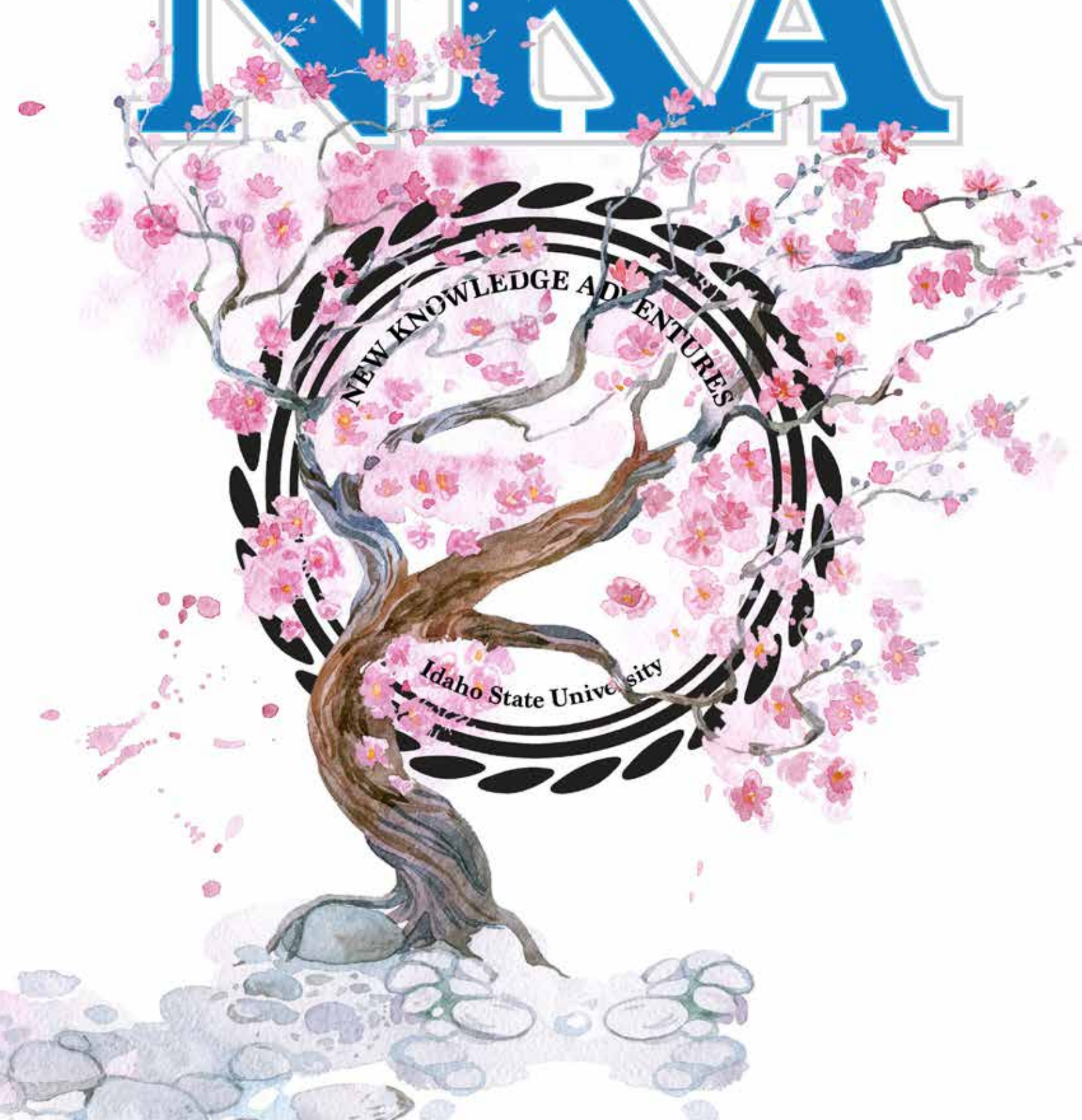
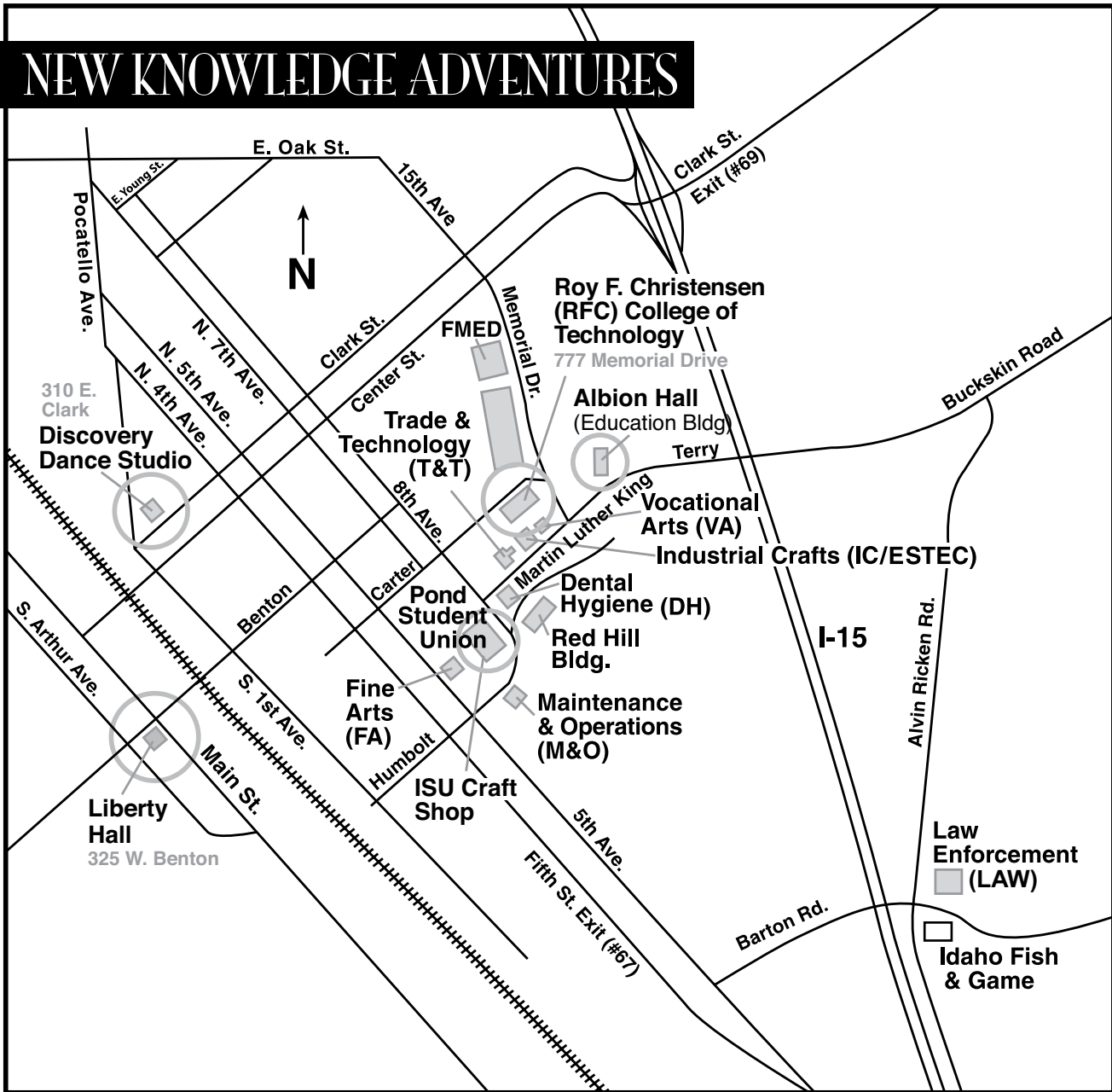


S P R I N G 2 0 1 8

NKA



NEW KNOWLEDGE ADVENTURES



Welcome to New Knowledge Adventures

A MESSAGE FROM THE PRESIDENT

Wow, by the time you receive this new Spring 2018 catalog we will be half way through the 2017-2018 NKA year. I hope you have enjoyed great informative classes, stimulating activities, and fun social interaction with fellow NKA members. We are so fortunate to have this wonderful lifelong learning program in Pocatello and the surrounding communities. As we hear from members who have participated in similar programs in other areas of the country, we realize how fortunate we are.

We owe a big thank you to all the NKA members and community members who give of their time to make this a successful program – the Curriculum Committee members who organize the class offerings, the members who facilitate the classes, and the instructors who willingly share their knowledge to enrich our lives. I personally want to thank the Board members who have agreed to serve and volunteer their time to help guide NKA. A thank you goes to the CEWT staff who works to keep us going and thriving. I really appreciate Gary Salazar, the CEWT director who is very supportive of NKA and looks out for us.

We are still transitioning as we make adjustments to the changes that have occurred in the past two years. Your adaptability is much appreciated as we continue to grow and thrive.

Enjoy browsing through this new catalog as you explore new NKA classes and opportunities for social interactions and adventures during this Spring semester. Thanks to all,

—Mary Spinner, NKA President

OFFICERS

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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. E-mail these items 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 and 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

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** January 15 for MLK Day and February 19 for Presidents’ Day;
no classes will be held on campus these days.

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Adventures for the Spring of Twenty Eighteen

ART, MUSIC, & THEATER

Keyboard Lessons (#3715)

Tuesdays: January 16 – March 20; 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 Avenue

Instructor: Lorrie Bridges (208-233-1883)

Facilitator: Rachel Damewood

Class limit: 20

Class fee: \$20 including book

Readers' Theater (#3134)

*Thursdays: January 18 – February 22;
11:30 a.m. – 1:00 p.m.*

Our first class will be an introduction into readers' theater by Dr. Norm Schroder, ISU Theatre and Dance Department Chair. This will then become a peer-led class one day a week for five weeks in which we will select a play and then perform it for our peers.

Location: Jan. 18 Stephens Performing Arts

Remaining class locations: TBA

Facilitators: Jane Riley (208-237-6801) and
Jim Mariani (208-851-0842)

Preview to ISU Dance Performance

(#3636) *Thursday: January 18; 5:00 – 6:00 p.m.*

ISU Department of Dance faculty will share highlights of their upcoming dance program. Instructors will explain the different choreography that the students will perform. They will also discuss how costuming, props and lighting enhance their dance movements.

Dance Performance dates: January 25, 26, 27.

Location: Frazier Hall, Idaho State University

Instructors: Lauralee Zimmerlee, Ph.D. & Kathy Diehl

Facilitator: Jane Riley (208-237-6801)

Preview to the Symphony (#3322)

Fridays: January 26 & April 20; 3:00 – 4:00 p.m.

