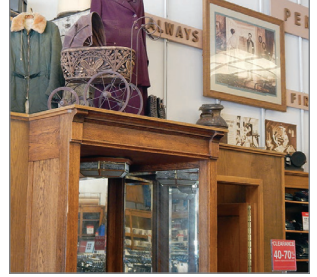
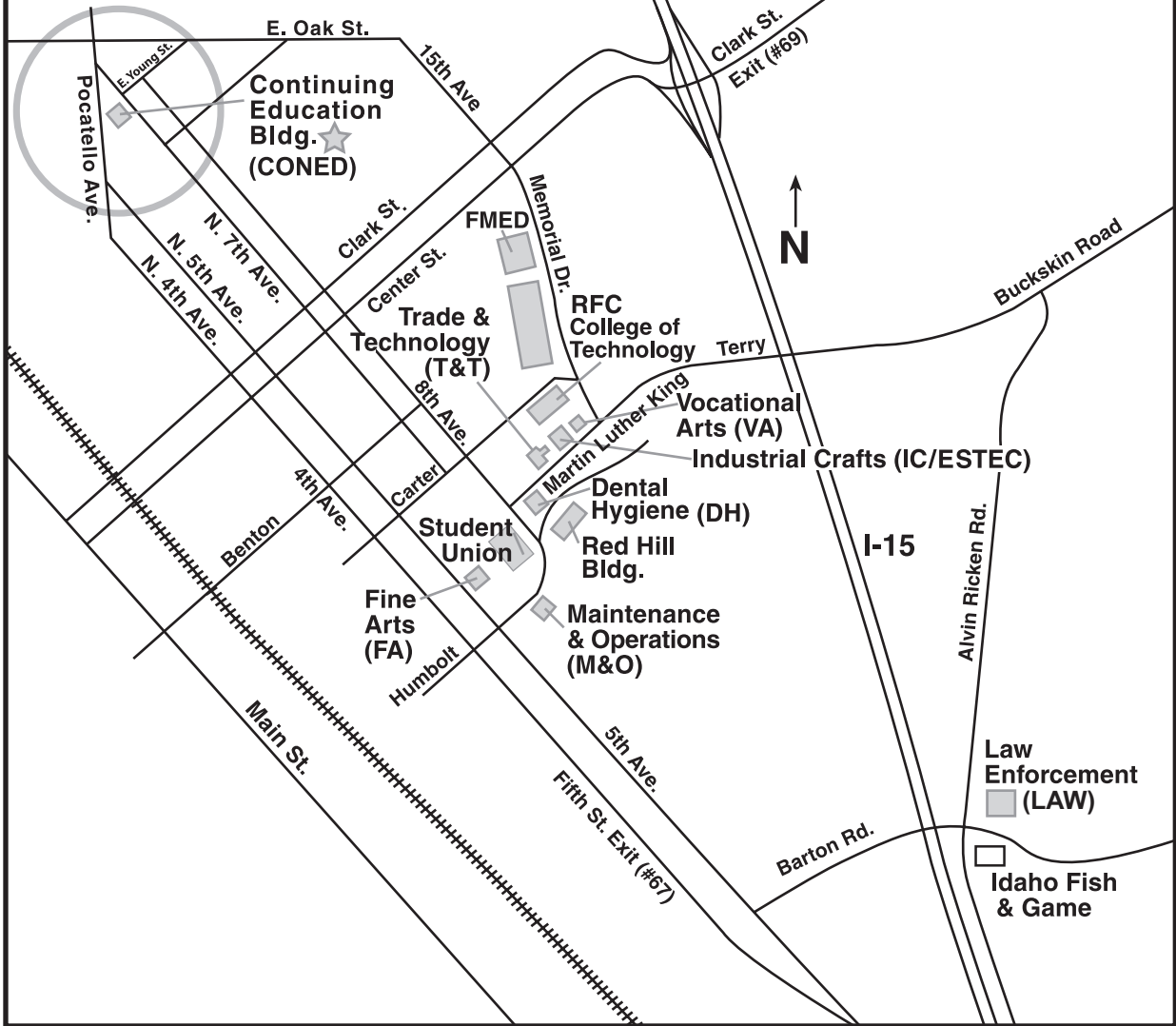


NEW KNOWLEDGE ADVENTURES

FALL 2015



NEW KNOWLEDGE ADVENTURES



A MESSAGE FROM THE PRESIDENT

New Knowledge Adventures:

*A great **volunteer** organization that provides
lifelong learning,*

Teases our brains, challenges our interests,

Provides fun and entertainment,

Travel opportunities

And no tests!

Please accept my warm welcome to new and returning members for the fall 2015 season of NKA! I hope you find many interesting classes to fill your days. There are more than 100 to choose from in this catalog, all of which are taught by community volunteers.

Speaking of volunteers, or ‘the worker bees’—all officers, committees, and class facilitators—are volunteer NKA members. For example, the volunteer Curriculum Committee develops the catalog. That is why NKA fees are \$35.00 per semester! I can’t stress enough how important volunteers are to this effort. Without them NKA wouldn’t exist as we know it today.

My focus is to build a community of volunteers who will invest in the future success of NKA. That could be you, your best friend, your neighbor or someone you have yet to meet. NKA needs a cadre of volunteers who will raise their hands to help. The well-being of NKA is dependent upon them. I need your support to achieve this.

Why is this my focus? Because, you see, not enough members are volunteering, if there are insufficient volunteers to care for, build and support this organization—well—it will be different!

Perhaps I should clarify the current membership numbers. NKA membership averages more than 575 members who enjoy the success of NKA. There are 18 volunteer officers and committee chairs who need your help. Please say yes if you are asked or offer to help however you can. It will make a difference for NKA and you.

I hope NKA is an important part of your retirement life as it is mine. I believe the classes help me continue to learn in three important ways—renew past interests, discover new ones,

and most importantly expand my horizons.

How about you? Be assured, we welcome all of you. Your membership is the heart and soul of NKA.

Thanks to everyone who has made this possible,
Audrey Cole, NKA President

OFFICERS

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audillon@gmail.com

Vice President: **Bev Lyon** 233-5139
or 251-5279; fortlyon@gmail.com

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jrcred@hotmail.com

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Cover Photographs by Marijana Dolsen, Bob Crockford,
Allen & Kathy Priddy, Bev Lyon.

**NKA HAS A NEW COMMITTEE—
NKA COMMUNITY SERVICE COMMITTEE**

In September 2014, NKA’s president John Carlson established a new ad hoc Community Service Committee. The purpose of the committee is to co-ordinate significant and positive contributions to the community through a collective effort of its members. At the May 2015 NKA Board meeting, this committee became a permanent NKA committee.

In less than one year this committee has coordinated several activities in the community such as cleaning-up of nature trails, helping with the library book fair, helping with the ISU annual Haunted Science Lab, helping with the Festival of Trees and with decorating an NKA tree entry, cleaning-up of a Greenbelt trail, finding volunteers to help with the senior games, etc. As of May 6, 2015, nine projects have been completed and five or six are in progress. 685.5 hours have been expended by 118 NKA members since September 2014.

All potential projects are reviewed by the committee and then approved before we commit NKA to help. Exclusionary criteria, thus far, include that NKA will not provide funds for projects but will provide human power and that the projects selected will not be private businesses. The goal is for NKA members to give back to the community that supports NKA.

The committee is trying to identify new community service projects with which NKA can assist. If any NKA member knows of an organization or project in the community that might need some help please contact any NKA Community Service Committee member.

- Marg Griffin** 233-1898 ggriff@ida.net
- John Carlson** 237-0635 jrcred@hotmail.com
- Marilyn Ames** 237-7506 mamesid@gmail.com
- Barb Bain** 232-3415 bainbarb@isu.edu
- Lynn Hebdon** 339-4841 hebdlynn@gmail.com

Please help us identify worthwhile projects that will improve our community.

NKA BLOG

NKA members are encouraged to submit pictures and information about NKA activities to be included in the NKA blog. These items can be e-mailed to Cheryl Lyda at lydacher@gmail.com or sent to the blog website:

newknowledgeadventures.blogspot.com
Blog maintained by Cheryl Lyda

EMAIL: cetrain@isu.edu

WEB: cetrain.isu.edu/nka

NKA is a Road Scholar affiliate

NKA Learning Tree logo by Erica Lothspeich

Welcome to New Knowledge Adventures

New Knowledge Adventures (NKA) at Idaho State University is a member-directed organization for adults 50 years of age or older to explore new ideas in an informal, noncompetitive environment.

HOW DO YOU BECOME A MEMBER OF NEW KNOWLEDGE ADVENTURES?

Fill out the Membership and Registration form (both sides) included in the middle of this catalog, sign the “Agreement and Release of Liability” form, choose the classes you wish to attend, and return to the NKA office with all registration fees. The Fall Semester begins in September and continues through December. Membership is by semester and fees are due each semester. *Membership allows you to participate in any of the classes listed.*

Membership is open to anyone 50 years of age or older in pursuit of lifelong learning. There is no previous educational requirement. For additional membership information call 282-2789, Monday–Friday between 8:00 a.m. and 5:00 p.m.

NKA MEMBERSHIP 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 thankful to receive the time and knowledge our instructors bring to NKA classes for free. Please take a minute to thank the class instructor and the facilitator. *We should all do our part by attending the classes we sign up for. If you cannot attend a class, please call 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 of individual classes, and coordinators or leaders of field trips or similar

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

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

—The VIEWS AND OPINIONS expressed in presentations are those of the instructor and do not necessarily reflect the policy or position of the NKA governing board.

PARKING

Parking is free at the Continuing Education Building but on campus *only after 4:00 p.m.* For daytime classes on campus, you will 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 and will be mailed with the registration receipt, or you can buy one in person at the Continuing Education Office.* Permits issued to NKA participants are not transferable to any other individual. The permit is issued to the participant, not their vehicle, and is to be used for NKA classes only. Any other use of the permit may result in the participant receiving a ticket. *Neither Continuing Education nor Workforce Training shall be held liable for any violation of parking regulations.*

We have two bus stops at the NKA office if you are in need of transportation options.

Pocatello Regional Transit: 234-ABUS;
www.pocatellotransit.com

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

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

—ISU will be CLOSED September 7 for Labor Day and November 26-27 for Thanksgiving; no classes will be held on campus these days, including our CONED building.

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Adventures for the Fall of Twenty Fifteen

ART, MUSIC AND THEATRE

Snake River New Horizons Band

Tuesdays & Wednesdays: September 1 - December 16, 5:30 – 6:55 pm

The SRNHB will now be a separate organization under the umbrella of Continuing Education Workforce Training. NKA recommends that current and future band members contact srnhb83201@gmail.com for information. You may also go to the Continuing Education website: cetrain.isu.edu/ to enroll and find more information. Please continue to support and register for NKA programs found in this catalog of informative, fun and stimulating classes.

Snake River New Horizons Band is associated with New Horizons International Music Association and began in September 2011. With over 200 chapters and 9,000 players internationally, this band is one of only two in the state of Idaho. What began with 11 players the first year, is now comprised of 40 players, whose focus is to perform throughout the community, providing music to those who may not otherwise have the opportunity to listen to live music. Remember, in a New Horizons Band, “Playing your best is good enough!”

Location: CONED 162

Instructors: Casey Emerson, Highland High School Band Director; Beth Buxton, Grace, Idaho Band Director

Contact: TC Jesse (srnhb83201@gmail.com)

Readers Theatre (#3134)

Thursday: September 10 to December 17, 2015; 12:30 - 2:00 p.m.

Each month, the registered participants select, practice, and perform a different set of readings. No memorization is required. For examples of past Readers Theater performances, visit the NKA blog at newknowledgeadventures.blogspot.com

You do not need to be registered for the class in order to attend our performances. Please watch for our e-mailed invitations to each month's performance which are typically the last Thursday of each month.

Class Location: CONED 162

Class Limit: 40

Instructor: Reader's Theater is a peer led group

Facilitators: Linda Scott (233-9350) and Jim Mariani (851-0842; jim22553@yahoo.com)

Exploring Expressionism (#3388)

Thursday: September 17, 24, 2015, 2:00 - 3:30 p.m.

In this course, we will explore Expressionism, an art movement that emerged in the early twentieth century, primarily in Germany and France, and had its roots in the nineteenth-century movements of Romanticism and Symbolism. Focusing mainly on painting, we will consider how Expressionist works typically reveal a turning inward and an emphasis on emotion, as well as spirituality (often a vague notion of “the spiritual”). Our exploration will begin with the movement's origins in pre-World War I Europe, look at the uniquely American post-World War II movement of Abstract Expressionism, and end with the emergence (in both Europe and the United States) of Neo-Expressionism in the 1980s.

