m.
Cover the basics of computer and tablet/smartphone use in a friendly hands-on format. Sign up for your desired section.
SECTION 1 – October 5 & 19: 10:00 - 11:15 a.m.
SECTION 2 – Nov 2 & 16: 10:00 - 11:15 a.m.
Location: Marshall Public Library, 113 S. Garfield
Instructor: Irma Valero
Facilitator: Amy Campbell (acampbell@marshallpl.org, 208-232-1263)
Class Limit: 4 (plus 6 more if participant supplies his/her own laptop and smartphone)

Make Your Landscape a Haven for People and Pollinators (#3042)
Saturday: September 14: 10:00 a.m. - 12:30 p.m.
Learn how to apply basic concepts from the fields of ecology and design to improve your home or commercial landscapes. We’ll talk about insects, plants, water, soil, and sunshine – and help you define goals for your landscape! Bring a bird’s eye diagram or map of your yard or garden (8”x11” or larger) and be prepared to work on your design during class.
Location: Christensen Hall, Room 108A or 108B, Christensen Building, ISU
Instructor: Alissa Salmore, Landscape Architect
Facilitator: Geoff Hogander (208-232-3437)
Mammoths in Idaho: Paleontology at ISU (#3043)

Tuesday: September 24: 2:00 - 4:00 p.m.

When a Twin Falls family was digging a pond in 2012, they discovered a set of bones of an ancient mammoth. Come learn how Dr. Andy Speer and his team of university and high school students used ground penetrating radar to locate more remains. Dr. Speer will explain how the team surveyed, mapped, and excavated the bones and what will happen to them at the Idaho Museum of Natural History.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Charles A. Speer, PhD, Assistant Professor, Curator of Anthropology, Idaho Museum of Natural History, ISU
Facilitator: Elizabeth Dyer (dyer2158@gmail.com; 573-210-7588)

What is Happening to Keep our Aquifer Safe? (#3044)

Monday: December 2: 10:30 a.m. - Noon

As part of the continuing series on sustainable living, this is a discussion and update of the vulnerabilities to our aquifer and drinking water.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructors: Sue Skinner & Shannon Ansley
Facilitator: Geoff Hogander (208-232-3437)

From High Desert to Hells Canyon and Beyond (#3045)

Wednesday-Friday: September 25, 26 & 27;
Check in 6:00 a.m. Depart 6:30 a.m.

Cross south central Idaho and see Oregon’s high desert sky scraper in Baker City. Don’t miss the museums with memorabilia like props from the filming of “Paint Your Wagon”. Take in the Oregon Trail Museum and spend the night in Baker City. Thursday, you’ll see Hells Canyon and take a sunset cruise to live music on Payette Lake. Spend the night in McCall. Homeward bound, you’ll lunch in the historic mining town of Idaho City, visit a museum, and take a short walking tour. Dinner will be in Twin Falls. We will arrive back in Pocatello approximately 8 p.m.

Location: Meet at the Travelodge, 133 Burnside Ave, Chubbuck. Check in will be in the lobby. Please do not park in the closest spaces next to the building.
Facilitators: Charley Sloat (208-317-4862; candjsloa@cableone.net) & Jennie McCormick (208-241-4341; jenniemc1250@yahoo.com)
Class Limit: 55
Class Fee: $380. Make check out to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to August 25, 2019

Mountain River Ranch Dinner and Show (#3619)

Wednesday: December 4; Check in 4:30 p.m. Depart 5:00 p.m.

Travel to Ririe, Idaho to visit Mountain River Ranch. Enjoy a cup of hot cider while you wait for the horse-drawn sleighs. You'll love singing all your favorite holiday songs as you travel across the snow-covered fields to the facility. Dine on prime rib, pork loin, or a vegetarian dinner, served with baked potato, mixed vegetables, parmesan rolls, and dessert. Then, hold on to your seat for their unique brand of holiday entertainment! Sleighs will return us to our bus to travel back to Pocatello, arriving at approximately 10:00 p.m. We will be outdoors for approximately an hour, so dress accordingly.

Location: Meet at the Travelodge, 133 Burnside Ave, Chubbuck. Check in will be in the lobby. Please do
not park in the closest spaces next to the building.

**Facilitators:** Linda Ellis (208-237-3530) & Char Young (208-220-4144)

**Class Limit:** 55

**Class Fee:** $85. Make check out to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 by November 4, 2019.

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**Natural History Museum of Utah (#3046)**

*Wednesday: October 23; Check in 6:30 a.m. Depart 7:00 a.m.*

Travel by coach to Salt Lake City to visit the Utah Museum of Natural History. It features 11 permanent exhibits in addition to special exhibits and is home to over one million artifacts. After leaving the museum, we will lunch at the Chuck-a-Rama. We will stop later at Apple Creek Bulk Foods (an Amish store in Willard, Utah featuring deli cheeses, jellies, pickles, candy, homemade ice cream and other products.) We will arrive back to Pocatello at approximately 6:00 p.m.

**Location:** Meet at the Travelodge, 133 Burnside Ave, Chubbuck. Check in will be in the lobby. Please do not park in the closest spaces next to the building.

**Instructor:** Jennie McCormick (208-521-2780)

**Facilitators:** Linda Ellis (208-237-3530) & Connie Hampel (208-760-9150)

**Class Limit:** 55

**Class Fee:** $65. Make check out to NKA and send to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201 prior to September 23, 2019

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**WRITING & LITERATURE**

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

*Thursdays: October 3, November 7 & December 5; 4:00 – 5:30 p.m.*

Enjoy a glass of wine or other beverage with an appetizer prepared under the supervision of Allyson Burnham while we discuss the book of the month in small groups.

**Location:** Café Tuscano, 2231 E. Center

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

**Class Limit:** 40

**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 20 for our first meeting.

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**Books That Shaped Our Lives (#3047)**

*Tuesday: October 22: 1:00 - 2:30 p.m.*

The stories we read as children shaped our lives and characters in ways we may not even recognize. We will reminisce about different books we loved and learn of stories we can share with the children in our lives today.

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

**Instructor:** Kathryn Poulter, Youth Services Supervisor, Marshall Public Librar

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

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**Life’s Memoirs (#3809)**

*Mondays: October 28, November 4, 11 & 18; 10:00 a.m. – Noon*

You will, with the help of your instructor, explore your childhood, your mentors, friends, experiences, and much more as you weave them into the story of your life.

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

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

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

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**Low-Impact Creative Writing (#3136)**

*Mondays: September 30 – December 23; 2:00 to 4:00 PM*

Writing for your own pleasure. Like low-impact aerobics, the object is to enjoy the activity without stress. We write for an hour on any topic we want, or on ideas sparked by story starters that class members bring in. During the second hour we take turns reading our creations, if we want. Negative criticism is not allowed. Our encouraging environment and the support of other writers helps everyone become a better writer.

**Location:** Quail Ridge, 797 Hospital Way, Pocatello

**Facilitator:** Stephanie Gill (208-234-4184; sgillforterra@gmail.com)

**Class Limit:** 12