Dr. Friedley will discuss and describe the compositions to be performed at the forthcoming symphony concerts—the composers, their times, and their styles. 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: February 9, 2018, Valentine Concert, Natalia Lauk, piano; April 27, Double Orchestra: Bolero! with the Idaho Falls Symphony

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

Instructor: Geoffrey Friedley, Ph.D., Department of Music, School of Performing Arts, ISU

Facilitator: Bill Brydon (208-233-4278)

Preview to *Stop Kiss* (#3811)

Friday: February 2; 5:00 – 6:00 p.m.

Theatre ISU Director, Stefan Espinosa, will share the background information about this contemporary play written by Diana Son concerning relationships that are both poignant and funny. Learn about the actors as well as those behind the scenes who create the costumes, props, set and lighting design for this play.

Play dates: February 9, 10, 15, 16, & 17, 2018

Location: Rogers Black Box Theater, Stephens Performing Arts Center, ISU

Instructor: Stefan Espinosa

Facilitator: Jane Riley (208-237-6801)

Schubert's *Die Winterreise: A Romantic Union of Music and Poetry*

(#3812) *Friday: February 16; 3:00 – 4:30 p.m.*

In the song cycle *Die Winterreise* (1828) or *The Winter Journey*, Franz Schubert (1797-1828) (*continues...*)

(continued: Schubert's Die Winterreise

presents a beautiful and moving example of early German Romanticism. Drs. Kori Bond, Craig Nickisch, and Geoffrey Friedley will present different perspectives on Schubert's musical interpretation of the poetry of Wilhelm Müller (1794-1827). This presentation will serve as a preview of, and will enhance the enjoyment of, the subsequent performance of *Die Winterreise* by pianist Bond and tenor Friedley in ISU's Goranson Hall at 7:30 on *Saturday, March 3, 2018*.

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

Instructors: Kori Bond, Ph.D. and Geoffrey Friedley, Ph.D., with Craig Nickisch, Ph.D. (Faculty Emeritus), Department of Music, School of Performing Arts, ISU

Facilitator: Bill Brydon (208-233-4278)

Preview to the Opera *Our Town* (#3813)

Friday: March 30; 5:00 – 6:00 p.m.

Thornton Wilder's iconic American story depicts the lives of common laboring folk in an early twentieth century American town. It was a hit when the original play was first staged in 1938. Now it has been made into an opera. Come learn how this transition has occurred and other insights into ISU's production with Director, Vanessa Ballam, Musical Directors, Diana Livingston Friedley and Kathleen Lane, and other members of the artistic team.

Performance dates: April 6, 7, 12, 13, & 14.

Location: Bistline Theatre, Stephens Performing Arts Center, ISU

Instructor: Vanessa Ballam

Facilitator: Jane Riley (208-237-6801)

CRAFTS & HOBBIES

Beginning Woodcarving (#3101)

Wednesdays: January 10 – May 30;

9:00 a.m. – 12:00 noon

Beginning carvers are scheduled Wednesday mornings only, with a maximum of six beginning carvers per semester. Woodcarvers will use rotary carving tools and/or knives and gouges. Rotary

power tools and associated equipment are provided for beginner/new carvers. Beginning carvers will start with a stylized bird, then carve a shelf cat, and a final beginning project (selected by the carver) before going on to more advanced projects.

Location: Home Depot, 4340 Hawthorne, Chubbuck

Instructors: Shorty Miller & Diane Porter

Facilitator: Cathy McPherson (208-233-5899; cathylee@cablone.net)

Crochet/Knitting Service Group

(#3196) Thursdays: January 11 – May 31,

(EXCEPT Feb 22 & April 5); 11:00 a.m. – 12:00 noon

Crocheting and knitting for PMC as a service project. We create lap blankets, scarves, hats, etc. for the Cancer Center. A basic knowledge of crocheting or knitting is helpful, although we have many talented women to assist. Yarn is provided for these projects.

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

Facilitators: For January through March – Sandy Mitchell (208-251-7085), April and May – Nancy Ellis (208-237-0995)

Class limit: 20

Introduction to Lace Knitting (#3814)

Tuesdays: January 16 - February 20.

The first class will be from 9:30 – 11:30 a.m.

All other classes are from 10:00 – 11:30 a.m.

This is an introduction to lace knitting. Students will learn YO, SSK, K2tog, dble dec, psso, slip st. You should be an advanced beginner or intermediate knitter. We will be using Fiber Trends Lacy Accents, which is an easy lace pattern with three different lace pattern choices. The first class will be a field trip to the Yarn Connection in Idaho Falls to purchase patterns, yarn, and supplies, followed by lunch for those who wish to partake.

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

Instructor: Bobby Wyrick

Facilitator: Ann Munoz (208-237-6593)

Class limit: 6

Class fee: Approximate cost of supplies is \$45 to \$50, plus cost of lunch if interested. Cost will be less if student already has some of the supplies.

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.

Hand Built Pottery (#3165)*Mondays: February 5 & 26; 1:30 – 3:30 p.m.*

This popular class is for those who would like to start, or continue, the dabbling adventure in clay. No prior experience is necessary. 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

Instructor: Mary Miller, Director of ISU Craft Shop.

Facilitator: Janet Turner (208-637-0246)

Class limit: 20

Class fee: \$15 (includes both sessions) to be paid at first class to ISU

Mini Mosaics – Making a Miniature Cut Glass Mosaic (#3815)*Saturday: February 10; 9:00 a.m. – 3:00 p.m.
(with a 30 minute lunch break)*

Workshop participants learn to cut glass and create a 6" x 6" mosaic. This is a workshop for beginners (no art experience needed). I will discuss creativity, basic design, mosaic tools & techniques.

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

Presenter: Terri Campbell, R.N.

Facilitator: Cathy McPherson (208-233-5899)

Class Limit: 10

Class fee: \$40/person – payable at the door.

Make a Terrarium (#3816)*Friday: February 16; 10:30 a.m. – 12:00 noon*

Terrariums are small glass container gardens, either hanging or table top. This is a hands-on class: choose a container, choose some plants, learn technique for planting; PLANT & ENJOY! Kathy is a botanist, college professor, and artist. She brings a wealth of knowledge to any class.

Location: Pine Ridge Mall, Community Room

Instructor: Kathy Spiegel, Ph.D.

Facilitator: Helen Beitia (208-241-3933)

Class Fee: \$15, paid 2 weeks before the class to Helen Beitia, 13194 N. Yellowstone, Pocatello, ID 83202

Painting with Acrylics (#3198)*Saturday: February 17; 10:00 a.m. – 12:00 noon*

Beginning painting with acrylics, all supplies furnished.

Location: Pocatello Art Center, 444 N. Main

Instructors: Pat Geiger and Peggy Bain

Facilitator: Sallee Gasser (208-232-6285; gasser@ida.net)

Class Limit: 12

Class Fee: \$15 to be paid at the time of the class

Glazing Bisque Pottery (#3629)*Monday: February 19; 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 and is ready for you to glaze. This class offers an opportunity to experiment in colors and designs with glazes, resulting in a functional, personalized piece of pottery. This class would complement the Hand Built Pottery class for practice/experimentation in glazing. All materials are included in the class fee.

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

Instructor: Mary Miller, Director of ISU Craft Shop

Facilitator: Janet Turner (208-637-0246)

Class limit: 20

Class fee: \$10 to be paid at first class to ISU

A Day in the Life of a Backyard Bee Keeper (#3817)*Thursdays: March 1 & 8; 10:00 - 11:00 a.m.*

Would you like to raise honey bees in your backyard? In this class we'll talk about how to get started raising bees, the clothing and equipment needed, the cost and sources for supplies and bees, building a hive, bee behavior, seasonal activities, collecting honey, and common bee diseases. After this "taste" of honey making, you can decide if you're ready to enter the world of beekeeping! (continues...)

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
- Readers' Theater #3134
- Preview to ISU Dance Performance #3636
- Preview to the Symphony #3322
- Preview to *Stop Kiss* #3811
- Schubert's *Die Winterreise* #3812
- Preview to the Opera *Our Town* #3815

CRAFTS & HOBBIES

- Beginning Woodcarving #3101
- Crochet/Knitting Service Group #3196
- Introduction to Lace Knitting #3814
- Hand Built Pottery #3165
- Mini Mosaics #3815
- Make a Terrarium #3816
- Painting with Acrylics #3198
- Glazing Bisque Pottery #3629
- A Day in Life of a Backyard Bee Keeper #3817
- Basic Crazy Quilting #3291
- Silk Painting – Salt Technique #3430
- Silk Painting – Fence Technique #3486
- Barn Quilts #3484
- Tie-Dying #3368
- Fairy Garden Fantasy #3818
- Rustic Painting #3725

FITNESS & MOTION

- Hiking & Snowshoeing #3118
- Fit & Fall Proof #3106
- Square Dance Lessons & Practice #3105
 - Section 1
 - Section 2
 - Section 3
- Chair Yoga for Seniors #3640
- Beginning Mat Yoga #3717
- Line Dance 1: Starter #3111
- Line Dance 2: Beginner #3112
- Line Dance 3: Beginner 2/Intermediate #3113
- Line Dance 4: Oldies but Goodies #3110
- Latin Line Dance I #3107
- Latin Line Dance II: Performance #3108
- Step It Up Line Dancing #3819
- T'ai Chi Chih (Beginners' Class) #3103
- Zumba Gold® #3820
- Bowling Basics #3821
- Belly Dance – Beginner Level #3492
- Walking the Greenway #3115
- ▼ Swimming Lessons for Adults (55+)
NOTE: Register directly with the Recreation Center by calling 208-232-3901
- Pickleball #3433

FOOD & BEVERAGE

- Taste & Share #3197
- Introduction to Coffee #3823
- Cooking for One or Two #3298
- Food and Wine Pairing at the Bridge #3642
- Wine Tasting at Café Tuscano #3120
- History of Brewing in Pocatello Tour #3224

GAMES

- Beginning Bridge: Introduction #3128
- Mahjong #3125
- Texas Hold'Em Poker #3127
- Trivia Quizzes! #3567
- ▼ Lunch and Games #3126
 - Section 1
 - Section 2
 - Section 3
 - Section 4
 - Section 5
- Beginning Billiards #3644
- Pinochle #3496
- Intermediate Bridge: Play of the Hand #3228