Location: CONED 125

Instructor: Linda Leeuwrik

Facilitator: Jane Riley (237-6801)

Preview to the Symphony (#3322)

Fridays: September 18, October 23, November 6, December 4; 3:00 – 4:00 p.m.

Dr. Harville will discuss and describe the compositions to be performed at the forthcoming symphony concerts. He will talk about the composers, their times and their styles and demonstrate what to expect at the concerts. These previews to the Symphony will enhance the enjoyment of going to the concerts. For further

information please visit: www.thesymphony.us/
Performance Dates: September 26 - Tchaikovsky: Violin Concerto; October 31 - Halloween Family Matinee (2pm); November 13 - Holst: The Planets; December 11/12 - Joy to the World; an ISU Christmas.

SECTION 1 – Tchaikovsky: Violin Concerto

Friday September 18, 3:00 - 4:00 pm

SECTION 2 – Halloween Family Matinee

Friday October 23, 3:00 - 4:00 pm

SECTION 3 – Holst: The Planets

Friday November 6, 3:00 - 4:00 pm

SECTION 4 – Joy to the World: An ISU

Christmas Friday December 4, 3:00 - 4:00 pm

Location: CONED 125

Instructor: Dr. Grant Harville

Facilitator: Dr. Bill Brydon (233-4278)

Preview: *The Glass Menagerie* (#3421)

Friday: September 18, 2015; 5:00 - 6:00 p.m.

Step into the world of Tennessee Williams, with the examination of his timeless American Classic, “The Glass Menagerie.” Join Director Vanessa Ballam, her cast and artistic team as they bring the realities of Tom, Laura, and Amanda Wingfield to life.

Play Dates: September 25, 26, 28, October 2, 3

Location: ISU Stephens Performing Arts Center – Rogers Black Box Theatre

Instructor: Vanessa Ballam

Facilitator: Jane Riley (237-6801; janeriley@cableone.net)

Thin Places: A Photographic Journey

(#3424)

Monday: September 28, 2015; 10-11:30a.m.

Thin Places, an ancient Celtic concept central to their religious beliefs, has recently come into more widespread usage. Originally it meant an experience where the veil that separates the material and spiritual worlds is lifted, and we are

able to glimpse a world beyond ourselves and our everyday lives. We become filled with awe and wonder, and we can begin to better understand the mysteries of the universe. For the past few years I have begun to seek out these places and experiences, and have attempted to portray them in my photographs.

Location: CONED 125

Instructor: Dr. Roger Boe

Facilitator: Barb Bain

Improv: An Emerging Art Form

(#3426)

Friday: October 23, 2015; 1:00-2:30 p.m.

When Americans cite public speaking as their greatest fear, who would be crazy enough to perform theater in front of an audience without even the safety of a script? Improvisers—that’s who. In this presentation we’ll talk about what exactly comedy improv is, the history of improv as an American art form and what makes this new kind of theater unique.

Location: CONED 125

Instructor: Ted Bonman

Facilitator: Jane Riley (237-6801)

Preview: *The School for Wives* (#3427)

Friday: October 30, 2015; 5:00-6:00 p.m.

Director Sherri Dienstfry-Swanson along with the production cast, staff, and crew will present a preview to Theatre ISU’s production of “The School for Wives” by the French Playwright Moliere. This classic farce based on the belief of what is a perfect wife reveals that perhaps youth and innocence are no assurance for marital bliss, no matter how much effort is involved.

Play dates: November 6, 7, 9, 13, 14

Location: ISU Stephens Performing Arts Center – Rogers Black Box Theatre

Instructors: Sherri Dienstfry-Swanson

Facilitator: Jane Riley (237-6801)

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

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

CRAFTS & HOBBIES

Knitting and Crocheting Projects

(#3196)

Thursday: September 10 - December 10;

11:00 a.m. - 12:00 Noon

These sessions will continue every Thursday from 11:00-12:00 to knit or crochet lap robes, scarves, chemo hats and other items for PMC. Basic knowledge of knitting or crocheting desired. If you like to knit or crochet, join us for an hour of fun. It is not necessary to be there every week. Yarn for PMC projects is provided. Donations of acrylic yard gladly accepted.

Location: CONED 159

Instructor: Gayle Pool

Co-Facilitators: Rita Anderson (232-2166);
Gayle Pool (478-6461)

Hand-built Pottery (#3165)

Mondays: September 14 and October 5;

1:30-3:30 p.m.

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

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

Instructor: Mary Miller, Director of ISU Craft Shop

Facilitator: Jane Thornley (237-1659)

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

Class Limit: 15

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

Woodcarving (#3101)

Woodcarving classes are held Monday, Wednesday, and Friday mornings from 9 a.m. to 12 noon (cleanup 11:30-noon). Beginning carvers are scheduled Wednesday mornings only, with a maximum of six beginning carvers per semester. Returning carvers may select any one session for their scheduled carving day (please indicate 1st, 2nd or 3rd choice for desired carving session when enrolling).

Woodcarvers will use rotary carving tools and/or knives and gouges. Rotary power tools and associated equipment will be provided for beginner/new carvers. Returning carvers will provide their own tools and equipment. Beginning carvers will start with a stylized bird, then carve a shelf cat, and a final beginning project selected by new carver before going on to more advanced projects. Returning carvers will continue with projects underway.

SECTION 1 – Beginning Carvers

*Wednesdays (only): September 16 - December 16,
9:00 a.m. - noon*

SECTION 2 – Returning Carvers

*Mondays: September 14 - December 14,
9:00 a.m. - noon*

SECTION 3 – Returning Carvers

*Wednesdays: September 16 - December 16,
9:00 a.m. - noon*

SECTION 4 – Returning Carvers

*Fridays: September 18 - December 18,
9:00 a.m. - noon*

Location: CE 108A

Instructors: Shorty Miller and Diane Porter

Facilitators: Kathy Priddy; Diane Porter (238-0762)

Class Limit: Monday/Friday class limit is 11 carvers, 2 instructors. Wednesday class limit is 6 new and 5 returning.

Class Fee: \$10 to be paid to the facilitator at the first class meeting

A Visit to Gipsy Gardens (#3428)

Wednesday: September 16; 12:00 – 1:30 p.m.

Camille (Gipsy) Hanks will open her large, unique botanical garden of diversified plantings, which is full of design ideas and plant

combinations. She will share her expertise with NKA members. She is full of practical, inexpensive ideas to make your garden a pleasure to you. Class members are invited to bring a box lunch to enjoy at the end of the presentation.

Location: 902 S. Grant, Pocatello

Instructors: Camille Hanks

Class Limit: 30

Facilitator: Sondra Tonnessen (240-8907)

Tie Dying (#3368)

Tuesday: October 6; 1:00 - 3:00

Participants can learn to tie dye by making either a tie dyed T-shirt or environmentally friendly shopping bag. They can also bring cotton items from home to dye. Wear appropriate clothing.

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

Instructor: Mary Miller

Facilitator: Virginia Kelly (232-7417)

Class Limit: 20; **Class Fee:** \$12 to be paid at class

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

Post Crossing Postcard Exchange

(#3429)

Thursday: October 8, 2015; 11 a.m. – 12 noon

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

Location: CONED 125

Instructor: Cheryl Lyda

Facilitator: Mary Spinner (241-7258)

Basic Crazy Quilt (#3291)

Thursday: October 8, 15, 22, 29; 1 - 4 p.m.

If you have ever been intrigued with all that craziness on a Crazy Quilt, why not try this class? You will learn the technique of applying the fabric to a foundation piece; how to use different fabrics; and at least 15 embroidery stitches, ribbon embroidery stitches, beaded stitches and more.

You will need to bring: Sewing scissors, various needles, including Chenille and Tapestry, (find in Joann's), white sewing thread.

I will include the foundation piece, pattern, fabric, and embroidery threads, ribbon embroidery.

I promise lots of fun and laughs and you will really enjoy the relaxing and stimulating art of Crazy Quilts. For fun eye candy visit my Flickr site: www.flickr.com/photos/60882932@N06/

Location: CONED 159

Instructor: BJ Sandusky

Facilitator: Janet Faith (477-6428)

Class Limit: 10; **Class Fee:** \$20

Silk Painting – Salt Technique (#3430)

Monday: October 12; 1:30 - 3:30

Participants will paint on a hemmed long rectangular piece of white silk. You will learn the technique of silk painting with salt. The way salt works is by pulling the fabric paint toward the salt. The result is often a streak of lighter color pointing at a dot of intense color. The effect is unpredictable but beautiful. The results will often look as beautiful as if carefully hand-painted by an expert. You can't go wrong if you just want something beautiful! All materials are included in the class fee.

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

Instructor: Mary Miller, Director of the ISU Craft Shop

Facilitator: Jane Thornley (237-1659)

Class limit: 8; **Class Fee:** \$20 to be paid at class

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

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.

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

Start Your Own Blog (#3431)*Thursday: October 15, 2015; 11 a.m. - noon*

A blog serves as an online photo album, newsletter, journal, and/or scrapbook. This class is for anyone interested in creating a blog in order to share photos and information with family, friends, organizations, or even the whole world. Creating a blog is free, and designing your own blog is fun and easy to do (with a little instruction).

Blogging is for participants who have basic computer skills and an understanding of how the internet works. This presentation is an informational demonstration, not hands-on practice. Following the group presentation, individual consultations to create blogs may be scheduled, depending on demand..

Location: CONED 125**Instructor:** Cheryl Lyda**Facilitator:** Mary Spinner(241-7258)**Retro Rag Rugs** (#3295)*Thursday: November 5, 12, 19, December 3; 2:30-4:00 p.m.*

Come and learn easy crochet stitches to make retro rag rugs just in time for Christmas giving. A wonderful Christmas gift that can last for many years to come and so easy to make. Beginners will learn the very basic stitches; others who have been in the class before will learn more advanced stitches and patterns.

Location: CONED 162**Instructors:** Linda Lindley, Julie Newsome**Facilitator:** Julie Newsome (520-2440)**Class Fee:** \$5 (to be paid at class)**Class Limit:** 15**Farm Toys Are My Hobby** (#3432)*Wednesday: December 9; 11 a.m. - 12 p.m.*

Collecting farm toys has been Chuck Humphrey's hobby for over 15 years. Starting with a one-sixteenth scale model of a Farmall H from the Franklin Mint, his collection numbers 75 pieces: tractors, farm implements, crawlers (bulldozers), an Allis Chalmers pull-type combine, agricultural trucks and pickups. He also has a few

model cars! He will explain how he amassed a modest farm toy collection, where it's displayed, and how he plans to disperse it—some day! Actual farm toys will be displayed during the presentation.

Location: CONED 125**Instructors:** Fowler Charles (Chuck) Humphrey, Ph.D.**Facilitator:** Lynn Hebdon (339-4841)**FITNESS & MOTION****Lady Niners Golf** (#3116)*Wednesday: September 2 until weather no longer permits; 12:00 noon.*

Ladies, come join us for our ongoing golf class. We will have a meeting the first day at Riverside Golf Course for newbies and for those who want information on the upcoming semester plans. Our golf pro Craig will be there to inform us of all the offerings they have to offer us this semester. Every semester, they have been so very good to our group with special offers and discounts. So worth joining NKA just for this! And we have a good time together. Craig gives a lesson for \$5.00 every Wednesday from 12:00 to 1:00. (Even if you are very good at golf, he catches us when we start with bad habits or if we are just stuck on something... everyone can use a lesson now and then. :) We then tee off at 1:00 in groups of 4.

Location: Riverside/Highland Golf Courses**Instructor:** Linda Lindley**Latin Line Dancing** (#3107)*Wednesday: September 2- Nov. 18; 2:00 - 3:00 p.m. (No Classes September 16 and 23rd)*

Dance to Latin rhythms—mambo, cha cha, rumba, tango, samba, bachata, merengue with a little salsa thrown in! No partners required. Dances will begin at beginner's level. Here is your chance to "dance like no one is looking", get in shape, meet people, and have fun! The music delight the brain and the dance itself is a full body workout! What a winning combination!