GENERAL INTEREST

- Tech Savvy Seniors Class #3505
- Liberal Arts High #3824
- United Senior Project #3645
- Dentistry in Third World Countries #3825
- Introduction to Forensic Anthropology #3826
- Hot Topics #3827
- Building a Better Baloney Detector #3828
- Frank Church Symposium #3516
- Normalizing Death #3590
- Finding, Returning our MIAs and POWs #3829
- The FED #3830
- Comic Con and Steampunk – What? #3831
- Story of English – A Weird History #3832
- Understanding CASA #3403
- Women Scientists #3833
- When to Cooperate and to Take the "High Road" in Decision Making #3834
- Medicare Overview – New to Medicare? #3835
- LGBT Center Information #3836
- Living an Inspired Life #3837
- Normalizing Grief after Loss #3723
- May Day Flower Extravaganza #3838
- Döstädning (Swedish Death Cleaning) I #3839
- Döstädning (Swedish Death Cleaning) II #3840

HEALTH & WELLNESS

- Therapeutic Drumming Circle #3527
- ▼ Origami and Theragami #3461
 - Section 1
 - Section 2
 - Section 3
 - Section 4
- Fighting Inflammation #3841
- Senior Insurance – Medicare v Advantage #3842

- The Neural Control of Behavior #3843
- Food Allergies: Fuss about a Peanut? #3844
- Sustaining Lewis and Clark in Idaho #3845
- How Meditation Changes Us #3339

HISTORY

- Thalidomide I – Monstrous Wonder Drug #3846
- Unsettling the Bear River Massacre #3847
- Thalidomide II – Other Victims #3848
- The History of Idaho State University #3849
- Thalidomide III – The Nazi Connection #3840
- Steamboats and the Opening of the West #3851
- Civil Liberties at War #3852
- Abraham Lincoln: In His Own Words #3853
- The History of Idaho: The Early Years #3854
- The Life and Times of St. Valentine #3855
- Azerbaijan, Zoroaster, Fire of God? #3856
- Women in Pre-industrial Europe #3857
- Peasants in Medieval Europe #3858
- The Viking Age #3859
- St. Patrick Celebration & Irish Cuisine #3860
- Care & Feeding of Your Frame Drum #3861
- One Small Cow: Willie-Martin Story #3862
- Abraham Lincoln's Important Speech #3863
- Hiroshima & Nagasaki: Decision to Bomb #3467
- Get Your Kicks on Route 66 #3822
- WWII German POWs in Idaho #3864
- Pocatello High School: A Visual History #3679
- Pocatello High School Tour #3680
- Arthur, Avalon, Glastonbury #3865
- Legacy of Governor James Brady #3866
- ▼ Pocatello Trolley Tour #3549
 - Section 1
 - Section 2

NATURE, SCIENCE, & TECHNOLOGY

- Amateur Botanist's Ecuador #3867
- Why are Hobbit Doors Round? #3868
- Orchid - Orchidaceae Worldwide & Idaho #3869
- Astronomy 5: The Really BIG Picture #3870
- A Charm of Hummingbirds #3684
- Birdwatching Basics #3871
- Plant Review Cherry Springs Nature Area #3872
- Native Plant Walk at Cherry Springs #3873
- Discover Your Caribou Forest #3874

TRAVEL & FIELD TRIPS

- Ogden Union Station Museums & Hill Aerospace Museum Day Trip #3875
- Salt Lake City Heritage Park and Village & Red Butte Gardens Day Trip #3876
- Cody, Wyoming & Yellowstone Park #3877
- Northern Idaho Adventure #3878

WRITING & LITERATURE

- Low-Impact Creative Writing #3136
- Book Group and a Glass... #3372
- Samuel Clemens: More than Mark Twain #3879

MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30-11 Step It Up 10-11 Bee Keeper 11-12 Knitting 1:30-4 Beg. Bridge 3-5 Drumming 4-5:15 Square Dance 1 4-5:30 Book Group 5:15-6:30 Square Dance 2 6:30-7:30 Square Dance 3	2 TBA Hiking 9:30-10:15 Fit & Fall 10-12 Mahjong 2-4 Texas Hold'Em	3
4	5 8-9 Tai Chi Chih 9-10 Zumba Gold TBA Hiking 10-11:30 Comic Con 10:30-12 Latin Dance II 1-3 Creative Writing 1:30-2:25 Line Dance 1 2:30-3:30 Line Dance 2	6 9:30-10:25 Line Dance 3 10-11:30 English 10:30-11:30 Line Dance 4 10:30-12 Origami 3 1:30-4 Inter. Bridge 3-4 Keyboard	7 9-12 Woodcarving 9:30-10:30 Fit & Fall 10:30-12 Neural Behavior 12:30-1:30 Chair Yoga 1-2 CASA 1-3 Pinochle 2-3 Bowling Basics 2-3 Mat Yoga 2-3 Latin Dance I 3-4:30 Latin Dance II	8 9:30-11 Step It Up 11-12 Knitting 10-11 Bee Keeper 1-2:30 Peasants 1:30-4 Beg. Bridge 3-5 Drumming 4-5:15 Square Dance 1 5:15-6:30 Square Dance 2 6:30-7:30 Square Dance 3	9 TBA Hiking 9:30-10:15 Fit & Fall 10-12 Mahjong 10:30-12 Cook for 1 2-4 Texas Hold'Em	10
11	12 8-9 Tai Chi Chih 9-10 Zumba Gold TBA Hiking 10-11:30 Food Allergies 10:30-12 Latin Dance II 1-3 Creative Writing 1:30-2:25 Line Dance 1 2:30-3:30 Line Dance 2 3:30-5 Tech Savvy Seniors	13 9:30-10:25 Line Dance 3 10:30-11:30 Line Dance 4 10:30-12 Origami 3 1-4 Crazy Quilting 1:30-4 Inter. Bridge 3-4 Keyboard 5-7 Food & Wine	14 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11:30 Viking Age 12:30-1:30 Chair Yoga 1-2 Women Scientists 1-3 Pinochle 2-3 Bowling Basics 2-3 Mat Yoga 2-3 Latin Dance I 3-4:30 Latin Dance II	15 9:30-11 Step It Up 10-11:30 Decision Making 11-12 Knitting 1-4 Crazy Quilting 1:30-3 Medicare 1:30-4 Beg. Bridge 3-5 Drumming 4-5:15 Square Dance 1 5:15-6:30 Square Dance 2 6:30-7:30 Square Dance 3	16 TBA Hiking 9-10 LGBT Center 9:30-10:15 Fit & Fall 10-12 Mahjong 12-3 Lunch&Games 3 2-4 Texas Hold'Em	17 10-2 St. Patrick's
18	19 8-9 Tai Chi Chih 9-10 Zumba Gold TBA Hiking 10:30-12 Latin Dance II 1-3 Creative Writing 1:30-2:25 Line Dance 1 2:30-3:30 Line Dance 2	20 9:30-10:25 Line Dance 3 10-11:30 Equador 10:30-11:30 Line Dance 4 1-2 Trivia Quizzes 1-4 Crazy Quilting 3-4 Keyboard	21 9-12 Woodcarving 9:30-10:30 Fit & Fall 11:30-1 Taste & Share 12:30-1:30 Chair Yoga 1-3 Pinochle 2-3 Bowling Basics 2-3 Mat Yoga 2-3 Latin Dance I 3-4:30 Latin Dance II	22 9:30-11 Step It Up 10-11:30 Inspired Life 11-12 Knitting 1-4 Crazy Quilting 3-5 Drumming 4-5:15 Square Dance 1 5:15-6:30 Square Dance 2 6:30-7:30 Square Dance 3	23 TBA Hiking 9:30-10:15 Fit & Fall 10-12 Mahjong 1:30-3:30 Salt Silk Painting 2-4 Texas Hold'Em	24
25	26 8-9 Tai Chi Chih 9-10 Zumba Gold TBA Hiking 10:30-12 Latin Dance II 11-12 Hot Topics 1-3 Creative Writing 1:30-3:30 Fence Silk Ptg 1:30-2:25 Line Dance 1 2:30-3:30 Line Dance 2	27 9:30-10:25 Line Dance 3 10:30-11:30 Line Dance 4 10:30-1 Beg. Bridge 2-3:30 Belly Dance 2-3:30 Frame Drum 1:30-4 Intermediate Bridge	28 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11:30 Handcarts 10:30-12 Origami 4 12:30-1:30 Chair Yoga 1-3 Pinochle 2-3 Bowling Basics 2-3 Latin Dance I 2-3 Mat Yoga 3-4:30 Latin Dance II	29 9:30-11 Step It Up 10:30-12 Origami 4 11-12 Knitting 3-5 Drumming 4-5:15 Square Dance 1 5:15-6:30 Square Dance 2 6:30-7:30 Square Dance 3	30 TBA Hiking 9:30-10:15 Fit & Fall 10-11:30 Lewis&Clark 10-12 Mahjong 2-4 Texas Hold'Em 5-6 Preview to Our Town	31

APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8-9 Tai Chi Chih 9-10 Zumba Gold TBA Hiking 10:30-12 Latin Dance II 1-3 Creative Writing 1-4 Barn Quilts 1:30-3:30 Tie-dying 1:30-2:25 Line Dance 1 2:30-3:30 Line Dance 2	3 9:30-10:25 Line Dance 3 10:30-11:30 Line Dance 4 11-12:30 Grief 1-3 Belly Dance 1:30-4 Inter. Bridge 2-3:30 Frame Drum	4 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11:30 Hobbit Doors 10-11:30 Meditation 12:30-1:30 Chair Yoga 1-3 Pinochle 2-3 Latin Dance I 2-3 Mat Yoga 3-4:30 Latin Dance II	5 9:30-11 Step It Up 4-5:15 Square Dance 1 4-5:30 Book Group 5:15-6:30 Square Dance 2 6:30-7:30 Square Dance 3	6 TBA Hiking 9-10:30 Walk Greenway 9:30-10:15 Fit & Fall 10-11:30 Lincoln's Speech 10-12 Mahjong 1:30-3 Hiroshima 2-4 Texas Hold 'Em	7
8	9 8-9 Tai Chi Chih 9-10 Zumba Gold TBA Hiking 10:30-12 Latin Dance II 1-3 Creative Writing 1-4 Barn Quilts 1:30-2:25 Line Dance 1 2:30-3:30 Line Dance 2 3:30-5 Tech Savvy Seniors	10 9:30-10:25 Line Dance 3 10:30-11:30 Line Dance 4 1-3 Belly Dance 1:30-4 Inter. Bridge	11 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11:30 Meditation 12:30-1:30 Chair Yoga 1-3 Pinochle 2-3 Latin Dance I 2-3 Mat Yoga 3-4:30 Latin Dance II	12 9:30-11 Step It Up 11-12 Knitting 3-5 Drumming 4-5:15 Square Dance 1 5:15-6:30 Square Dance 2 6:30-7:30 Square Dance 3	13 TBA Hiking 9-10:30 Walk Greenway 9:30-10:15 Fit & Fall 10-12 Mahjong 1:30-3 Hiroshima 2-4 Texas Hold 'Em	14
15	16 8-9 Tai Chi Chih 9-10 Zumba Gold TBA Hiking 1-3 Creative Writing 1-4 Barn Quilts 10:30-12 Latin Dance II 1:30-2:25 Line Dance 1 2:30-3:30 Line Dance 2	17 9:30-10:25 Line Dance 3 10:30-11:30 Line Dance 4 1-2 Trivia Quizzes 1-3 Belly Dance 5-7 Wine Tasting	18 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11:30 Meditation 10-11:30 Get Kicks on Route 66 1-2:30 German POWs 1-3 Pinochle 2-3 Latin Dance I	19 9:30-11 Step It Up 10-11:30 Orchids 11-12 Knitting 3-5 Drumming 4-5:15 Square Dance 1 5:15-6:30 Square Dance 2 6:30-7:30 Square Dance 3	20 TBA Hiking 9-10:30 Walk Greenway 9:30-10:15 Fit & Fall 3-4 Preview to Symphony 10-12 Mahjong 12-3 Lunch & Games 4 1:30-3 Hiroshima 2-4 Texas Hold 'Em	21 11-12:30 Samuel Clemens
22	23 8-9 Tai Chi Chih 9-10 Zumba Gold TBA Hiking 1-3 Creative Writing 1-4 Barn Quilts	24 10-11:30 Astronomy 10-12 Origami 4 1-3 Belly Dance 1:30-4 Intermediate Bridge 5-7 Brewing History	25 9-12 Woodcarving 9:30-10:30 Fit & Fall 10-11:30 Meditation 11-12 Hummingbirds 1-3 Pinochle	26 10-2 Fairy Gardens 11-12 Knitting 3-5 Drumming 4-5:15 Square Dance 1 5:15-6:30 Square Dance 2 6:30-7:30 Square Dance 3	27 TBA Hiking 9-10:30 Walk Greenway 9:30-10:15 Fit & Fall 10-12 Mahjong 1:30-3 Hiroshima 2-4 Texas Hold 'Em	28
29	30 8-9 Tai Chi Chih 9-10 Zumba Gold TBA Hiking 11-12 Hot Topics 1-3 Creative Writing 1:30-2:30 PHS History 3-4 PHS School Tour					

Lunch and Games (#3126)

Fridays: January 19, February 23, March 16, April 20, & May 11; 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: January 19; 12 - 3 p.m.

SECTION 2 – Friday: February 23; 12 - 3 p.m.

SECTION 3 – Friday: March 16; 12 - 3 p.m.

SECTION 4 – Friday: April 20; 12 - 3 p.m.

SECTION 5 – Friday: May 11; 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

Beginning Billiards (#3644)

Wednesdays: February 7 – 28; 2:00 – 4:00 p.m.

Come to play pool! Learn techniques – cue selection, body mechanics, basics of stroke and stance, and standard rules. 9 ball, 8 ball, snooker and other popular games explained and demonstrated. Also practice time.

Location: SUB ISU Game Center, downstairs next to the bookstore.

Instructor: Shane Lindsey, Manager, Game Center

Facilitator: Jackie Birch (208-681-4539)

Class Limit: 20

Class Fee: \$20 for 4 sessions (paid at first class)
ISU parking permit required.

Pinochle (#3496)

Wednesdays: February 28 – April 25, 1:00 – 3:00 p.m.

The 20 participants (new learners) will split into five groups, four at each table. Partnership Pinochle will be instructed and played.

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

Instructors: Virginia Kelly; Henry & Ardith Moran; Charlie Sloat; Roger Hansen

Facilitator: Virginia Kelly (208-232-7417)

Class Limit: 20

Intermediate Bridge: Play of the Hand (#3228)

Tuesdays: March 6 – May 15 (Skip March 20, April 17); 1:30 – 4:00 p.m.

Topics covered are making a plan, developing tricks—promotion and length, developing tricks—the finesse, eliminating losers—ruffing and discarding, watching out for entries, watching out for the opponents, managing the trump suit, putting it all together, and Jacoby transfers. You will play dealt hands that match the lessons. Recommended text is *Play of the Hand in the 21st Century* (2007). Please contact the class facilitators by February 19th if you want them to order a book for you.

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

Instructor: Joy Burke

Facilitators: Janice Matteson-Howell
(howejani@isu.edu) & Barbara Bain (bainbarb@isu.edu)

GENERAL INTEREST**Tech Savvy Seniors Class** (#3505)

Mondays: January 8, February 12, March 12, & April 9; 3:30 – 5:00 p.m.

A different topic every month: January: Devices and Smart phones; February: Google; March: Awesome Apps; April: Social Media

Location: Holy Spirit Catholic School, 540 N. 7th Ave

Instructors: High School Tech Team (LIVEWIRE), Holy Spirit Robotics team, Peggy Kaiser (teacher, mentor)

Facilitator: Peggy Kaiser (kaiserpe@hscsidaho.org)

Class Limit: 30

Fees: none, just bring your phones and devices
(laptops, Chromebooks, tablets, phones, etc.)

Liberal Arts High (#3824)

Friday: January 12; 1:00 – 2:00 p.m.

The College of Arts and Letters at ISU is proud of their success in reaching out to neighboring high school students through their “Liberal Arts High” program. Dean Kandi Turley-Ames and Holly Kartchner, Director of Outreach and Retention,

will describe the program and related initiatives and discuss the ripple effect it is having at other state universities and colleges.

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

Instructors: Kandi Turley Ames and Holly Kartchner

Facilitator: Jane Riley (208-237-6801)

United Senior Project (#3645)

Wednesday: January 17; 1:00 – 2:00 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)

Dentistry in Third World Countries

(#3825) *Thursday: January 18; 4:30 – 5:30 p.m.*

Dr. Bryce Larsen is the founder of “Thai Smiles”, a volunteer group that travels to Thailand to assist in improving dental hygiene and dental work as needed. He will speak on how he became involved with this very important work.

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

Instructor: Dr. Bryce Larsen, DMD,
Larsen Dental Care, Pocatello

Facilitator: Kemper Marple
(kempermarple@hotmail.com)

Introduction to Forensic Anthropology (#3826)

Friday: January 26; 10:00 – 11:30 a.m.

Forensic Anthropology is the study of the human skeleton in medical and legal contexts. The bones and teeth record past disease, health and trauma that are often instrumental in solving missing persons cases or making positive identifications of the dead. Forensic anthropologists apply the principles of skeletal biology and anthropological theory to assist law enforcement, coroners, pathologists, and medical examiners with their cases. Often, forensic anthropologists are called by state and local police, as well as the FBI, to help search for and excavate

remains. This lecture will expose students to what forensic anthropologists do, career paths in the field, and typical casework.

Location: Conference Room, 150 Graveley Hall, Idaho State University. ISU parking pass required.

Instructor/Facilitator: Amy Michael, Assistant Professor of Anthropology, Idaho State University (michamy@isu.edu)

Class Limit: 15

Hot Topics (#3827)

Mondays: January 29, February 26, March 26, April 30, May 14; 11:00 a.m. – 12:00 noon

The fall of 2017 saw some very unusual events, including a US president making policy statements by Twitter, the brink of nuclear war with North Korea, the first-ever Comic Con in Pocatello, over 600 earthquakes near Soda Springs, and two neutron stars colliding 130,000 years away causing a gravitation wave felt here on earth and spewing 100-earth-masses-worth of gold into the universe. Just in case the spring of 2018 will also witness 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

Instructor: Various

Facilitator: Trent Stephens (280-240-4994)

Building a Better Baloney Detector: How to Avoid Being Scammed, Fooled, Tricked, and Manipulated (by Yourself and Others)

(#3828) *Thursday: February 8; 10:00 – 11:30 a.m.*

Humans have a capacity for thinking and reasoning that is greater than any other species on planet Earth. However, we also suffer from a range of important biases and errors in thinking and perceptions that can skew how we view the world around us. This makes us vulnerable to being manipulated by others and persisting in personal beliefs that are just plain wrong. I review several common thinking errors and how they influence the decisions we make. I also review how we can be better consumers of information we use to make (continues...)

(continued: Building a Better Baloney Detector)

better decisions for ourselves and for society.

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

Instructor: Steve Lawyer, Ph.D., Professor and Director of Clinical Training, Department of Psychology, ISU

Facilitator: Jim Mariani (jsm22553@yahoo.com)

Frank Church Symposium (#3517)

Tuesday: February 13; 4:30 – 5:30 p.m.

One of the best events at ISU is The Frank Church Symposium organized by students belonging to the International Affairs Council (IAC). Jillian Christiansen, IAC President, will tell us about this organization, history of the symposium and what to expect at the two day event. She will share who the Keynote speaker will be and who are the prestigious delegates that will discuss topics relating to the chosen theme: “Evolution of the U.S. Foreign Policy in the 21st Century”. The symposium will take place on March 1 and 2 in the ISU Pond Student Union, 3rd floor.

Location: Roy F. Christensen Bldg., ISU Campus, 777 Memorial Drive, Room 108A

Instructor: Jillian Christiansen

Facilitator: Jane Riley (208-237-6801)

Normalizing Death (#3590)

Tuesday: February 27; 11:00 a.m. – 12:30 p.m.

There are two things certain for everyone—birth and death. We celebrate births but are hesitant to talk about death. We will explore death as a normal end to life.

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

Instructor: Kelly Lind, Counselor, Sanctuary Neuropsychology

Facilitator: Virginia Kelly (ginnyckelly@gmail.com)

Finding, Identifying and Returning our MIAs and POWs (#3829)

Tuesday: February 27; 1:30 – 2:30 p.m.

This class will examine the current status of our nation’s Prisoner of War/Missing in Action issue. We will look at what goes into the recovery efforts and the process of accounting for our unreturned veterans and providing long awaited answers to their families.

Location: Liberty Hall, 325 W Benton, lecture room

Instructor: Nicki Chopski, POW/MIA Pocatello

Facilitator: Sharon Manning (208-233-9425)

The FED (#3830)

Wednesday: February 28; 1:00 – 2:30 p.m.

We hear about it on the news all the time, but what exactly is the Federal Reserve, what does it do, and why does it have such a large influence on everyone else in the economy? We’ll also look at the Fed’s response to the 2008 financial crisis and how that has played out today.

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

Instructor: Joel Phillips, Sanctuary Wealth Management

Facilitator: Jim Manning (208-233-9425)

Comic Con and Steampunk – What Are They? (#3831)

Monday: March 5; 10:00 – 11:30 a.m.

Several NKA members have asked me to explain why I dressed myself, my wife, and three of our grandchildren in steampunk costumes to attend Pocatello’s first Comic Con (Snake River Comic Con) last September. Shelbie Harris, *Idaho State Journal*, stated, “If you self-identify as a geek, nerd or simply consider yourself a fan of comic books, Harry Potter or pop culture in general, you might want to sit down for this.” Comic Con, which was launched in 1970 in San Diego, has now come to Southeast Idaho. It is a not-to-miss event for anyone who is young at heart.

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

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

The Story of English – A Weird, Intriguing History (#3832)

Tuesday: March 6; 10:00 – 11:30 a.m.

The development of our language from its beginnings to the present is a fascinating story of migration, conquest, and human creativity. Discover why it works, how it changes, and the reason for its peculiar spelling. Learn the origins of many of the most colorful expressions and how the

blending of cultures and customs have given us our rich vocabulary.

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

Instructor: Arlen Walker

Facilitator: Judy Kirkham (208-317-2211)

**Understanding CASA
(Court Appointed Special Advocates)**
(#3403) *Wednesday: March 7; 1:00 – 2:00 p.m.*

Each year in the US, millions of children are abused, neglected, or abandoned by their families. Over 500,000 of these children are removed from their homes and placed in foster care. Court Appointed Special Advocates (CASA) are trained to speak for the best interests of these children in the courts. Appointed by a judge to research, review records, and interview everyone involved in a child’s case, they make recommendations as to what is best for the child, monitoring the case until a permanent resolution is reached. Find out more about what it means to be a CASA volunteer.

Location: Liberty Hall, 325 W Benton, lecture room

Instructor: Lesli Schei, Training Coordinator, CASA

Facilitator: Priscilla Reis (208-604-3638)

Women Scientists (#3833)
Wednesday: March 14; 1:00 - 2:00 p.m.

Women’s History Month was created to recognize and honor the achievements of women. Librarian Kathryn Poulter, from the Marshall Public Library, will help us celebrate some scientists who happen to be women.

Location: Marshall Public Library, 1135 Garfield Ave.

Instructor: Kathryn Poulter

Facilitator: Jane Riley (208-237-6801)

**When to Cooperate and to Take the
“High Road” in Decision Making**
(#3834) *Thursday: March 15; 10:00 – 11:30 a.m.*

The big challenges facing humanity today boil down to problems of individual/group cooperation. For instance, how do conflicting individuals/groups come to trust each other? How can groups

with competing interests make compromises and reach agreements? The research method used by psychologists is to have participants make a decision so that researchers can measure how they weigh their own self-interest against a larger goal.

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

Instructor: Victor Joe

Facilitator: Virginia Kelly (ginnyckelly@gmail.com)

**Medicare Overview – New to
Medicare?** (#3835)

Thursday: March 15; 1:30 – 3:00 p.m.

Are you turning 65 soon? Come join us to learn Medicare A & B, Part D prescription drug plans, Part C Advantage Plans, and Medicare Supplemental Insurance. The time frame of the application process will be discussed. Bring your questions and a copy of *2018 Medicare and You*, if you have one.

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@cablone.net)

**LGBT (Lesbian, Gay, Bisexual,
Transgender) Center Information**
(#3836) *Friday: March 16; 9:00 – 10:00 a.m.*

Main Steam Coffee & Desserts is also a home of All Under One Roof - LGBT services offered in Pocatello. Some political ramifications locally and nationwide will be discussed. They promote a safe and inclusive community which emphasizes respect for individuals, advocacy, education, and resources that promote cultural diversity, healthy living, and full achievement of personal potential. Emphasis on bullying, youth resources, and health resources are addressed within the center. Refreshments are available for purchase.

Location: Main Steam Coffee & Desserts,
234 N Main Street, Pocatello, ID 83204

Speakers: Tom Nestor and Kevin Lish

Facilitator: Cathy McPherson (208-233-5899)

Class Limit: 20

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 282-3155.

Living an Inspired Life (#3837)*Thursday: March 22; 10:00 – 11:30 a.m.*

Helping others is essential in being a member of humanity. Dr. Fahim will discuss his philosophy and projects in community and world tours. Come be inspired by a real local hero.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Fahim Rahim, MD, humanitarian, physician, Idaho Kidney Institute, host of the "HouseCall" radio program on KISU-FM**Facilitators:** Jackie Birch (208-681-4539) and Kara Alexander**Normalizing Grief after Loss** (#3723)*Tuesday: April 3; 11:00 a.m. – 12:30 p.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 Lind, Counselor, Sanctuary Neuropsychology**Facilitator:** Virginia Kelly (ginnyckelly@gmail.com)**May Day Flower Extravaganza** (#3838)*Tuesday: May 1; 10:00 a.m. – 2:00 p.m.*

Enjoy May Day at the beautiful Brady Plant Ranch in Virginia, Idaho. This class will take you from seed to sale—covering how to grow, plant, transplant, and the stages that plants have gone through before sale. Plants at Brady's are grown for wholesale and also custom planting, as well as for the home gardener who loves beautiful flowers. There are many beautiful hanging baskets and pots as well as individual plants.

Location: Brady's Plant Ranch at Virginia, Idaho.

Class participants will meet at the PRT Transit Center at 5815 S. 5th; the bus will leave at 10 a.m.

Lunch at Brady's Plant Ranch.

Instructor: Karen Brady**Facilitators:** Mary Spinner (208) 241-7258 & Nancy Dafoe (208) 596-0491**Class Limit:** 30

Class Fee: \$10 (\$4 for the bus + \$6 for lunch). Send \$10 check to Mary Spinner at 2641 E Two Mile Rd; McCammon 83250 by April 24.

Döstädning (Swedish Death Cleaning) Part I (#3839)*Monday: May 7; 10:00 – 11:00 a.m.*

The Swedish practice of Döstädning (death-cleaning) is a method of decluttering, based on which objects will be of value to loved ones after your death. Döstädning is different from dösstädning (after-death cleaning), which takes place after someone has died and family members are left to sort through the belongings. Döstädning Part I's presentation suggests ways to avoid burdening your heirs/family with the task of clearing out your lifetime's accumulation of belongings. Other related aging and end-of-life issues will be introduced for discussion during Döstädning Part II. Note: Part II requires a separate registration.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Cheryl Lyda**Facilitator:** Lyndell Jackson (208-258-1045)**Döstädning (Swedish Death Cleaning) Part II** (#3840)*Monday: May 7; 11:00 a.m. - 12:00 noon*

Döstädning Part II is a group discussion of the aging and end-of-life issues introduced in Part I.* The group will share tips on community resources and brainstorm methods and best practices for seniors who want to continue to live independently.

*Note: Part I requires a separate registration.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Cheryl Lyda**Facilitator:** Lyndell Jackson (208-258-1045)**Class Limit:** 15 participants (with waiting list)**HEALTH & WELLNESS****Therapeutic Drumming Circle** (#3527)*Thursdays: January 18 – April 26 (EXCEPT February 22 and April 5); 3:00 – 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; jam session, and an optional Native American flutes practice (30 minutes). Nursing home performance is also optional. Bring your world drums and Native American flutes. No experience necessary.

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

Instructor/Facilitator: Rachel Damewood
(208-604-0741, damerw@cableone.net)

Origami & Theragami (Science & 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.

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

Instructor: Hugh Suenaga

Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Class limit: 25

Class fee for Section 1: \$15 to be paid by January 9.

Class fee for Section 2: \$12 to be paid by January 23.

Class fee for Section 3: \$15 to be paid by February 6

Class fee for Section 4: \$20 to be paid by March 13.

Make checks payable to Hugh Suenaga and send to Nancy Dafoe, 2800 Birdie Thompson, Pocatello 83201.

SECTION 1: *My Origami Grandma/Grandpa*

Tuesdays: January 23 & 30;

Wednesday, January 31; 10:30 a.m. – 12:00 noon

A three-day session for grandparents who want to have fun advancing their grandchildren's skills in being more creative and resourceful, while advancing their math, science, and problem solving skills by creating fun action toys from origami.

SECTION 2: *History and Basics of Origami*

Tuesdays: February 6 & 13; 10:30 a.m. – 12:00 noon

In this two day seminar, class participants will complete single paper projects as a powerful foundation for success in advanced projects.

SECTION 3: *Origami/Theragami Kusudama*

Tuesdays: February 20 c March 13; 10:30 a.m. – 12:00 noon

This four-day seminar on theragami will focus on Kusudama, which 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.

SECTION 4: *Origami Traditions for Wedding Gifts, Centerpieces, and Blessings*

Tuesday, Wednesday, & Thursday, March 27 – 29; 10:30 a.m. – 12:00 noon

In this three-day Origami/Theragami seminar, become an empowering part of creating elegant settings for your loved ones' special events by creating stunning, beautifully sculptured Kusudama. Julia Kasai Suenaga-Bassett, from Spokane, Washington, will be the instructor and present this gift of love.

Fighting Inflammation – Health Issues for Seniors (#3841)

Wednesday: February 7; 5:00 – 6:30 p.m.

This class covers the cause of inflammation, the reaction in the human body, the health effects, who is at risk, symptoms and how to heal through nutrition, lifestyle changes & stress reduction.

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

Presenter: Terri Campbell, R.N.

Facilitator: Cathy McPherson (208-233-5899)

Senior Insurance Issues – Medicare Supplement Versus Advantage Plan (#3842)

Friday: February 16; 9:00 – 10:00 a.m.

Main Steam Coffee & Desserts owners Tom Nestor and Kevin Lish welcome you to the heart of downtown Pocatello. Medicare is complicated—no doubt. Kevin will review the differences between the two options and try to answer questions you may have. With each person there are a variety of factors that will affect your choice of plans—knowing a little bit more may be helpful. Refreshments are available for purchase.

(continues...)

(continued: *Senior Insurance Issues*)

Location: Main Steam Coffee & Desserts,
234 N. Main Street, Pocatello, ID 83204

Speaker: Kevin Lish – representative of
Mutual of Omaha

Facilitator: Cathy McPherson (208-233-5899)

Class number: 20

The Neural Control of Behavior... or How I Learned to Stop Worrying & Love the Brain (#3843)

Wednesday: March 7; 10:30 a.m. – 12:00 noon

What is the fundamental problem, and the ultimate limitation, for understanding the human brain? We'll discuss what we know, what we don't know, and the future directions of research on how this amazing set of structures define who we are, how we 'think' and how we walk, regulate heart rate and control common activities of daily living. We'll discuss the foundations of reception versus perception in the nervous system and discuss questions of the human condition and how we learn.