Location: CONED 162**Instructor:** Lucy Bonman**Facilitator:** Marjean Waford (840-0033)

Performance – Latin Line Dancing

(#3108)

*Mondays and Wednesdays: Year Long
Fall Semester, 3 - 4:30 p.m. (NO Classes Sept. 16
and 23rd)*

Latin line dancing is taken a step further! Developing, organizing, and polishing sets of Latin line dances to share the joy of dancing by providing entertainment to various nursing, convalescent, and retirement homes as well as other venues where the performance is requested and welcome. This class practices on Mondays from 3 – 4:30 pm.

Location: CONED 162

Instructors: Lucy Bonman

Facilitator: Marjean Waford (840-0033)

Square Dance Lessons & Practice

(#3105)

*Thursday: September 3 – December 17;
4:00 - 7:00 p.m.*

Come dance with us! Learn to square dance just for fun, socializing and exercise. Or, after mastering Basic and Mainstream, you may wish to join the world of square dance festivals—locally, statewide and nationally! There is opportunity to advance to Plus, for even more festival dancing!

NOTES: *Fall semester is pre-requisite to Spring Semester.* Wear comfortable shoes. Square dance clothes welcome but not essential. Partners welcome, but not essential.

4 - 5:15 p.m.*: Introduction to Basic and Mainstream (68 square dance moves). Beginners welcome! Also appropriate for returning dancers to review/practice Mainstream, and for experienced dancers wishing to socialize, dance, practice, and help new dancers (“Square Dance Angels”).

5:15 - 6:30 p.m.*: Introduction to Plus (30 square dance moves). For serious dancers who are fairly proficient in Basic & Mainstream, and are ready to begin learning the Plus moves (instructor approval).

6:30-7 p.m.*: Round Dance.

**Times subject to adjustment by instructor, depending upon number of new people, and needs of all dancers.*

Location: Sullivan’s Square Dance Hall,
1935 South 5th Ave.

Instructor: Steve Sullivan

Facilitator: Sondra Dunkle (dunksond@gmail.com)

Snowshoeing & Hiking (#3118)

*Friday: September 11th, 18th; October 2nd, 9th,
16th, 23rd, 30th; November 6th, 20th; and hope to
snow shoe December 4th and 18th; 1:00 - 4:00 p.m.*

Our fall schedule will of course start with hikes as outlined herein. All dates are subject to change/ re-scheduling and current weather conditions.

Locations will be determined as per group inputs and weather. Hopefully we will have some snow for snow shoeing by December.

Location: Meet at CE Parking lot

Instructor: Lynn Hebdon

Facilitators: Bill Steckhauer (233-4286)

Class Limit: 40

Line Dancing Beginner 1 (#3112)

*Monday: September 14 – November 16, 2015;
3:00 - 3:55 p.m.*

The line dances taught in this class are more complex than the Starter Level dances, but still fun and relatively easy. Guys and gals, come enjoy the FUN of line dancing and get some exercise too.

Location: United Congregational Church, Corner
of Garfield Ave. & Fremont Ave.

Instructors: Susan Cramer and Kay Elsathagen

Class limit: 60

Facilitator: Anita Affa (478-1744)

Line Dancing Beginner 2 / Intermediate (#3113)

*Tuesday: September 15 – November 17, 2015;
9:30 to 10:25 p.m.*

Beginner2/Intermediate introduces a bit more challenging dances than the Starter and Beginner 1 classes. We will start the semester slowly and keep adding to our repertoire, up to intermediate
(continues...)

(continued: *Line Dancing Begin 2 / Intermediate*)

level. You'll have lots of fun dancing to much more challenging dances designed for persons who have completed Beginning I Line Dance.

Location: CONED 162

Instructors: Marjean Waford & Sharon Bieda

Facilitator: Marjean Waford (237-4367)

Class limit: 30

Line Dance – Intermediate / Advanced (#3114)

Tuesday: September 15 – November 17, 2015; 10:30 to 11:25 p.m.

This class introduces a bit more challenging dances than Beginner 2/Intermediate. This class is designed for experienced dancers who have participated in Intermediate Line Dancing and want to expand their dance repertoire including standards and favorites. Newer, more difficult dances will also be introduced. This class will provide continued exercise and lots of fun!

Location: CONED 162

Instructor: Joyce DeGarlais

Facilitator: Marjean Waford (237-4367)

Class limit: 30

Pickle Ball (#3433)

Tuesday: September 15 – October 6, 11:00 a.m. – 1:00 p.m.

Come and try out Pickle Ball—a game that has gained popularity across the nation, especially for seniors. So much so, it is played year round in retirement communities. It is a combination of the games ping pong, badminton, volleyball and tennis, using facets of each. It is played on a shortened tennis court both on inside courts and out using paddles and whiffle balls. It is a game most anyone can play and has become so popular that many are joining regional and national tournaments playing all over. Or, of course, you can just enjoy by playing in your local area with friends.

Location: TBA

Instructor: Linda Lindley

Class limit: 24

Fit and Fall Proof (#3106)

Wednesday 9:30 to 10:30 and Friday 9:30 to 10:00; September 16 to November 20, 2015

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

Location: CONED 162

Instructor: Marlene Hendricks

Facilitator: Rachel Damewood
(237-8541 or cell: 604-0741)

Class limit: 35

Line Dancing Starter Level (#3111)

Monday: September 14, 2015 through November 16, 2015; 2:00 p.m. to 3:00 p.m.

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

Location: United Congregational Church, Corner of Garfield Ave. & Fremont Ave.

Instructors: Bob Schaffner and Marti Collins

Facilitator: Anita Affa (478-1744)

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.

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

SEPTEMBER 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6	7	1	2	3	4	5
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
	8	9	10	11	12	
	LABOR DAY					

OCTOBER 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4	<p>9-12 Return Wood Carvers 1-2:30 Images of Women 1:30-3:30 Hand Built Pottery 2-3 Starter Line Dancing 3-4 Beginner 1 Line Dance 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 10:30-1 Bridge for Begin 11-1 Pickle Ball 1-2:30 There and Back Again 1-3 Tie Dying 1:30-4 Bridge Int Defense</p>	<p>9-12 Begin/Return Wood 9:30-10:30 Fit n Fall Proof 10-11:30 Jewel of E Europe 12-4 Lady Niners 1-2 World of Cheese 2:30-3:30 Hist is as Hist Wasn't 2-3 Latin Line Dancing 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:55 L/D Out o Box 11-12 L/D Oldies/Goodies 10-12 Origami Art Health 11-12 Knit and Crochet 12:30-2 Readers Theatre 2-4 Low Imp Creat Write 4-5:30 Book group & a Glass 4-7 Sq. Dance Lessons/ Prac.</p>	<p>9-12 Return Wood Carvers 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 1-3 Intermediate Biking 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em 2:30-4 "Hiroshima" Health Care Conference</p>	3
4	<p>9-12 Return Wood Carvers 11-12:30 Sticker Shock LTC Pt1 1:30-3:30 Silk Paint – Salt Technique 2-3 Starter Line Dancing 3-4 Beginner 1 Line Dance 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 10:30-1 Bridge for Begin 11-12:30 Sticker Shock LTC Pt 2 1-2 Exp Poetry 1:30-4 Bridge Int Defense</p>	<p>9-12 Begin/Return Wood Carvers 9:30-10:30 Fit n Fall Proof 10-11:30 Exp Hum Empathy 12-4 Lady Niners 2:30-3:30 Hist is as Hist Wasn't 2-3 Latin Line Dancing 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:55 L/D Out o Box 11-12 L/D Oldies/Goodies 11-12 Post Crossing 11-12 Knit and Crochet 12:30-2 Readers Theatre 1-4 Basic Crazy Quilts 2-4 Low Imp Creative Write TBA Erik Larson Sun Valley 4-7 Sq. Dance Lessons/ Practice 5-7 Wine Taste</p>	<p>9-12 Return Wood Carvers 9-10:30 Walking Greenway 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 10-11:30 Prob/Sol Libya/Nigeria 1-3 Intermediate Biking 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em 2:30-4 "Hiroshima"</p>	10
11	<p>9-12 Return Wood Carvers 11-12:30 V. Fisher/Idaho Hist. 2-3 Starter Line Dancing 3-4 Beginner 1 Line Dance 3-4:30 Perf Latin Line Dance</p>	<p>9-1 Exp World Plant Gen 9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 10:30-1 Bridge for Begin 1-2 Exp Poetry 1:30-4 Bridge Int Defense</p>	<p>9-12 Begin/Return Wood Carvers 9:30-10:30 Fit n Fall Proof 10-11:30 Ireland WWI 11:30-1 Taste n Share 12-4 Lady Niners 2-3 Latin Line Dancing 2-4 Ashanti Grt W Af Kingdom 2:30-3:30 Hist is as Hist Wasn't 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:55 L/D Out o Box 11-12 L/D Oldies/Goodies 11-12 Start Your / Blog 11-12 Knit and Crochet 12:30-2 Readers Theatre 2-4 Low Imp Creat Write 1-4 Basic Crazy Quilts 4-7 Sq. Dance Lessons / Practice</p>	<p>9-12 Return Wood Carvers 9-10:30 Walking Greenway 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 12-3 Lunch n Games 1-3 Intermediate Biking 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em 2:30-4 "Hiroshima"</p>	17
18	<p>9-12 Return Wood Carvers 1-2:30 V. Fisher/Idaho Hist. 2-3 Starter Line Dancing 3-4 Beginner 1 Line Dance 3-4:30 Perf Latin Line Dance</p>	<p>9-1 Exp World Plant Gen 9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 10:30-1 Bridge for Begin 1-2 Exp Poetry 1:30-4 Bridge Int Defense 2-3:30 Market Book Group</p>	<p>9-12 Begin/Return Wood Carvers 9:30-10:30 Fit n Fall Proof 10-11:30 Ireland WWI 11:30-1 Taste n Share 12-4 Lady Niners 2-3 Latin Line Dancing 2-4 Ashanti Grt W Af Kingdom 2:30-3:30 Hist is as Hist Wasn't 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:55 L/D Out o Box 11-12 L/D Oldies/Goodies 11-12 Knit and Crochet 12:30-2 Readers Theatre 2-4 Low Imp Creat Write 1-4 Basic Crazy Quilts 2-4 Turmoil East Europe 4-7 Sq. Dance Lessons / Practice</p>	<p>9-12 Return Wood Carvers 9-10:30 Walking Greenway 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em 1-2:30 Improv: Emerg Art Form 3-4 Preview Symphony</p>	24
25	<p>7 a.m. Las Vegas / West Rim of Grand Canyon (26th thru 29th) 9-12 Return Wood Carvers 2-3 Starter Line Dancing 3-4 Beginner 1 Line Dance 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 10:30-1 Bridge for Begin 1-2 Exp Poetry 1:30-4 Bridge Int Defense</p>	<p>9-12 Begin/Return Carvers 9:30-10:30 Fit n Fall Proof 10-12 Cook 1/2 Sect 1 203 12-4 Lady Niners 1-2:30 Bright Light in Sky? 1-3 Cook 1/2 Sect 2 203 2:30-3:30 Hist is as Hist Wasn't 2-3 Latin Line Dancing 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:55 L/D Out o Box 11-12 L/D Oldies/Goodies 11-12 Knit and Crochet 12:30-2 Readers Theatre 1-2 Econ. Recov. US/UK 1-4 Basic Crazy Quilts 2-4 Low Imp Creat Write 2-3:30 Book Exchange 4-7 Sq. Dance Lessons/ Practice</p>	<p>9-12 Return Wood Carvers 9-10:30 Walking Greenway 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em 5-6 Pre School For Wives</p>	31 HALLOWEEN
25	<p>9-12 Return Wood Carvers 11-12:30 Sticker Shock LTC Pt1 1:30-3:30 Silk Paint – Salt Technique 2-3 Starter Line Dancing 3-4 Beginner 1 Line Dance 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 10:30-1 Bridge for Begin 1-2 Exp Poetry 1:30-4 Bridge Int Defense</p>	<p>9-12 Begin/Return Wood Carvers 9:30-10:30 Fit n Fall Proof 10-11:30 Exp Hum Empathy 12-4 Lady Niners 2:30-3:30 Hist is as Hist Wasn't 2-3 Latin Line Dancing 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:55 L/D Out o Box 11-12 L/D Oldies/Goodies 11-12 Post Crossing 11-12 Knit and Crochet 12:30-2 Readers Theatre 1-4 Basic Crazy Quilts 2-4 Low Imp Creative Write TBA Erik Larson Sun Valley 4-7 Sq. Dance Lessons/ Practice 5-7 Wine Taste</p>	<p>9-12 Return Wood Carvers 9-10:30 Walking Greenway 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 10-11:30 Prob/Sol Libya/Nigeria 1-3 Intermediate Biking 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em 2:30-4 "Hiroshima"</p>	16
18	<p>9-12 Return Wood Carvers 1-2:30 V. Fisher/Idaho Hist. 2-3 Starter Line Dancing 3-4 Beginner 1 Line Dance 3-4:30 Perf Latin Line Dance</p>	<p>9-1 Exp World Plant Gen 9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 10:30-1 Bridge for Begin 1-2 Exp Poetry 1:30-4 Bridge Int Defense</p>	<p>9-12 Begin/Return Wood Carvers 9:30-10:30 Fit n Fall Proof 10-11:30 Ireland WWI 11:30-1 Taste n Share 12-4 Lady Niners 2-3 Latin Line Dancing 2-4 Ashanti Grt W Af Kingdom 2:30-3:30 Hist is as Hist Wasn't 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:55 L/D Out o Box 11-12 L/D Oldies/Goodies 11-12 Start Your / Blog 11-12 Knit and Crochet 12:30-2 Readers Theatre 2-4 Low Imp Creat Write 1-4 Basic Crazy Quilts 4-7 Sq. Dance Lessons / Practice</p>	<p>9-12 Return Wood Carvers 9-10:30 Walking Greenway 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 12-3 Lunch n Games 1-3 Intermediate Biking 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em 2:30-4 "Hiroshima"</p>	23
25	<p>7 a.m. Las Vegas / West Rim of Grand Canyon (26th thru 29th) 9-12 Return Wood Carvers 2-3 Starter Line Dancing 3-4 Beginner 1 Line Dance 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 10:30-1 Bridge for Begin 1-2 Exp Poetry 1:30-4 Bridge Int Defense</p>	<p>9-12 Begin/Return Carvers 9:30-10:30 Fit n Fall Proof 10-12 Cook 1/2 Sect 1 203 12-4 Lady Niners 1-2:30 Bright Light in Sky? 1-3 Cook 1/2 Sect 2 203 2:30-3:30 Hist is as Hist Wasn't 2-3 Latin Line Dancing 3-4:30 Perf Latin Line Dance</p>	<p>9:30-10:55 L/D Out o Box 11-12 L/D Oldies/Goodies 11-12 Knit and Crochet 12:30-2 Readers Theatre 1-2 Econ. Recov. US/UK 1-4 Basic Crazy Quilts 2-4 Low Imp Creat Write 2-3:30 Book Exchange 4-7 Sq. Dance Lessons/ Practice</p>	<p>9-12 Return Wood Carvers 9-10:30 Walking Greenway 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em 5-6 Pre School For Wives</p>	30

NKA 2015 MEMBERSHIP AND REGISTRATION FORM

New Member Previous Member

**PLEASE: PRINT NEATLY
SIGN BELOW
COMPLETE BOTH SIDES**

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:

1001 N 7th Ave. Suite 202

3—Online at:

cetrain.isu.edu/nka

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

Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

\$35 per person/per semester \$ _____

Parking fee \$5 (once a year) \$ _____
Only Required on campus before 4 p.m.

Speakers Luncheon \$15 per person \$ _____

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

1. In consideration of gaining membership or being allowed to participate in the activities and programs of ISU New Knowledge Adventures and to use its facilities and equipment, I do hereby waive, release and forever discharge Idaho State University and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities of said program. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of ISU New Knowledge Adventures.

2. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any of these activities and programs of Idaho State University's New Knowledge Adventures or use of equipment except as hereinafter stated.

I do hereby assume all responsibility for my participation and activities, and utilization of equipment in my activities.

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

Date: _____

NKA Member Signature: _____

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

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

ART, MUSIC & THEATRE

- Readers Theatre #3134
- Exploring Expressionism #3388
- Preview to the Symphony #3322
 - Section 1
 - Section 2
 - Section 3
 - Section 4
- Preview: The Glass Menagerie #3421
- Thin Places: A Photographic Journey #3424
- Improv: An Emerging Art Form #3436
- Preview: The School for Wives #3427

CRAFTS & HOBBIES

- Knitting & Crocheting Projects #3196
- Hand-built Pottery #3165
- Woodcarving #3101 (choose section)
 - Section 1 – Beginning Carvers
 - Section 2 – Returning Carvers
 - Section 3 – Returning Carvers
 - Section 4 – Returning Carvers
- A Visit to Gipsy Gardens #3428
- Tie Dying #3368
- Post Crossing Postcard Exchange #3429
- Basic Crazy Quilt #3291
- Silk Painting - Salt Technique #3430
- Start Your Own Blog #3431
- Retro Rag Rugs #3295
- Farm Toys Are My Hobby #3432

FITNESS & MOTION

- Lady Niners Golf #3116
- Latin Line Dancing #3107
- Performance Latin Line Dancing #3108
- Square Dancing Lessons & Practice #3105
- Snowshoeing & Hiking #3118
- Line Dancing Beginner 1 #3112
- Line Dancing Beginner 2 / Intermediate #3113
- Line Dancing Intermediate/Advanced #3114
- Pickle Ball #3433
- Fit and Fall Proof #3106
- Line Dancing Starter Level #3111
- Out of the Box Line Dancing #3109
- Oldies but Goodies Line Dancing #3110
- Intermediate Biking Class #3434
- Walking the Greenway #3115
- What's Happening at the Herbarium? #3435
- T'ai Chi Chih – Basics #3103
- T'ai Chi Chih – Advanced #3104

FOOD & BEVERAGE

- International Cuisine Planning #3119
- Taste & Share #3197
- The World of Cheese #3436
- Wine Tasting #3120
- Cooking and Shopping for 1 or 2 #3298
- Wine Tasting by the Grapevine #3122

GAMES

- Mahjong #3125
- Hand and Foot Boot Camp #3438
- Texas Hold'em Poker #3127
- Lunch and Games #3126 (choose section)
 - Section 1
 - Section 2
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 - Section 4
- Bridge for Beginners #3128
- Intermediate Bridge: Defense in the 21st Century #3228

GENERAL INTEREST

- Roadside Clean-up #3415
 - Section 1
 - Section 2
- Backup and Dropbox for Picture Storage #3440
- Exploring Idaho Fish #3441
- Treasures in the Button Box #3442
- Exploring Judicial Decision Making #3443
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- When Hopscotch and Bubblegum Get Traded for Drugs and Razor Blades #3445
- Pocatello City Human Relations Council #3446
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- @#*! It's a Scam #3457
- Castles, A Brief History: Part 2 #3412
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HEALTH & WELLNESS

- Health Information for Seniors on the Internet #3340
- Caring for Our Aging Hair and Nails #3249
- The Two Pillars of Mindfulness: Wisdom and Compassion #3460
- The Ancient Art of Origami/Theragami #3461
- Avoiding Sticker Shock: Long Term Care Insurance #3395
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- Evidence-Based Medicine #3466
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HISTORY

- Hiroshima & Nagasaki: Decision to Drop the Atomic Bomb #3467
- Ghost Towns & Hidden Treasures #3468
- Tour of Historic Old Town Buildings #3469
- History is as History Wasn't #3470
- Ireland and the First World War: History and Consequences #3471
- Prospecting, Horse Packing & Homesteading on the Idaho Frontier: Part 2 #3370
- Bungalows and Pocatello's Development, 1900-1930 #3472
- James Franklin Bell: American Soldier for All Season #3473

TRAVEL/FIELD TRIPS

- Fall Color Tour to Mt. Harrison and City of the Rocks #3467
- Las Vegas and the West Rim of the Grand Canyon #3475

WRITING & LITERATURE

- Low Impact Creative Writing #3136
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- Idaho Author: Vardis Fisher #3481
- Book Exchange #3129

NKA 2015 MEMBERSHIP AND REGISTRATION FORM

New Member Previous Member

PLEASE: PRINT NEATLY
SIGN BELOW
COMPLETE BOTH SIDES

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:

1001 N 7th Ave. Suite 202

3—Online at:

cetrain.isu.edu/nka

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

Fax: 208-282-5894; ATTN. Shirley

Membership Dues MUST Accompany Your Registration

\$35 per person/per semester \$ _____

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

Only Required on campus before 4 p.m.

Speakers Luncheon \$15 per person \$ _____

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

1. In consideration of gaining membership or being allowed to participate in the activities and programs of ISU New Knowledge Adventures and to use its facilities and equipment, I do hereby waive, release and forever discharge Idaho State University and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities of said program. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of ISU New Knowledge Adventures.

2. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any of these activities and programs of Idaho State University's New Knowledge Adventures or use of equipment except as hereinafter stated.

I do hereby assume all responsibility for my participation and activities, and utilization of equipment in my activities.

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

Date: _____

NKA Member Signature: _____

REGISTER FOR THE CLASSES YOU WISH TO ATTEND BY CHECKING THE BOXES BELOW.

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

ART, MUSIC & THEATRE

- Readers Theatre #3134
- Exploring Expressionism #3388
- Preview to the Symphony #3322
 - Section 1
 - Section 2
 - Section 3
 - Section 4
- Preview: The Glass Menagerie #3421
- Thin Places: A Photographic Journey #3424
- Improv: An Emerging Art Form #3436
- Preview: The School for Wives #3427

CRAFTS & HOBBIES

- Knitting & Crocheting Projects #3196
- Hand-built Pottery #3165
- Woodcarving #3101 (choose section)
 - Section 1 – Beginning Carvers
 - Section 2 – Returning Carvers
 - Section 3 – Returning Carvers
 - Section 4 – Returning Carvers
- A Visit to Gipsy Gardens #3428
- Tie Dying #3368
- Post Crossing Postcard Exchange #3429
- Basic Crazy Quilt #3291
- Silk Painting - Salt Technique #3430
- Start Your Own Blog #3431
- Retro Rag Rugs #3295
- Farm Toys Are My Hobby #3432

FITNESS & MOTION

- Lady Niners Golf #3116
- Latin Line Dancing #3107
- Performance Latin Line Dancing #3108
- Square Dancing Lessons & Practice #3105
- Snowshoeing & Hiking #3118
- Line Dancing Beginner 1 #3112
- Line Dancing Beginner 2 / Intermediate #3113
- Line Dancing Intermediate/Advanced #3114
- Pickle Ball #3433
- Fit and Fall Proof #3106
- Line Dancing Starter Level #3111
- Out of the Box Line Dancing #3109
- Oldies but Goodies Line Dancing #3110
- Intermediate Biking Class #3434
- Walking the Greenway #3115
- What's Happening at the Herbarium? #3435
- T'ai Chi Chih – Basics #3103
- T'ai Chi Chih – Advanced #3104

FOOD & BEVERAGE

- International Cuisine Planning #3119
- Taste & Share #3197
- The World of Cheese #3436
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- Book Exchange #3129