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

Instructor: Curt Anderson, Ph.D., Professor of
Physiology, Biological Sciences, ISU

Facilitator: Liz Benson (208-232-0054)

Food Allergies: Why So Much Fuss about a Peanut? (#3844)

Monday: March 12; 10:00 – 11:30 a.m.

"I can't eat that, I'm allergic!" Do you wonder about all the food allergies that people seem to have nowadays? Are some of your family members allergic to food that you thought everyone could eat? Dr. Weeden will explain food allergies and intolerances, how they affect us, and how we can manage meals that are delicious, healthy, and safe, plus answer your burning questions.

Location: Liberty Hall, 325 W. Benton, Lecture Room

Instructor: Allisha Weeden, PhD, RD, LD,
Associate Professor, Dietetics Program,
School of Health Professions, ISU

Facilitator: Elizabeth Dyer
(208-238-3292, dyer2158@gmail.com)

Sustaining Lewis and Clark in Idaho (#3845) *Friday: March 30; 10:00 – 11:30 a.m.*

Lewis and Clark encountered many challenges as they traveled West. Their trek across the Bitterroot Mountains in Idaho resulted in starvation for eleven days because the snow covered up almost all the food sources. When they reached the Weippe Prairie they gorged on the camas root bread given to them by the Nez Perce. Most of the explorers became very sick and were unable to proceed on the expedition. There are three theories for the cause of the illness. Come to hear the rest of the story.

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

Instructor: Mary L. Dundas, Ph.D., FADA,
ISU Professor Emerita

Facilitator: Aleen Shearer (208-233-4803)

How Meditation Changes Us: Effects of Meditation on Body, Brain, & Mind (#3339)

Wednesdays, April 4 – 25; 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. This class is based on the book *Altered Traits*, by Daniel Goleman and Richard Davidson, and will explore research on the way meditation affects our mind, body, and brain. Each session will include a meditation practice.

Location: Portneuf Sangha and Meditation Center
424 W. Lewis St.

Instructors: Tony and Paula Seikel

Facilitator: Barb Bain (208-232-3415)

HISTORY

Thalidomide I – The Monstrous Wonder Drug (#3846)

Wednesday: January 10; 10:00 – 11:30 a.m.

Thalidomide is the most enigmatic drug ever produced, which started causing birth defects on Christmas day 1956 and continues causing birth defects today. I have been researching this drug's mechanism of action since 1972, and in 2001,

coauthored the definitive history of the drug, *Dark Remedy: The Impact of Thalidomide and It's Revival as a Vital Medicine* (Trent Stephens and Rock Brynner, Perseus Books, Cambridge, MA). Now I am working on my follow-up book, *Thalidomide: The Monstrous Wonder Drug*. Join me to check this book's progress.

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

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

Unsettling the Bear River Massacre from within Indigenous Worldview and Ceremonial Process (#3847)

Tuesday: January 16; 7:00 – 8:30 p.m.

On a cold January morning in 1863, a Mormon scout led the U.S. Cavalry to Bia Ogai, the winter camp of the Northwest Band Shoshone near what is now Preston, Idaho. There, the largest and most brutal massacre and rape of Native persons in United States history occurred. Yet somehow, that incomprehensible crime against humanity was erased from history. Nothing was published about the Bear River Massacre for 120 years. And, to this day, the unburied remains of hundreds of slaughtered Shoshone men, women, and children lie in privately owned farmland along the banks of the Bear River. There will be an outdoor Memorial Ceremony at the battle site north of Preston, Idaho on January 29, 2018.

Location: Roy F. Christensen Bldg., ISU, Room 108

Instructor: Crete Brown, Ph.D. Whole Heart Health Cooperative

Facilitator: Eric Limbach (208-241-9817; limberic@gmail.com)

Thalidomide II – The Other Thalidomide Victims (#3848)

Wednesday: January 17; 10:00 – 11:00 a.m.

Thalidomide is the most enigmatic drug ever produced, causing perhaps as many as 100,000 birth defects world-wide. Since 2012, I have been consulting and evaluating thalidomide victims previously excluded from financial help. My research, in part, led to the announcement on 3 December 2013 by the British company

representing thalidomide of an \$89 million dollar settlement for 105 Australian thalidomide victims. Then, in February 2014, I was one of 25 thalidomide “experts” invited to a meeting at the World Health Organization headquarters in Geneva to determine the range of defects caused by the drug. The story continues.

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

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

The History of Idaho State University (#3849) Monday: January 22; 1:30 – 3:00 p.m.

Since its founding in 1901 as the Academy of Idaho, and through its subsequent expansions and name changes, Idaho State University, as we know it today, has been shaped by personalities, politics, commerce, wars and the community of Pocatello. Learn how this outstanding institution has grown over its 100+ year history through historical research, stories and photographs. Dr. Bolinger will highlight the recently published collaborative project of students from the Honors Program, College of Business and College of Arts and Letters, at Idaho State University.

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

Instructor: Alexander Bolinger, Ph.D., Associate Professor, Department of Management, College of Business, Idaho State University

Facilitator: Janet Turner (208-637-0246)

Thalidomide III – The Nazi Connection (#3850)

Wednesday: January 24; 10:00 – 11:30 a.m.

Thalidomide is the most enigmatic drug ever produced, but its story is even stranger. It has been alleged that the drug was manufactured by Nazi doctors and tested on innocent victims in their concentrations camps. One of those Nazi doctors, Otto Ambros, was sentenced to eight years in prison—and then was hired to the advisory board of a company called Chemie Grünenthal, the company that made thalidomide. If that information is not weird enough, the doctor who blew the whistle on thalidomide, Widukind (*continues...*)

(continued: *Thalidomide III*)

Lenz, was formerly an active Nazi, the son of the principal Nazi eugenicist.

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

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

Steamboats and the Opening of the West (and East) (#3851)

Friday: February 2; 11:00 a.m. – 12:30 p.m.

We associate steamboats with the Mississippi, gamblers, Samuel Clemens the River Pilot, and Mark Twain's writings. Learn how they supplied the West from the mountain men to supplying Custer, and how they ran the waters from the Snake River to the Great Lakes and in the process built America.

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

Instructor: Mike Doellman, an old Mississippi River rat (208-406-1861)

Facilitator: Pauline Havens

Civil Liberties at War: Dissent in Times of Conflict (#3852)

Wednesday: February 7; 11:00 a.m. – 12:30 p.m.

This lecture traces the history of civil rights and liberties during times of national conflict with a focus on the First Amendment's Free Speech Clause from the Alien and Sedition Acts to the War on Terror. In general, the court is more deferential to the executive branch during times of conflict and less tolerant of dissent. After the conflict is passed, the court typically reasserts itself and expands civil rights and liberties to their pre-conflict levels.

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

Instructor: Dr. Shane Gleason

Facilitator: Virginia Kelly (ginnyckelly@gmail.com)

Abraham Lincoln: The Man from Illinois in His Own Words (#3853)

Monday: February 12; 10:00 – 11:30 a.m.

This is a lecture on the speeches of Abraham Lincoln in the context of the historical events happening in America during his lifetime. It will cover the Lincoln-Douglas debate, the Dred Scott

Decision and the events leading up to the Civil War. It will explore Lincoln's presidential speeches, examining his evolving position on slavery, his determination to preserve the union and his use of rhetoric to persuade the American people. To help get a sense of what it would have been like to hear Lincoln speak, Tom will recite the Gettysburg and Second Inaugural Addresses.

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

Instructor: Thomas W. Packer, Esq., Esplin & Packer LLP, Blackfoot, ID

Facilitator: Jackie Birch (208-681-4539)

The History of Idaho: The Early Years

(#3854) *Monday: February 12; 2:00 – 3:30 p.m.*

This lecture will deal with the early history of Idaho up to statehood in 1890. Topics include pre-history, the fur trading era, the Oregon Trail, the building of the railroads, early mining history, disenfranchisement of Mormons, and political events leading to statehood. Paul Link, Professor of Geology, taught, with E. Chilton Phoenix, the course *Rocks, Rails, and Trails*, upon which much of this lecture is based. They also wrote the book!

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

Instructor: Paul Link, Professor of Geology

Facilitator: Jim Mariani (208-851-0842)

The Life and Times of St. Valentine

(#3855) *Wednesday: February 14; 10:00 – 11:30 a.m.*

Before toleration was awarded to Christians in the 4th Century AD, in the Roman Empire, the religion was an underground one, often persecuted and maligned. Inspiration was provided to Christians in the cities of the empire by holy men and women, many of whom gave up their lives rather than their faith. Others are thought to have performed miracles and were canonized as saints. St. Valentine is an example of one such person who continues to intrigue and inspire today.

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

Instructor: Stephanie Christelow, Ph.D., Professor Emerita, History Department, Idaho State University and Life Member, University of Cambridge, England

Facilitator: Eric Limbach (208-241-9817; limberic@gmail.com)

Azerbaijan, Zoroaster, and the Fire of God? (#3856)

Friday: February 23; 10:00 – 11:30 a.m.

My wife and I visited Azerbaijan in 2009 at the invitation of a former student. There we were shocked by our visit to the “Hill of Fire” where a fire has been burning for at least 3500 years. The next day we visited the Zoroaster temple where, again, fires have been burning for over 3500 years. Zoroasterites apparently believed that God communicates with humans via fire. How does Zoroaster’s fire compare to Moses’ burning bush? We also visited the greatest concentration of petroglyphs in the world and the famous mud volcanoes of Azerbaijan.

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

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

Women in Pre-industrial Europe

(#3857) *Wednesday: February 28, 10:00 – 11:30 a.m.*

This class demonstrates through the use of art that women were active and influential in all areas of European life—as builders, musicians, painters, scholars, and hunters. This is a stimulating and popular subject that is relevant to today’s society.

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

Instructor: Stephanie Christelow, Ph.D., Professor Emerita, History Department, Idaho State University and Life Member, University of Cambridge, England

Facilitator: Eric Limbach (208-241-9817; limberic@gmail.com)

Peasants in Medieval Europe (#3858)

Thursday: March 8; 1:00 – 2:30 p.m.

“Peasants in Medieval Europe” explores the lives, work, and challenges faced by people from about 1000 to 1700 AD in Europe. It was these people who mainly emigrated to America and who brought their farming techniques and their culture with them.