NOVEMBER 2015

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	9-12 Return Wood Carvers 9-10 T'ai Chi Chih Begin 10-11 T'ai Chi Chih Adv 1-3 Coping Loved One's Dementia 1-3 Homestead/ Prospect Part 2 2-3 Starter Line Dancing 3-4 Beginner I Line Dance 3-4:30 Perf Latin Line Dance	ELECTION DAY 9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 10:30-1 Bridge for Begin 1:30-4 Bridge Int Defense	4 9-12 Begin/Return Wood Carvers 9:30-10:30 Fit n Fall Proof 10-11:30 @#*! Scam 12-4 Lady Niners 1-2:30 Bungalows/Poc Hist 2-3 Latin Line Dancing 3-4:30 Perf Latin Line Dance	5 9:30-10:55 L/D Out o Box 10-12 What is Esthetician Pt1 11-12 L/D Oldies/Goodies 11-12 Knit and Crochet 12:30-2 Readers Theatre 2-4 Low Imp Creat Write 2:30-4 Retro Rag Rugs 4-5:30 Book group and a Glass 4-7 Sq. Dance Lessons/ Practice	6 9-12 Return Wood Carvers 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em 3-4 Preview Symphony	7
8	9-12 Return Wood Carvers 9-10 T'ai Chi Chih Begin 10-11 T'ai Chi Chih Adv 1-2:30 Castles Brief Hx Part 2 2-3 Starter Line Dancing 3-4 Beginner I Line Dance 3-4:30 Perf Latin Line Dance	10 9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 10:30-1 Bridge for Begin 1:30-4 Bridge Int Defense 5-7 Wine Tasting by Grapevine	11 9-12 Begin/Return Wood Carvers 9:30-10:30 Fit n Fall Proof 11:30-1 Taste n Share 1-3:30 Dementia Care 101 2-3 Latin Line Dancing 3-4:30 Perf Latin Line Dance	12 9:30-10:55 L/D Out o Box 11-12 L/D Oldies/Goodies 10-12 What is Esthetician Pt2 11-12 Knit and Crochet 12:30-2 Readers Theatre 2-4 Low Imp Creat Write 2:30-4 Retro Rag Rugs 4-7 Sq. Dance Lessons / Practice	13 9-12 Return Wood Carvers 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 2-4 Texas Hold'em	14
15	9-12 Return Wood Carvers 9-10 T'ai Chi Chih Begin 10-11 T'ai Chi Chih Adv 1-2:30 Don't Judge a Book 2-3 Starter Line Dancing 3-4 Beginner I Line Dance 3-4:30 Perf Latin Line Dance	17 9:30-10:25 L/D Beg 2 Int 10:30-11:25 L/D Int/Adv 1-2:30 Hum Library Don't Judge 2-3:30 Market Book Group	18 9-12 Begin/Return Wood Carvers 9:30-10:30 Fit n Fall Proof 10-11 JFB Amer Sold All 12-4 Lady Niners 2-3 Latin Line Dancing 3-4:30 Perf Latin Line Dance	19 9:30-10:55 L/D Out o Box 11-12 L/D Oldies/Goodies 11-12 Knit and Crochet 12:30-2 Readers Theatre 2-4 Low Imp Creat Write 2:30-4 Retro Rag Rugs 4-7 Sq. Dance Lessons / Practice	20 9-12 Return Wood Carvers 9:30-10:00 Fit n Fall Proof 10-12 Mahjong 12-3 Lunch n Games 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em	21
22	9-12 Return Wood Carvers 9-10 T'ai Chi Chih Begin 10-11 T'ai Chi Chih Adv 3-4:30 Perf Latin Line Dance	24	25 9-12 Begin/Return Wood Carvers 12-4 Lady Niners 3-4:30 Perf Latin Line Dance	26 THANKSGIVING	27	28
29	9-12 Return Wood Carvers 9-10 T'ai Chi Chih Begin 10-11 T'ai Chi Chih Adv 3-4:30 Perf Latin Line Dance	30				

DECEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10-11:30 Share Res. Jordan	9-12 Return Wood Carvers 3-4:30 Perf Latin Line Dance	11-12 Knit and Crochet 12:30-2 Readers Theatre 1-3 Evid Based Med 2-4 Low Imp Creat Write 2:30-4 Retro Rag Rugs 4-5:30 Book group and a Glass 4-7 Sq. Dance Lessons/ Practice	9-12 Return Wood Carvers 10-12 Mahjong 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em 3-4 Preview Symphony	5
6	9-12 Return Wood Carvers 9-10 Tai Chi Chih Begin 10-11 Tai Chi Chih Adv 3-4:30 Perf Latin Line Dance	8	9-12 Return Wood Carvers 11-12 Farm Toys My Hobbs 3-4:30 Perf Latin Line Dance	11-12 Knitting & Crocheting 12:30-2 Readers Theatre 4-7 Sq. Dance Lessons / Practice 5-9 CHRISTMAS PARTY	9-12 Return Wood Carvers 10-12 Mahjong 12-3 Lunch n Games 2-4 Texas Hold'em	12
13	9-12 Return Wood Carvers 9-10 Tai Chi Chih Begin 10-11 Tai Chi Chih Adv 3-4:30 Perf Latin Line Dance FINALS WEEK	15	9-12 Begin/Return Wood Carvers 10-12 Care Aging Eyes 3-4:30 Perf Latin Line Dance	12:30-2 Readers Theatre 4-7 Sq. Dance Lessons / Practice	9-12 Return Wood Carvers 1-4 Snow Shoeing / Hiking 2-4 Texas Hold'em	19
20	9-12 Return Wood Carvers 9-10 Tai Chi Chih Begin 10-11 Tai Chi Chih Adv 3-4:30 Perf Latin Line Dance	22	3-4:30 Perf Latin Line Dance	24	25	26
27	28	29	30	31	CHRISTMAS	

Out of the Box Line Dancing (#3109)

*Thursday: September 17 – November 19, 2015;
9:30 to 10:55 p.m.*

We'd like to move "Out of the Box" of traditional line dancing and introduce the seasoned line dancer to more challenging line dances with a variety of music and rhythm. We will focus on learning the dances well and then easily dancing them to a variety of music. Most importantly, we want to have a good workout and lots of fun!

Location: CONED 162

Instructor: Jan Green and Joyce DeGarlais

Facilitator: Marjean Waford (237-4367)

Class Limit: 30

Oldies but Goodies Line Dance (#3110)

*Thursday: September 17 – November 19, 2015;
11:00 a.m. - Noon*

Let's keep our line dance repertoire up and running by reviewing and practicing some of the oldies and goodies we've learned in the other line dance classes in the past few years. Knowing the basic steps taught in the Starter, Beginner 1 and 2 classes will aid in dancing. We won't be teaching the dances, but will do a quick review of each and dance, dance, and dance. This class is to have fun and exercise.

Location: CONED 162

Instructors: Sue Schaffner, Judy Liday, Tom Baxter

Facilitator: Judy Liday (237-8014)

Class limit: 30

Intermediate Biking Class (#3434)

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

Come together to enjoy the beautiful fall colors our beautiful Pocatello and surrounding areas have to offer. Some of the rides will be the greenway paths of Pocatello; the Blackfoot Greenway and Idaho Falls Greenway and falls. We can decide if we want to continue for another couple of weeks on other trails if we choose depending on the weather and fall colors as we go along. Our rides are flat paved trails and we ride for only about 8 to 10 miles round trip.

Location: TBA

Instructor: Linda Lindley

Walking the Greenway (#3115)

Friday: October 9, 16, 23, 30; 9 - 10:30 a.m.

Come walking with us along the Portneuf Greenway Trails. These trails are paved on mostly flat terrain. Walk at your own pace. Meet at the Continuing Education Building parking lot to carpool to site. Dress for the weather. Wear comfortable walking shoes and bring your own water.

Location: CONED Parking Lot

Facilitator: Sandra Babb (238-2034)

What's Happening at the Herbarium?

(#3435)

Tuesday: October 20, 2015; 4:00 to 5:00 p.m.

Last year's Herbarium class learned we don't have specimens of Southeast Idaho's endemic plants (the ones that grow ONLY here), so we heard about the Herbarium's day-to-day operation instead. This year, come for a fully-orchestrated tour of the many activities of the plant collection by Life Sciences Director Rick Williams and Collections Manager Janet Bala. Primarily for members who were wait-listed for last year's class.

Location: Idaho Museum of Natural History
(lower campus, Idaho State University)

Instructor: Dr. Rick Williams and Janet Bala

Facilitator: Ruth Moorhead
(233-5011; moorruth@isu.edu)

Class Limit: 10 (firm)

T'ai Chi Chih – Beginner (#3103)

Monday: November 2 – Dec. 21; 9:00 to 10:00 a.m.

T'ai Chi Chih (TCC) is often described as "joy through movement." Emphasis is on moving meditation, associated disciplines, breathing, physical balance, and emotional and spiritual balance through balancing Yin/ Yang forces. First day of class will be primarily an academic classroom session for introduction. All other classes will be learning and practicing the disciplines, and you will want to dress in (*continues...*)

(continued: T'ai Chi Chih - Beginner)

comfortable clothes such as sweats or other attire you might wear to a gym. All five senses will be stimulated during TCC.

Location: CONED 162

Instructor: Lynn Hebdon (339-4841)

Class Limit: 40

T'ai Chi Chih – Advanced (#3104)

Monday: November 2 – December 21;

10:00 to 11:00 a.m.

This T'ai Chi Chih advanced class is for those who already attended a Basics Class, such as in a previous semester, and for those that simply want to do the meditation in a group session. This “Joy through Movement” or “Moving Meditation” group will not include basic training for TCC associated discipline, but rather a review of such only as needed before our group meditation session.

Location: CE 162

Instructor: Lynn Hebdon (339-4841)

Class Limit: 40

FOOD & BEVERAGE

International Cuisine Planning (#3119)

Monday: September 14; 12:00 – 1:00 p.m.

This is a planning meeting. The class selects two different cultures. During the semester participants prepare food for two dinners featuring cuisine from the selected cultures. The events are held at the Pocatello Senior Citizen Community Center. PARTICIPANTS SHOULD BE WILLING TO PREPARE A DISH FOR EACH DINNER. If for some reason a participant is unable to prepare a dish, he or she will be allowed to pay an \$8 fee to attend the dinner.

Location: CONED 156

Facilitators: Marilyn Edwards (237-0751), Marjean Waford (237-4367), Ruth Dyer (232-0479), & Liz Meske (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 282-3155.

Taste and Share (#3197)

*Wednesday: September 23, October 21,
November 11; 11:30 – 1:00 p.m.*

Come share your favorite recipes, and discover new treats someone else has made. You only bring a dish once during the semester, but you get to taste everything others bring. Plus, you take all the recipes home! We would like to see more men join us with their favorite recipes.

Location: CONED 162

Instructor: Marilyn Edwards

Facilitators: Liz Meske (234-1544)

Class limit: 30

The World of Cheese (#3436)

Wednesday: October 7, 2015: 1:00 to 2:00 p.m.

Everything you have ever wanted to know about cheese and more. Amy will explain it all to us, from pairing cheese with different foods to cheeses to use every day. Now is the time to bring your questions and learn about the tasty world of cheese.

Location: CONED125

Instructors: Amy Vargason

Wine Tasting (#3120)

Thursday, October 8, 2015; 5:00 to 7:00 p.m.

Allyson has planned a delicious way to welcome fall. Enjoy wine and her favorite pairing for the chilly days ahead. Enjoy good friends and a relaxed atmosphere.

Location: Cafe Tuscano; 2231 E. Center Street

Instructor: Allyson Burnum

Facilitator: Sharon Manning (233-9425; 830 Spyglass Point, Pocatello, Idaho 83204)

Class Fee: \$12 (Send to Facilitator by Thursday, October 1, 2015)

Cooking & Shopping for 1 or 2 (#3298)

Wednesday: October 28

Do you have a hard time cooking for just one or two now that the nest is empty? You will learn how to shrink your meal preparations, reduce food waste, and prepare nutritious meals for just one or two. Plan for an engaging class and a hands-on cooking lab—after all, we want to practice what we

learn! Participants will prepare a salad, soup, an entrée and a dessert. This class is being repeated to allow NKA members previously on a waitlist to participate in the class!

SECTION 1: 10:00 -12:00 noon

SECTION 2: 1:00 - 3:00 p.m.

Location: CONED 203

Instructors: Julie Buck

Facilitators: Mary Spinner (241-7258)

Class Limit: 26; **Class Fee:** \$5 (pay at the door)

Wine Tasting sponsored by the Grapevine (#3122)

Tuesday: November 10; 5 - 7:00 p.m.

The Grapevine, a popular wine and gift shop, will be hosting a delightful wine tasting evening for your enjoyment. Kathleen always picks a great selection of wines for us to try.

Location: Goody's Deli, 905 South 5th Ave., in the reception room

Instructor: Kathleen Hughes

Facilitator: Pauline Havens (234-8517)

Class fee: \$7.50 (paid at the door)

GAMES

Mahjong (#3125)

Friday: September 4 – December 11;

10 a.m. – 12 noon

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

Location: CONED 160

Instructor: Lucy Bonman

Hand and Foot Boot Camp (#3438)

Wednesday: September 9; 1 - 2:30 p.m.

For anyone who desires to come to Lunch n Games and play or just to learn to play. Hand and Foot is a card game much like Canasta. The aim is

to get rid of cards from your hand (11 cards), and then from your foot (11 cards), by melding them. A Meld is a set of three to seven cards of equal rank placed face up on the table. A Meld cannot have fewer than three cards. This game is so fun!

Location: CONED 159

Instructor: Pat Ringe (233-5494)

Class Limit: 40

Texas Hold'em Poker (#3127)

Friday: September 11 - December 18;

2:00 - 4:00 p.m.

This will be a time for people who know how to play Texas Hold'em Poker and for those who are new to the game. Group will be divided by ability levels. We will also teach anyone to play.

Location: CONED 162

Facilitators: Annette Tolman (226-4597) & Sandra Noakes (251-2862)

Class Limit: 30

Lunch and Games (#3126)

Lunch is served at noon. Hand and Foot card game or the Dominoes Mexican Train game are from 1:00-3:00 p.m. No cost for the games.

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

SECTION 1

Friday: September 18; 12 noon – 3:00 p.m.

SECTION 2

Friday: October 16; 12 noon – 3:00 p.m.

SECTION 3

Friday: November 20; 12 noon – 3:00 p.m.

SECTION 4

Friday: December 11; 12 noon – 3:00 p.m.

Location: Juniper Hills Country Club, 6600 Bannock Highway, Pocatello

Facilitator: Pat Ringe (233-5494)

Class Fee: \$13 for each lunch, paid at the door.

Class Limit: 90

Bridge for Beginners (#3128)

Tuesday: September 22, 29; October 5, 12, 19, 26; November 3 & 10, 2015; 10:30 - 1:00 p.m.

This class is for anyone who has never played bridge before or for anyone wanting a review of basic concepts. Very basic counting of the hand, basic bidding including no trump bids, major suits and responses to no trump and major suits openings, and playing will be covered. You will play dealt hands that match the lessons.

Recommended text: *Bridge Basic I: An Introduction* by Audrey Grant. The class instructor can order books and probably get them for less so please contact the class instructor if you want her to order a book for you.

Location: CONED 160

Instructors: Joy Burke

Facilitator: Shiela R. Mathiesen (233-5360)

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

Tuesday: September 22, 29; October 5, 12, 19, 26, November 3 & 10, 2015; 1:30 - 4 p.m.

Topics covered will be opening leads against notrump contracts, opening leads against suit contracts, third-hand play, second-hand play, defensive signals, developing defensive tricks, interfering with declarer, making a plan and negative doubles. Recommended text is *Defense in the 21st Century* by Audrey Grant. The book is available through Amazon.com or the facilitators can order the book in a group and avoid shipping charges. Please contact the facilitators 3 weeks before the beginning class if you want them to order a book for you.

Location: CONED 160

Instructors: Jeanne Moore

Facilitators: Janice Matteson-Howell (478-9538; howejani@isu.edu) & Barbara Bain (232-3415; bainbarb@isu.edu)

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.

GENERAL INTEREST**Roadside Clean-up** (#3415)

Ongoing, twice-yearly roadside cleanup projects for the City of Pocatello (September 8) and Bannock County (September 15). Bring your own gloves, water, snacks, sunscreen, and a small pack for extra bags; the City and County provide large trash bags and bright vests; we use another organization's pick-up sticks.

SECTION 1

Tuesday: September 8, 2015; 1:00 to 4:00 p.m. (approximately)

Location: SECTION 1 (City): Meet at climbers' parking lot just south of Ross Park, on the east (cliff) side of South 2nd Avenue. There's no sign, just a portable restroom. There, we'll distribute equipment and assign workers to teams and roadside segments.

SECTION 2

Tuesday: September 15, 2015; 1:00 to 4:00 p.m. (approximately)

Location: SECTION II (County): Meet at CE parking lot to sign in and arrange carpools to the intersection of Fort Hall Mine Road and South Bannock Highway, as parking space there is scarce. There, we'll distribute equipment and assign workers to teams and roadside segments.

Instructor: Ruth Moorhead

Backup and Dropbox for Picture Storage (#3440)

Thursday: September 10, 2015; 11:00 a.m. - Noon

How to back up your pictures to Dropbox from your phone or tablet.

Location: CONED 160

Instructor: Jezmynne Dene

Facilitator: Nancy Ellis (237-0995)

Class Limit: 20

Exploring Idaho Fish (#3441)

Monday: September 14, 2015; 1 - 2:30 p.m.

Idaho Museum of Natural History will open its doors to just NKA members for a private showing of their fall exhibit exploring the why, what and the how of fishing in the west. It features "38 minus: An Idaho Fish Project" by Idaho artist Lonnie Hutson. NKA members will enjoy a brief introduction from

museum staff and a demonstration of fly fishing from the ISU Fly Fishing Club. After which NKA members are invited to immerse themselves in this beautiful exhibit.

Location: Idaho Museum of Natural History ISU

Instructors: Museum Staff

Facilitator: Jane Riley (237-6801)

Class Fee: \$4.00 (Pay at Museum)

Treasures in the Button Box (#3442)

Tuesday: September 15, 2015; 2:00 - 4:00 p.m.

Learn about button history, charm strings, black glass, Queen Victoria, uniform buttons, and tools of the trade. There will be information about The Southeast Idaho Button Club, Idaho State Button Society, and the National Button Society. Button trays and State and National Bulletins will be displayed, along with handouts. We will answer questions relating to the hobby. Time permitting, we will have a show-and-tell session (only one button per person to be discussed).

Location: CONED 125

Instructor: Darla Hillebrant, Peggy Meredith

Facilitators: Marijana Dolsen (233-8735)

Exploring Judicial Decision Making

(#3443)

Wednesday: September 16, 2015; 10:00 - 11:30 a.m.

Judicial decisions impact our everyday lives. This summer, two major cases shaped the legal definition of marriage and the way we provide health care under the Affordable Care Act. Through the lens of 2015's decisions on these two cases; Shane Gleason, ISU Political Science Assistant Professor, will explore the various determinations that shape judicial decision making.

Location: CONED 125

Instructor: Shane Gleason, Ph.D.

Facilitator: Jim Manning (233-9425)

Passwords and Privacy (#3444)

Thursday: September 17, 2015; 11:00 a.m.

How to make secure passwords and protect your privacy on-line.

Location: CONED 160

Instructor: Jezmynne Dene

Facilitator: Nancy Ellis (237-0995)

Class Limit: 20

When Hopscotch and Bubblegum Get Traded for Drugs and Razor Blades (#3445)

Monday: September 21, 2015; 1:00 - 2:30 p.m.

Behavioral and substance disorders within the adolescent population are challenging to deal with. We face these as parents, grandparents, aunts and uncles, siblings and as teachers or probations officers. It is never easy to watch someone, especially our youth, succumb to an addiction. Addiction is a family disease. One person may use, but the whole family suffers. Become educated about why these teens may turn to addiction, signs and effects of addiction, treatment approaches and how to support them without enabling them.

Location: CONED 125

Instructors: Davina Hull

Facilitator: Betty Moore (232-6071)

Pocatello City Human Relations Council (#3446)

Tuesday: September 22; 1:30 - 2:30 p.m.

Jamar Brown, the president of the Human Relations Council, will share a brief history; inform us of the activities of the Council, acquaint us with the award that the Council gives; share the advancement of Human and Civil Rights in Pocatello and include other groups in Pocatello that are also diversity minded organizations.

Location: CONED 125

Instructor: Jamar Brown

Facilitator: Virginia Kelly (232-7417)

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.

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

Impressions of Cuba, 2015 (#3447)*Wednesday: September 23; 3:00 - 4:30 p.m.*

Dr. Esplin traveled to Cuba as the physician for the USA Wrestling Team in February, 2015. He will offer his view of Cuban culture, wrestling, and farming. Cuba is an adaptive society, some people living and functioning in the Middle Ages, some adapting to modern times, but with a strong, lasting influence of the 1950s.

Location: CONED 125**Instructor:** Vermon S. Esplin, M.D., Surgeon, Idaho Hand Institute**Facilitator:** Donna Boe (233-5651)

Ancient Skepticism and Our Perception of the World (#3448)*Friday: September 25, 2015; 10:00 - 11:00 a.m.*

The early modern philosophers of the seventeenth and eighteenth centuries were concerned about whether sense perception gives us the information on the objects we experience. But the roots of this problem go back to the ancient period. We will look at passages from Sextus Empiricus, a late ancient skeptic who collected together arguments of the ancient western philosophers to cast doubt on our ability to see the world as it is. Time permitting, we will consider the problems such arguments raised for the scientists and philosophers of the early modern period.

Location: CONED 125**Instructor:** Melissa Norton PhD**Facilitator:** Jane Riley (237-6801)

Speaker's Luncheon (#3208)*Tuesday: September 29, 2015; 12:00 - 1:30 p.m.*

Join us for a delicious lunch, social time and meet our guest speaker, John Banks, Director of Parks and Recreation with the City of Pocatello. John will share with us what his areas of responsibility are including department structure, budgeting, exciting Capital Improvement Projects at various City facilities, current and

new program offerings, and his vision of how the Parks & Recreation Department will continue to help residents of all ages thrive in a culture of ever evolving and improving healthy lifestyle opportunities.

Location: Juniper Hills Country Club**Instructors:** John Banks**Facilitator:** Jane Riley (janeriley@cableone.net)**Class Fee:** \$15.00

There and Back Again: A Chilean Sabbatical Followed by a Pan American Adventure (#3449)*Tuesday: October 6, 2015; 1:00 - 2:30 p.m.*

At the time that Dr. Ben Crosby packed up his family and flew to Concepcion, Chile, in 2013, they had no idea what adventures lay ahead of them. For the first 10 months, they enjoyed urban life in a gritty coastal city, acclimating to new academic environments and swaying from side to side in their 17th story apartment each time an earthquake hit. The last four months were dedicated to driving home in a restored 1985 Volkswagen van. This talk will expose you to both how strangely familiar life can become once settled in a foreign city as well as how strangely wonderful it can be living as a family of four in a small van. Bring your questions!

Location: CONED 125**Instructor:** Dr. Benjamin Crosby, ISU Geosciences**Facilitator:** Sharon Manning (233-9425)

Jewel of Eastern Europe (#3450)*Wednesday: October 7, 2015; 10:00 - 11:30 a.m.*

Poland has a rich history. Despite tremendous pressure, the Polish people have remained strong and committed to protecting their heritage. Marshall Public librarian, Kathryn Poulter, will help us to learn how Poles triumphed during times of struggle and continue to shine and develop now.

Location: CONED 125**Instructor:** Kathryn Poulter**Facilitator:** Jane Riley (237-6801)

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

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Problems and Possible Solutions in Libya and Northeastern Nigeria

(#3451)

Friday: October 9, 2015; 10:00 - 11:30 a.m.

This class will cover the virtual civil war in Libya, and Boko Haram's establishment of an Islamic state in northeastern Nigeria, a development which also affects neighboring areas in Chad, Cameroon, and Niger.

Location: CONED 125

Instructor: Dr. Allan Christelow

Facilitator: Jim Manning (233-9425)

Exploring the World of Plant Breeding and Genetics

(#3452)

Tuesday: October 20, 2015; 9:00 a.m. - 1:00 p.m.

A carpool FIELD TRIP!! Visit the USDA's National Small Grains Germplasm Research Facility in Aberdeen. Mike Bonman, Research leader at the location, and his staff will show us the facility and describe the research being done by the agricultural Research Service in Aberdeen. Learn about how potato breeders produce nutritious new spud varieties, the eco-friendly trout feeds developed by ARS scientists, combatting new plant diseases that are threatening global production, and mankind's agricultural heritage present in the facility's National Small Grains Collection.

Location: Continuing Ed Parking Lot to car pool to Aberdeen National Research Facility

Instructor: Mike Bonman

Facilitator: Jane Riley (237-6801)

Ashanti – a Great West African Kingdom

(#3453)

Wednesday: October 21; 2:00 - 4:00 p.m.

The Ashanti people are the largest group of people in the Akan ethnic group of Ghana and the Ivory Coast. This NKA class talks about the great Ashanti kingdom in modern Ghana (formerly

known as the Gold Coast), the Ashanti people, their way of life and how the kingdom grew up to be an empire before the coming of the Europeans to the shores of Africa. We also talk about the influence of the Ashanti monarch in modern politics in Ghana.

Location: CONED 125

Instructor: Kofi Saahene

Facilitator: Mary Spinner (241-7258)

Turmoil in Eastern Europe

(#3454)

Thursday: October 22, 2015; 2:00 - 4:00 p.m.

This talk will examine the present situation in Eastern Europe and some of the neighboring countries. The first order of business will be a discussion of the situation in Ukraine, which has seen a great deal of turmoil in the past years. From Ukraine, there is a natural transition to a discussion of Putin's Russia and the third eastern Slavic country, Belarus. If time permits, three other groups of countries will be discussed in the following hierarchical order: 1) the three Baltic states, Estonia, Latvia, and Lithuania; 2) the three states of the Caucasus region: Georgia, Armenia, and Azerbaijan; and 3) the several states which were the former Islamic Republics of the USSR. The actual or prospective roles of NATO and the European Union will be considered as well.