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

Instructor: Stephanie Christelow, Ph.D., Professor Emerita, History Department, Idaho State University and Life Member, University of Cambridge, England

Facilitator: Eric Limbach (208-241-9817; limberic@gmail.com)

The Viking Age (#3859)

Wednesday: March 14; 10:00 – 11:30 a.m.

The Viking Age investigates the identities and impacts of one of Europe’s most notorious groups of people. It traces them from Scandinavia to England, northern France, Russia, the Byzantine Empire and the North Atlantic. The lecture works to reconcile stereotypes with historical evidence.

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

Instructor: Stephanie Christelow, Ph.D., Professor Emerita, History Department, Idaho State University and Life Member, University of Cambridge, England

Facilitator: Eric Limbach (208-241-9817; limberic@gmail.com)

St. Patrick Celebration &

Irish Cuisine (#3860)

Saturday: March 17; 10:00 a.m. – 2:00 p.m.

Come celebrate St. Patrick’s Day with information, fun, and feasting. This will be a potluck event so bring your favorite Irish food or dessert to share.

Location: Roy F. Christensen Bldg., ISU

Instructors: Trent Stephens and others

Facilitator: Kathleen Stephens (208-244-2732)

Care & Feeding of Your Frame Drum

(#3861) *Tuesdays: March 27 & April 3;*

2:00 – 3:30 p.m.

The course will use videos to acquaint students with the drums in their cultural contexts, as well as present hands-on instruction to acquaint the student with the care and feeding of their frame drum. The course will be of most interest to students who already own a frame drum with a natural skin head (rawhide); but also to students with plastic-headed drums, or anyone interested in buying or making a frame drum. Bring your drum. If you don’t own a drum, this course will help you find a drum that speaks to your ears and heart. There will be a few extra drums to try.

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

Instructor: W. Eric Limbach, PhD. (208-2419817)

Facilitator: Jim Mariani (208-851-0842; jsm22553@yahoo.com)

Class Limit: 40

One Small Cow: The Willie-Martin Handcart Story (#3862)

Wednesday: March 28; 10:00 – 11:30 a.m.

Of the nearly 400,000 Oregon, California, and Utah pioneers who crossed the plains, no single disaster, including the Donner Party disaster, had more victims than the Willie and Martin Mormon handcart companies in 1856. For every disaster, we are inclined to ask who is to blame. Usually there are many factors coming together to cause any given disaster. If this disaster had one major factor, in my opinion, that factor was one small cow.

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

Instructor: Trent Stephens

Facilitator: Kathleen Stephens (208-244-2732)

Abraham Lincoln's Most Important—and Least Well Known—Speech on the Eve of the Civil War (#3863)

Friday: April 6; 10:00 – 11:30 a.m.

Abraham Lincoln's September 30, 1859, speech to the Wisconsin Agricultural Society is not well known, but it is arguably his most important speech on the eve of the Civil War. In the address, Lincoln countered James Henry Hammond's "Mud Sill Theory" (that there must always be a lower class for the upper classes to rest upon) with his paean to "useful labor" and "cultivated thought."

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

Instructor: Ron Hatzenbuehler

Facilitator: Trent Stephens

(trentstephens1@cableone.net)

Hiroshima & Nagasaki: Decision to Drop the Atomic Bomb (#3467)

Fridays: April 6 – May 11; 1:30 – 3:00 p.m.

President Truman's decision to drop atomic bombs on Japan remains controversial. Historian John Chappel contends that "the use of the atomic bomb remains one of the great historiographic debates in U.S. history." Historian Charles Mee damned President Truman's act as "wanton murder", but Secretary of War Henry Stimson called Truman's decision "our least abhorrent choice." This course will focus on wartime

conditions in 1944-1945, examine in detail President Truman's decision to use the bomb, and review and respond to the ongoing controversy.

Location: Frazier Hall, Room 320, ISU

Note: A parking permit is required to park on campus. Permits are obtained at the NKA office or mark the registration form.

Instructor: Dr. Bruce Loebis

Facilitator: at the first class meeting

Get Your Kicks on Route 66 (#3822)

Wednesday: April 18; 10:00 – 11:30 a.m.

In October 2005 Kathy and Allan Priddy set out on a three-month RV trip to cover the entire length of Route 66, starting from Chicago and ending at the Santa Monica pier, *66 days later*. They discovered many things, along with memorabilia from the 50s, 60s, and 70s eras that still remains. Travel with Kathy and Allan through their slideshow and get *your* kicks too.

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

Instructors: Allan and Kathy Priddy

Facilitator: Kathy Priddy (208-234-2849)

WWII German POWs in Idaho (#3864)

Wednesday: April 18; 1:00 – 2:30 p.m.

Gary Schorzman, author of 19 Minidoka County history books and family history from Russia, will discuss the life and times of German SS officers—from the battlefield to the sugar beet fields of Idaho—and share interesting information about the POW camp at Rupert, Idaho.

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

Instructor: Gary Schorzman, Minidoka County Historian

Facilitator: Sharon Manning (208-233-9425)

Pocatello High School:

A Visual History (#3679)

Monday: April 30; 1:30 – 2:30 p.m.

The history of Pocatello High School parallels the history of Pocatello itself. From its beginning as an eight-room, two-story stone building in the center of the block where it still stands, the school was, and has remained, a major landmark of what is now called "Old Town Pocatello". The

original building remains as the core of the present structure. This fully illustrated history of the building includes information about the city, the people, and the culture of Pocatello as the building survived fire, reconstruction, remodeling, and additions through the years.

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

Pocatello High School Tour (#3680)
Monday: April 30; 3:00 – 4:00 p.m.

This tour is an excellent follow-up to the morning classroom presentation, but attending the classroom presentation is not a requirement for tour takers. See firsthand and hear about the transformation this historical institution has gone through in its 126-year history, the impact it has had on thousands of students, as well as interesting tidbits about this institution and some of its graduates.

Location: Liberty Hall, 325 W. Benton, lecture room, moving to the PHS Rock
Instructor: Dr. Robert (Bob) Myers
Facilitator: Nancy Dafoe (nancyd@uidaho.edu)

Arthur, Avalon, Glastonbury (#3865)
Wednesday: May 9; 10:00 – 11:30 a.m.

King Arthur was mortally wounded at the battle of Camlann. He was carried by women to the Isle of Avalon, hoping that he might eventually lead the Welch against the English. One problem is that Avalon may not have been an island in the sixth century, although, due to global warming, it was in the 12th century, when the story was written. The kings of England were anxious to prove that Arthur was dead, and in 1190, the monks of Glastonbury (Avalon) unearthed Arthur's remains. This is the same Glastonbury where Joseph of Arimathea had landed with the Holy Grail.

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

Legacy of Governor James Brady (#3866)
Wednesday: May 9; 1:30 – 2:30 p.m.

The Historical Preservation Commission has arranged for us to use the Brady Chapel while we learn about Idaho's eighth Governor James Brady. Attorney Nick Nielson is serving as President of the Commission. Mr. Nielson will discuss Governor Brady's personal and political history and what legacy he has left for us today.

Location: Liberty Hall, 325 W. Benton, lecture room
Instructor: Nick Nielson
Facilitator: Jane Riley (208-237-6801)

Pocatello Trolley Tour (#3549)
Tuesday: May 15; 4:00 – 5:00 p.m. OR 5:15 – 6:15 p.m.

SECTION 1: 4:00 – 5:00 p.m.
SECTION 2: 5:15 – 6:15 p.m.

Come enjoy a fun way to learn about the architecture of our Pocatello schools and the history of the names of our streets while riding the Old Town Trolley. Members of the Pocatello Historic Preservation Commission, Latecia Herzog and Teri Neu will share interesting facts and history of these important buildings and streets in our community.

Location: Board the Trolley at Old Town Pavilion 420 N. Main
Instructors: Latecia Herzog, Architect, & Terri Neu, Asst. City Planner
Facilitators: Jane Riley (208-237-6801) & Jan Flandro (208-221-4091)

Class Limit: 27
Class Fee: \$5 (\$4 Trolley rental + \$1 Driver tip)
 Money will be collected day of event prior to boarding trolley.

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 282-3155.

NATURE, SCIENCE & TECHNOLOGY**An Amateur Botanist's Exploration of Ecuador** (#3867)*Tuesday: March 20; 10:00 – 11:30 a.m.*

Local retired physician Paul Allen spent four weeks with his camera pursuing the diverse and sometimes bizarre flora of the Ecuadoran Andes. Join us for a slide show of the scenery and flowers that he saw.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Paul Allen, MD**Facilitator:** Geoff Hogander (208-232-3437)**Why are Hobbit Doors Round?** (#3868)*Wednesday: April 4; 10:00 – 11:30 a.m.*

My research for over forty years has focused on morphogenesis, the origin of shape. My career began in genetics and molecular biology and I was convinced, along with most other biologists, that all biological form is the result of gene action – until I met Dr. David Smith at the University of Washington and was introduced to the work of D'Arcy Thompson (100th anniversary) and C.H. Waddington. When I applied their discoveries to the early embryo, I discovered a remarkable world, which I call the Hypogenetic Landscape—the action of physical forces that underlie and control the action of genes.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Trent Stephens**Facilitator:** Kathleen Stephens (208-244-2732)**Orchid family - Orchidaceae Worldwide and in Idaho** (#3869)*Thursday: April 19; 10:00 – 11:30 a.m.*

Dr. Holte will discuss the nature of orchids worldwide. This is a very diverse plant group, found worldwide. He will discuss what they are, where they grow, habitats where they are found and what makes orchids so beautiful and interesting. A slide show provided will make us all oooh and ahhh about the colors, sizes, and beauty of these plants.

Location: Liberty Hall, 325 W. Benton, lecture room**Speaker:** Dr. Karl Holte, Professor Emeritus, Idaho State University**Facilitator:** Cathy McPherson (208-233-5899)**Astronomy 5: The Really BIG Picture***(#3870) Tuesday: April 24; 10:00 – 11:30 a.m.*

The Universe popped into existence with a really Big Bang 13.7 billion years ago. It will end with a Big Crunch in tens of billions, if not trillions, of years from now—or NOT! Join us as we journey from beginning to end—with a few exciting stops in between. Wormholes, blackholes, and quasars—oh my! (Attendance at Astronomy 1, 2, 3, or 4 is not necessary—no math problems!)

Location: Liberty Hall, 325 W. Benton, lecture room**Speaker:** Jim Mariani**Facilitator:** Eric Limbach (208-241-9817; limberic@gmail.com)**A Charm of Hummingbirds** (#3684)*Wednesday: April 25; 11:00 am – 12:00 noon*

From the tiny Calliope to the feisty Rufous, few birds are as fascinating as hummingbirds. Join Francine Rudeen for a discussion and slide show on Idaho hummingbirds and learn about hummingbird identification, behavior, migration and when to put your feeders out. Photos and stories about some special birds will be featured. Prepare to be amazed! Be among the first to get the 2018 Hummingbird Roundup information including date, time and directions. Pick up a few tips on how to best enjoy this experience.

Location: Liberty Hall, 325 W. Benton, lecture room**Instructor:** Francine Rudeen**Facilitator:** Nancy Dafoe (nancyd@uidaho.edu)**Birdwatching Basics** (#3871)*Wednesday: May 2; 11:00 a.m. – 12:30 p.m. &**Saturday: May 5; 9:00 a.m. – 12:00 noon*

In class topics will include: Bird watching ethics, binoculars and spotting scopes, identification guides, feeders, water features, and on-line resources. Those new to bird watching will learn how to enhance their backyard bird watching.

There will be a pictorial presentation of birds found in SE Idaho and information on good birding locations. The Saturday field trip will be an opportunity to view birds in several habitats. We will meet at ISU-SUB parking lot by the bison sculpture and travel by private vehicles to the AF Fish Hatchery.

Location: Wednesday at Liberty Hall, 325 W. Benton, lecture room. Saturday field trip to Audubon birding trail at the American Falls Fish Hatchery. We will meet at ISU-SUB parking lot by the bison sculpture.

Instructor: Dr. Charles Trost, ornithologist and retired ISU Faculty

Facilitator: Grant M. Thomas (208-237-5317; thomasgm60@outlook.com)

Plant Review of Cherry Springs Nature Area (#3872)

Thursday: May 10; 10:30 a.m. – 12:00 noon

Dr. Holte, as a botanist and member of the Native Plant Society, will do a slide presentation about the plants that we will see at Cherry Springs Nature preserve on May 12th. It will be an overview of some plants, their names, families and descriptions. If you can't do the walk, this would be a perfect overview. If you can do the walk on Saturday then it will provide you a hands on preview of plants.

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

Instructor: Dr. Karl Holte, Professor Emeritus, ISU

Facilitator: Cathy McPherson (208-233-5899)

Native Plant Walk at Cherry Springs Nature Area (#3873)

Saturday: May 12; 10:30 a.m. – 12:30 p.m.

Dr. Holte, as a member of the Native Plant Society, will lead a leisurely walk through the Cherry Springs Nature Area pointing out some plants, their names, and descriptions. Until you stop and look closely, one never realizes there is such a variety. This walk will be a hands-on experience of plants discussed in an earlier lecture. The trails are a mixture of gravel and blacktop, and are easy traveling. This is a pleasant location that is fun to share with family and friends. A restroom is available at the parking lot.

Location: Cherry Springs Nature Area – South Mink Creek Road

Instructor: Dr. Karl Holte, Professor Emeritus, ISU

Facilitator: Cathy McPherson (208-233-5899)

Class Limit: 16

Discover Your Caribou Forest (#3874)

Thursday: May 17; 5:00 p.m.

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

Location: Cherry Springs Nature Area Amphitheater, Bannock Highway, Pocatello, ID

Instructor: Deb Tiller, Landscape Architect, USFS, Westside Ranger District, Targhee Forest (Caribou)

Facilitator: Jackie Birch (208-681-4539)

TRAVEL & FIELD TRIPS

NOTE: Fees for trips must be received thirty (30) days prior to scheduled departure date. Trip payment, unless otherwise stated, include 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 NKA has spent on the trip. All costs for overnight trips are based on double occupancy. For a single, add \$50 per night to the fee.

Ogden Union Station Museums & Hill Aerospace Museum Day Trip

(#3875) *Wednesday: February 14;*

Check in 7:30 a.m.; Depart 8:00 a.m.

A day trip to Hill Aerospace Museum. The museum exhibits more than 90 military aircraft, missiles, and aerospace vehicles. The collection includes a wide variety of ordinance and (continues...)

(continued: *Ogden Union Station; Hill Aerospace*)

munitions, an assortment of aerospace ground equipment, military vehicles, uniforms, and thousands of other historical artifacts. Lunch at the Ogden Senior Center. We will then visit Union Station Museum which includes the Utah State Railroad Museum, John H. Browning Fire Arms Museum, Browning-Kimball Classic Car Museum and the Utah State Cowboy and Western Heritage Museum. We will return to Pocatello about 5:30 p.m. Questions about trip: call the instructor. Questions about payment: call the facilitator. *Reservations for the trip will be taken in order of payment, not registration.*

Location: Meet at Pocatello Regional Transport, 5815 S. 5th Avenue. Bus departs at 8:00 a.m.

Instructor: Patricia Devenberg (208-234-7393)

Facilitator: Linda Ellis (208-237-3530)

Class Limit: 56

Class Fee: \$30. Make check payable to ISU and send to facilitator by January 15, 2018; address to Linda Ellis, 2000 Judy Lane, Pocatello, ID 83201

Salt Lake City Heritage Park and Village & Red Butte Gardens Day Trip (#3876)

Wednesday: May 2;

Check in 7:00 a.m.; Depart 7:30 a.m.

Travel to Salt Lake City Heritage Park “This is the Place” and Pony Express Memorial. Visit a Pioneer Village of over 50 structures. Have lunch at Chuck-A-Rama. Spend the afternoon seeing the beauty of Red Butte Gardens, complete with pathways, waterfalls and wildlife. Return to Pocatello at 6 p.m. *Reservations for the trip will be taken in order of payment, not registration.*

Location: Meet at the Pocatello Regional Transport, 5815 S. 5th Avenue. Bus departs at 7:30 a.m.

Instructor: Char Young (208-220-4144)

Facilitator: Connie Hampel (208-760-9150)

Class Limit: 56

Class Fee: \$50. Make check payable to ISU and send to Linda Ellis (208-237-3530), 2000 Judy Lane, Pocatello, ID 83201 by April 1, 2018

Cody, Wyoming & Yellowstone National Park (#3877)

Monday – Wednesday: June 4 – 6;

Check in 5:30 a.m.; Depart 6:00 a.m.

Travel on an adventure to Cody, Wyoming through Yellowstone National Park. Stop at Old Faithful, then proceed to Fishing Bridge for a picnic lunch. Our next stop: Cody, Wyoming. We will check into our hotel about 3:00 p.m. Dinner and show will take place at the Cody Cattle Company at 5:30 p.m., followed at 8:00 p.m. by the Nite Rodeo. Our second day begins with breakfast at the hotel, a 9:30 a.m. departure for Hart Mountain Internment Camp. We will return to Cody for lunch and the Buffalo Bill Museum. Dinner will be at the museum at 5:30 p.m. followed by the Dan Miller Revue at 6:30 p.m. The third day, we depart Cody at 9:30 a.m. to Yellowstone National Park via Cooke City. We will have a picnic lunch at Canyon Village, stop at West Thumb, and have dinner in Jackson, Wyoming. We return to Pocatello about 9:00 p.m. *Reservations for the trip will be taken in order of payment, not registration.*

Location: Meet at Pocatello Regional Transport, 5815 S. 5th Avenue. Bus departs at 6:00 a.m.

Instructor: Jennie McCormick (208-521-2780)

Facilitator: Linda Ellis (208-237-3530)

Class Limit: 56

Class Fee: \$400. Make check payable to ISU and send to Linda Ellis (208-237-3530), 2000 Judy Lane, Pocatello, ID 83201 by May 4, 2018

Northern Idaho Adventure (#3878)

Friday – Sunday: September 7 – 9;

Check in 6:30 a.m.; Depart 7:00 a.m.

NOTE: *This trip will take place in Fall 2018 but must be reserved by August 7, 2018.*

Day 1: Our adventure begins with our first major stop at Deer Lodge, Montana. Following lunch, we will tour the Old Montana Prison Complex: the Territorial Prison, Vintage Car Museum, and Yesterday’s Playthings. We will continue on to Cataldo Mission, the oldest standing building in Idaho. We will spend the night in Coeur d’Alene.

Day 2: we will travel to Kellogg for a scenic ride in North America's longest gondola (3.1 miles). The adventure continues to the Museum at the Brig in Farragut State Park by Lake Pend Oreille. It was once a World War II training center. We will end our day with a dinner cruise on Coeur d'Alene Lake.

Day 3: we will travel back to Pocatello, estimated arrival 6:00 p.m. *Reservations for the trip will be taken in order of payment, not registration.*

Location: Meet at Pocatello Regional Transport, 5815 S. 5th Avenue. Bus departs at 7:00 a.m.

Instructor: Jennie McCormick (208-521-2780)

Facilitator: Linda Ellis (208-237-3530)

Class Limit: 56

Class Fee: \$425. Make check out to ISU and send to Linda Ellis (208-237-3530), 2000 Judy Lane, Pocatello, ID 83201 by August 7, 2018

WRITING & LITERATURE

Low-Impact Creative Writing (#3136)
Mondays: January 8 – May 21; 1:00 – 3:00 p.m.

Writing for your own pleasure. Fiction, non-fiction, memoirs, poetry, plays—you choose whatever form you fancy. The facilitator or a volunteer brings in story starter ideas and we write for an hour. For the next hour we take turns reading what we wrote, if we want to. Reading your creation is optional. No pressure, no homework, no negative feedback. An encouraging environment that helps everyone become a better writer.

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

Facilitator: Stephanie Gill (208-234-4184)

Class Limit: 18

Book Group and a Glass... (#3372)
*Thursdays, February 1, March 1, April 5,
& May 3; 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. Books selected for the Spring 2018 semester are:

February 1 – *Hillbilly Elegy* by J D Vance

March 1 – *The Inheritance* by Kiran Desai

April 5 – *Water for Elephants* by Sara Gruen

May 3 – *Shakespeare's True Love* by Helen E Burton (a local author)

Location: Café Tuscano, 2231 E Center

Instructor: Allyson Burnham

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

Class Limit: 42

Class Fee: \$10 per session, includes gratuity. Make checks payable to Café Tuscano. Send to Sharon Manning, 830 Spyglass Point, Pocatello, ID 83204, by January 19 for our first meeting.

Samuel Clemens: More than Mark Twain (#3879)

Saturday: April 21; 11:00 a.m. – 12:30 p.m.

Michael Doellman will share a detailed overview of Samuel Clemens—journalist, steamboat pilot, former imperialist, technophile, bankrupt, friend of the great and not-so-great, loving husband and father, financier, publisher, world traveler, and arguably the inventor of the bra strap.

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

Instructor/Facilitator: Michael Doellman, who grew up 20 miles from where Clemens did (208-406-1861)

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