Location: CONED 125

Instructor: Dr. Arthur Dolsen

Facilitator: Marijana Dolsen (dolsmari@isu.edu)

What's That Bright Light in the Sky? Astronomy for Stargazers

(#3455)

Wednesday: October 28, 2015; 1:00 - 2:30 p.m.

A beginner's astronomy lesson, focusing on the night sky. Come have an interesting time learning about our stars.

Location: CONED 125

Instructor: Jim Mariani

Facilitator: Sharon Manning (233-9426)

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Effective Monetary Policy after 2008: United States vs. European Union

(#3456)

Thursday: October 29, 2015; 1:00 - 2:00 p.m.

After the economic malaise of 2008/2009, central banks and policy makers in the US and the EU embarked on an aggressive monetary policy push to try to set their economies upright. However, each used very different (and opposite) methods. Now, some 5-6 years later, the results are (somewhat) in. We'll look at the positive and negative consequences of each and which group will likely fare better in the end.

Location: CONED 125

Instructor: Joel Phillips

Facilitator: Jim Manning (233-9425)

@#@*! It's a Scam (#3457)

Wednesday: November 4, 2015; 10:00 - 11:30 a.m.

This class will focus on the current scams targeting unsuspecting people. They may be telephone, computer or advertising swindles.

Location: CONED 125

Instructor: Dianne Brush, CPS, Pocatello Police Department

Facilitator: Phil Luckey (237-2610)

Castles, a Brief History: Part 2 (#3412)

Monday: November 9, 2015; 1:00 - 2:30 p.m.

Last semester, Dr. Stephens introduced us to the castles of England. But there is more. Join us as we travel Europe to discover once more that "Castles are like snowflakes—no two are exactly alike and everyone is beautiful in its own way."

Location: CONED 125

Instructor: Dr. Trent Stephens

Facilitator: Sharon Manning (233-9425)

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.

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Don't Judge a Book by Its Cover

(#3458)

Tuesday: November 17, 2015; 1:00 - 2:30 p.m.

Everyone's life is a book made up of many chapters, and the most extraordinary stories can be found behind the most unexpected covers. In December, community partners will host a Human Library where many Human Books will share the remarkable chapters of their lives. Marshall Public Librarian, Amy Campbell, will explain what a Human Library is and how it builds our community through conversation and connections. You will meet Human Books who wish to share a chapter of their lives with us and learn how you can participate in this unique event in December.

Location: CONED 125

Instructor: Amy Campbell

Facilitator: Jane Riley (237-6801)

Sharing Research and Economic Development with Jordanian Cities

(#3459)

Tuesday: December 1, 2015; 10:00 - 11:30 a.m.

Daniel Hummel and Lon Crowell traveled to Jordan March 7 – 21st to help with business development and attraction, and to improve the economic stability of the country. The International City/County Management Association (ICMA) and the US Agency for International Development (USAID) sponsored the trip for two partner cities, one of which was Pocatello. Jordanian cities chosen have similar economic status and similar economic base of agriculture, food processing, and tourism.

Prior to this class, a delegation of local government officials from the four Jordanian cities will have traveled to Pocatello to tour various local economic projects in our city. Plans call for Crowell and Hummel to continue their relationship by economically and socially assisting those cities virtually over the next five years.

Location: CONED 125

Instructor: Dr. Daniel Hummel, Assistant Professor of Political Science at Idaho State University, and Lon Crowell, Director of Planning and Development for the City of Pocatello

Facilitator: Donna Boe (233-5651)

HEALTH & WELLNESS

Health Information for Seniors on the Internet (#3340)

Thursday: September 10, 2015; 9:00 - 11 a.m.

Are you looking for reputable information needed for your health and wellness? This class helps seniors learn how to search for free and credible health information on the Internet and how to evaluate the quality of health information for personal health decision-making. Students will be introduced to senior health information resources that are created by the National Library of Medicine and the National Institutes of Health. Hands-on exercises will be provided to help students locate reliable, authoritative health information specific to seniors.

Location: M. Oboler Library Classroom 212
(ISU Campus Building No. 50, 850 South 9th Avenue)

Instructor: Ruiling Guo, Associate Professor and Medical Librarian

Facilitator: Barbara Bain (bainbarb@isu.edu)

Class Limit: 25

Caring for Our Aging Hair and Nails (#3249)

Monday: September 14; 10 a.m. - noon

Back by popular demand, cosmetologist Linda Mottishaw will discuss how our hair and scalp change with age, and how to deal with these changes, while promoting healthy hair. (ie, diet, supplements, everyday shampoos and conditioners, deep conditioning, and restructuring conditioners, what various hair products do for the hair, and how to care for colored hair).

She will discuss various hair color options, how to choose products, when to get touch-ups and when to get hair recolored. Different options for hair coloring will be discussed (temporary, semi-permanent, permanent, highlights, lowlights, frosting, streaking, etc.). She will explain how to use products to make our hair appear fuller, hair additions, hair pieces, and haircuts, plus finding a good hair spray.

Linda will also discuss normal nail changes with age, and how to deal with these, along with regular cleaning, moisturizing, and trimming/filing/cleaning of the cuticles and nails. Other topics will include nail polishes, strengtheners, extenders (acrylics/gel/tips). Linda will discuss benefits of salon manicures and pedicures, vs when to go to a podiatrist for nail services.

Location: CONED 125

Instructor: Linda Mottishaw, cosmetologist & owner of Chubbuck School of Hairstyling

Facilitator: Sondra Dunkle (dunksond@gmail.com)

The Two Pillars of Mindfulness: Wisdom and Compassion (#3460)

Mondays: September 14, 21, & 28, 2015; 5:30 - 7 p.m.

One of the many benefits of increasing mindful awareness is the realization that all living beings, including ourselves, want to be happy and to avoid suffering. How can we know this and not be overwhelmed? This three session workshop will focus on balancing this realization and our compassionate response to it. Participants will learn some ways to increase mindfulness, increase compassion, and find the equanimity between the two. Increasing self-compassion has been shown to increase mental and physical health and resilience to stress. Join us to learn a balanced path toward well-being.

Location: CONED 125

Instructors: Drs. Paula and Tony Seikel

Facilitator: Barb Bain (232-3415)

The Ancient Art of Origami/ Theragami (#3461)

The 5,000 year old Japanese Art of Origami, creates beauty, peace, and leading scientific discoveries by applying straight lines and paper. Theragami aids in self-healing, engaging all senses inspiring what we “Can Do” rather than things we can no longer do. Theragami exercises the abilities of the mind in precise patterns; producing things of great value. Participants learn “folding and (continues...)”

(continued: Ancient Art of Origami)

applying” the Origami basics that all can do to gain greater self-esteem, exercise fine motor skills, and strengthen toning. By achieving completion of stimulating projects, one can become more mentally and spiritually agile by exciting self-discovery. This art can provide endless possibilities, beauty, healing and fun!

SECTION 1: Thursday, Sept. 24; 10 a.m - noon

SECTION 2: Thursday, October 1; 10 a.m - noon

Location: CONED 160

Instructor: Hugh M. Suenaga

Facilitator: Jo Ann Dilweg (232-2656)

Class Limit: 20

Avoiding Sticker Shock: Long Term Care Insurance (AARP Aging in Place Series) (#3395)

Monday & Tuesday: October 12 & 13, 2015;

11a.m. - 12:30 p.m.

This class is part of the Aging in Place series. Did you know that Long Term Care Insurance (LTCI) can help with health care expenses and assistance in your own home? Or in an assisted living facility? Or in a skilled nursing facility? Or in a residential care facility?

Protect your savings and assets with knowledge and advance planning. Learn about LTCI, various benefit options, coverage periods, and premiums. Learn about current charges at various Idaho Facilities, to get an idea of how much insurance coverage you may need.

Informational only: No insurance agents. Insurance will not be sold at these lectures.

Location: CONED 125

Instructor: Cathy McDougall, of AARP Idaho

Exploring Human Empathy (#3462)

Wednesday: October 14, 2015; 10 – 11:30 a.m.

This class will address: What is empathy? Who is more likely to manifest empathy? What is the onus of being empathetic?

Location: CONED 125

Instructor: Victor C. Joe, Ph.D.

Facilitator: Virginia Kelly (232-7417)

Coping With a Loved One’s Dementia – “It’s All in the Approach” (Video & Discussion) (#3253)

Monday: November 2; 1 – 3 p.m.

When it comes to dealing with family and/or friends with dementia, people often become very nervous and have no idea on how to interact with others suffering from this disorder. This class will feature a very informative and helpful dvd on working with people suffering from dementia. The class will include discussions of lessons learned from people who have dealt directly with people suffering from this disorder, and important things to DO and NOT to DO, when dealing with family or friends suffering from dementia, either in a home or in a facility. The DVD shows hands on situations, and provides new techniques, methods and recommended changes in the caregiver’s attitude and approach to dealing with dementia.

Location: CONED 125

Instructor: TBD

Facilitator: Lynn Hebdon (339-4841)

What is an Esthetician and What Can They Do for You? (#3464)

Two Consecutive Thursdays: November 5 & 12;

10 a.m. - noon; Parts 1 & 2

Who doesn’t want to look more attractive as they age? Stacy will explain what an esthetician is: how they differ from a cosmetologist, their training and where they get it, licensure, various places they may work, and how to choose one.

Stacy will explain how services offered by estheticians may differ from those of a cosmetologist or medical provider. Think permanent cosmetics and corrective procedures, but there is much MORE...

Location: CONED 125

Instructor: Stacy Haxby, Licensed Esthetician

Facilitator: Sondra Dunkle (dunksond@gmail.com)

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.

Dementia Care 101 (#3465)*Wednesday: November 11; 1:00 - 3:30 p.m.*

Caring for a person with dementia poses many challenges for families and caregivers. People with dementia, such as Alzheimer's, have a progressive brain disorder that make it difficult for them to remember things, think clearly, communicate with others, or take care of themselves. In addition, dementia can cause mood swings and even change a person's personality and behavior. Caring for an individual with dementia can be challenging and, at times, overwhelming. This class is designed to give basic knowledge of Alzheimer's and other dementias and provide tips to empower caregivers with tools for better care.

Location: CONED 125**Instructor:** Velana Roth, LMSW, CGC Encompass Hospice Social Worker**Facilitator:** Lynn Hebdon (hebdlynn@gmail.com)**Evidence-Based Medicine** (#3466)*Thursday: December 3; 1 - 3 p.m.*

Evidence-based medicine is being increasingly used by insurance companies, hospitals and other "health care organizations." What is this? How does it work? Where does the evidence come from and what is its nature? What are its good and bad points? How will this be used? How does this affect me, my children and my grandchildren? These questions are to be answered as best as the instructor (who has worked with this method for years) is able to do. There will be plenty of time for questions!

Location: CONED 125**Instructor:** Dr. Fred Hyde**Facilitator:** Mary Spinner (241-7258)**Caring for Our Aging Eyes** (#3250)*Wednesday: December 16, 2015; 10 a.m. - noon*

What changes happen to our eyes as we age? What age-related changes to vision may occur? What are the most common eye diseases seen with aging? How can we care for and protect our eyes and vision as we age? How can we be safer drivers, especially at night, with aging vision? What

causes dry eyes, and what can we do about it? Can mites get into our lashes and eyebrows? What are the symptoms? What is a sty? Eyelid cysts? How often do we need eye exams, and is it necessary to have our pupils dilated? What is the difference between an optician, an optometrist, and an ophthalmologist? Which one should we go to?

Location: CONED 125**Instructor:** Dr. Robert Jones, Ophthalmologist, MD**Facilitator:** Sondra Dunkle (dunksond@gmail.com)**HISTORY****Hiroshima & Nagasaki: Decision to Drop the Atomic Bomb** (#3467)*Friday: September 11, 18, and 25; October 2, 9, and 16, 2015; 2:30 - 4:00 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 historiographical 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: ISU Frazier Hall, Room 320***Instructor:** Dr. Bruce Loebs**Facilitator:** Jane Thornley (237-1659)**Class Limit:** 40**Note:** *Parking permit is required to park on campus. Permit is obtained at the NKA office, or mark the registration form.**Ghost Towns & Hidden Treasures**

(#3468)

*Tuesday: September 22, 2015;**10:00 a.m. - 12:00 noon*

The promise of riches lured people west by the thousands. Prospectors and fortune hunters set up camps and constructed small towns and cities virtually overnight. But when the gold was gone, (continues...)

(continued: *Ghost Towns*)

many towns were left deserted—one day a thriving community, the next a Ghost Town. A 20 minute video of Idaho Ghost Towns will be shown. Many of the mined treasures were lost during stagecoach holdups and hundreds of thousands of dollars remained buried. We will hear some of the tales from the past. Who knows—a fortune in a hidden cache may have your name on it!

Location: CONED 125

Instructor: JoAn Dilweg (232-2656) & Jim Liday

Tour of Historic Old Town Buildings

(#3469)

Monday: September 28, 2015; 2:00 – 4:00 p.m.

Jerry Myers, of Myers-Anderson Architects, has agreed to lead members on a walking tour of some historic architectural structures in Old Town Pocatello. The viewing of the structures may be from outside or inside. Plan to meet on the corner of Main and Center and wear your walking shoes.

Location: Main x Center Streets, Pocatello

Instructor: Jerry Meyers

Facilitator: Virginia Kelly (232-7417)

Class Limit: 25

History Is as History Wasn't (#3470)

Wednesdays: September 30; October 4, 11, 18, and 25, 2015; 2:30-3:30 p.m.

After initial introduction, explanation and facilitated discussion about issues of world and US history, participating students (1) select, research, and report upon a specific event of US history regarding truth or falsehood of the event in less than 300 words; then (2) as follow-up, students select an event of World History to report truth or falsehood back to class.

All individual assignments are to be collected into a final class document copied for each participant, given out during our optional final meeting on October 28, 2015. Two new books pertaining to false history or unique historic factual history will be won during a random drawing among participating members.

Location: CONED 160

Instructor: Ron Daugherty

Facilitator: Bob Bieda (904-4172)

Class Limit: 30 - 40

Ireland and the First World War: History and Consequences (#3471)

Wednesday: October 21, 2015; 10:00 - 11:30 a.m.

The dual upheavals of the First World War (1914-1918) and the Irish Revolution (1912-1923) had a significant impact on Irish society and politics. This presentation examines the impact of the war in Ireland and traces the development of separatist Irish identity that grew throughout the period. It also considers the long term impact of war and revolution on independent Ireland.

Location: CONED 125

Instructor: Justin Stover

Facilitator: Jane Riley (237-6801)

Prospecting, Horse Packing, and Homesteading on the Idaho Frontier: Part II (#3370)

Monday: November 2, 2015; 1:00 to 3:00 p.m.

The first part of this course dealt with the origins and early development of Idaho as a territory. Part II will examine events from just prior to its achievement of statehood (1890) to the middle of the 20th Century, as they relate to Idaho's settlement and establishment of its first federally-designated Wilderness Area. The focus will be on people and occurrences familiar to the instructor through his research for two published books on Idaho History (*Wilderness Brothers* and *Cabin Creek Chronicle*). Particular emphasis will be on prospecting for gold, horse and wagon travel, and homesteading. Selection of topics will continue to be guided by the principle that many little-known individuals in isolated events converge to constitute the actual history of an area and determine its present-day conditions.

Location: CONED 156

Instructor: Dr. Wayne Minshall

Facilitator: Marijana Dolsen (233-8735)

Bungalows and Pocatello's Development, 1900-1930 (#3472)

Wednesday: November 4, 2015; 1:00 - 2:30 p.m.

What is unique about bungalows? Why was this style so popular in every region of the United States? Who lived in bungalows and why? Kristine Hunt, a graduate student in history at ISU, has done research on this architectural form and will give a presentation on her findings as it relates to home building in Pocatello from 1900-1930. We will look at the bungalow home from its roots in India to its place in American popular culture, and how these homes reflect Pocatello's unique economic development in the early twentieth century.

Location: CONED 125

Instructor: Kristine Hunt

Facilitator: Jane Riley (237-6801)

James Franklin Bell: American Soldier For All Seasons (#3473)

Wednesday: November 18; 10 - 11 a.m.

During the Philippine-American War (after the Spanish-American War), both General Arthur MacArthur and future U.S. President Taft agreed that "...James Franklin Bell was the most outstanding general." President Theodore Roosevelt wrote to Bell, "congratulating him on his conduct of the war". James F. Bell began his career as a lieutenant. An early duty was as part of a team surveying the boundary between the U.S. and Canada in the 1870's. Later, as Captain Bell, he witnessed the surrender of Native American chiefs Joseph, Gall, and Sitting Bull. Learn more about this military officer who served in the Spanish American War.

Location: CONED 125

Instructor: Fowler Charles (Chuck) Humphry, Ph.D.

Facilitator: Dr. Bill Brydon

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TRAVEL/FIELD TRIPS

Fall Color Tour to Mt. Harrison and City of the Rocks (#3467)

Wednesday: September 30, 2015;

Boarding 7:30 a.m. Departure 8:00 a.m.

Our first Day Trip of the Fall Semester will be to Mt. Harrison to view a fire lookout tower and the wreckage of a WWII B-54 airplane on the side of the mountain. We will drive to Pomerelle Mountain Resort and ride the ski lift to the top of the mountain for a great view. Lunch will be provided at Pomerelle. After lunch, we will return to Pocatello through the City of Rocks National Reserve, arriving home around 5:00 pm. *If we do not have 40 paid participants by August 30th, this trip will be canceled. We must have a minimum of 80 for a second bus.*

Location: Meet at CONED Building Entrance at 7:30 a.m. to load bus

Instructors: Jeff Anderson

Facilitator: Linda Ellis (237-3530)

Class fee: \$50 (Send to Linda Ellis by September 18, 2015 at 2000 Judy Lane, Pocatello Idaho 83201)

Las Vegas and the West Rim of the Grand Canyon (#3475)

Monday, Tuesday, Wednesday, Thursday: October 26, 27, 28, and 29, 2015

Boarding & Departure: Monday, October 26, 2015; 7:00 a.m. Boarding; 7:30 a.m. Departure

Four day, three night trip to Las Vegas and the West Rim of the Grand Canyon.

Day One: Travel day; time permitting, we will tour Valley of Fire State Park. Arrive and check in to our Las Vegas Hotel. Lunch included.

Day Two: We will breakfast en route to the West Rim of the Grand Canyon and stop at the Hoover Dam overlook. Upon arrival, we will transfer to a shuttle bus to visit various Canyon overlooks including the Sky Walk. After returning to our Hotel, the bus will transport those interested to the Fremont Experience. Breakfast and Lunch included.

(continues...)

(continued: *Las Vegas and Grand Canyon*)

Day Three: You are on your own all day. Evening, we will take our bus to included Dinner and Show.

Day Four: Meet at the bus and travel home. Breakfast and Dinner included. Trip Includes Transportation, Admission to West Rim, Hotel, two Breakfasts, two Lunches, two Dinners and Show. *If we do not have 40 participants, the trip will be canceled.*

Location: Meet at CONED building entrance

Instructor: Jennie McCormick

Facilitators: Linda Ellis (237-3530)

Class Fee: \$520 (Send to Linda Ellis by September 18, 2015: 2000 Judy Lane, Pocatello ID 83201)

Class Limit: 56

WRITING / LITERATURE

Low Impact Creative Writing (#3136)

Thursday: September 10 – December 3, 2015; 2:00 – 4:00 p.m.

This is a class for those who write only for the pleasure of doing it. There is little or no instruction and no homework.

Location: CONED 161

Instructor & Facilitator: Marg Griffin (233-1898)

Tuesday Book Group (#3476)

Tuesday: September 15; October 20; November 17, and December 15, 2015; 2:00 - 3:30 p.m.

Meet with book lovers at the Continuing Education Building to discuss books. During the first session, the group will select the books to read for the semester, so bring your ideas and book titles to share. Then we will meet once a month to discuss those books selected and exchange ideas. Save the third Tuesday of each month—September 15, October 20, November 17, and December 15.

Location: CONED 161

Instructor: Class Members

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.

Keats' Last Words (#3477)

Wednesday: September 23, 2015; 1:00 - 2:30 p.m.

The tragic brevity of Keats' life leads us to consider the questions of his last words. In his case, several possibilities contend for the privileged position of last words. This talk examines these competing possibilities, and reflects on what aspect of Keats' achievement we emphasize when we prefer one of these possibilities over the others.

Location: CONED 125

Instructor: Matthew VanWinkle

Facilitator: Jane Riley (237-6801)

Book Group and a Glass... (#3372)

Thursday: October 1, November 5, and December 3; 4:00 to 5:30 p.m.

Enjoy tasty treats prepared by Allyson Burnum and a glass of your favorite beverage while you discuss the current book of the month. Books will be selected by the group. We will meet the first Thursday of each month beginning October 1 with the book *Eight Hundred Grapes* by Laura Dave. Did you know the secret number of grapes to make a bottle of wine is 800? Set in the Sonoma wine country, this story about love, marriage, family and wine is a captivating read.

Location: Cafe Tuscano, 2231 E Center Street

Instructor: Class Members

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

Class Fee: \$8 per session (Send to Sharon Manning by September 24, 2015 at 830 Spyglass Point, Pocatello, Idaho 84302)

More Than Making Do: Images of Women in 1930s Popular Fiction

(#3478)

Monday: October 5, 2015; 1:00-2:30 p.m.

During the 1930s, women's magazines sold better and circulated more widely than any other type of magazine. Their contents were written by and for women, and their stories (often by well known authors like Willa Cather) did not center on escapist fantasy or dramatic romance. They focused instead on characters that their readers could identify with in contemporary settings.

This presentation will explore how women were encouraged in these stories to think of themselves, what possibilities they could envision for their lives, and what values they were encouraged to adopt. And some of the ideas about women in these stories may surprise you.

Location: CONED 125

Instructor: Janne Goldbeck

Facilitator: Jane Riley (237-6801)

Exploring Poetry (#3479)

Tuesdays: Part 1–October 13; Part 2–October 20; and Part 3–Oct 27; 1:00 - 2:00 p.m.

One-hour presentations about poetry, what it is, where we find it and why it matters to our daily lives.

First class: The mechanics of musical word-play. How poetry “works”—the poet’s toolbox.

Second class: Poetic Forms, including sonnet, sestina, villanelle, haiku, rhymed and blank verse, open field structures, abstract conceptions and more.

Third class: Purpose: the cargo poems carry—serious and heavy, light and whimsical, dark, ironic, dramatic, satirical, humorous, what have you?

Location: CONED 125

Instructor: Harald Wyndham (904-1619)

When F. Scott Fitzgerald Judged Gatsby By Its Cover (#3372)

Monday: November 16, 2015; 1:00 - 2:30 p.m.

This class will be on *The Great Gatsby*, the life of F. Scott Fitzgerald, and the dust jacket. *The Great Gatsby*, F. Scott Fitzgerald’s best known work, is a portrait of the Jazz Age in all of its decadence and excess. Gatsby captured the spirit of the author’s

generation and earned itself a permanent place in American mythology. The cover of the book was completed before the novel and is among the most celebrated pieces of art in American literature. Fitzgerald was so enamored with the cover that he wrote his publisher that he had “written it into” the novel.

Location: CONED 125

Instructor: Amy Campbell

Facilitators: JoAn Dilweg (232-2656)

Idaho Author: Vardis Fisher (#3481)

Monday: October 19, 2015; 1:00 - 2:30 p.m.

Dave Doerr will discuss the various works of Vardis Fisher, famous prolific Idaho author. Fisher’s best known book is *Mountain Man*, which was adapted for Sidney Pollack’s film, *Jeremiah Johnson*. Other novels that will be discussed are *The Mothers: An American Saga of Courage* which tells of the Donner Party and *Tale of Valor* which gives an account of the Lewis and Clark Expedition.

Location: CONED 159

Instructor: Dave Doerr

Facilitators: Jane Riley (237-6801)

Book Exchange (#3129)

Thursday: October 29, 2015; 2:00 - 3:30 p.m.

Each participant will bring up to 5 books to be exchanged (good reads only, please). People will be encouraged to explain why they chose these particular books, and why they want to share them with others.

Location: CONED 159

Instructor: Marijana Dolsen

Facilitators: Pat Bystrom (251-2356)

Class Limit: 16

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.

The ISU Continuing Education/Workforce Training (CONED) Building is located at 1001 N. 7th Avenue.

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