

**FRIENDS FOR LEARNING. Inc.**  
**COURSE CATALOG**  
**Spring 2020**

**Registration for Spring 2020 classes begins at 9:00 a.m, January 15th and continues throughout the semester.**

**Registration Online:** Go to the Friends For Learning website (friendsforlearning.com) and click on “Register.” Follow the prompts. You will need an email address. (Please do not use an email address shared with someone else.) First select “FFL Membership”, then select the classes you wish to register into. Complete enrollment by making payment for membership by Visa/MC credit or debit.

Membership will be open to any person 50 years or older who is willing to abide by the provisions of the FFL, Inc. Bylaws and who has paid their dues for the current semester. All Board Members are exempt from payment of dues as a requirement of membership. Payment of dues also constitutes a signature of the FFL, Inc. Indemnity form each semester to waive all liability on the part of Friends for Learning, Inc. and/or its officers.

**Help with online registration.** If you would like help registering online, come to CHE 202 at University Place Campus anytime between 9:00 a.m. and 12:00 p.m. Wednesday, January 15, 2020. Members of the FFL Board of Directors and ISU Continuing Education staff will be there to assist you. You may register any time after Jan. 15. Registration is open throughout the semester.

**Mail in Registration:** If you prefer registering by mail, print a copy of the “Class Selection” form found on the FFL website. Nothing received by mail will be processed until January 15th. Complete the form and attach your check **MADE OUT TO ISU** for the \$20.00 membership fee and mail to the following address:

Idaho State University  
 Continuing Education / Workforce Training– FFL  
 921 S. 8<sup>th</sup> Avenue, Stop 8380  
 Pocatello, ID 83209

**Parking Passes**–If you were a member last semester, your old parking pass will be good until August 2020. If you are new to the organization you will need to request a parking pass. Mark the box requesting a pass. You will receive a parking pass by mail shortly after you register. To avoid a parking fine, display the parking pass in your vehicle when you attend FFL classes at University Place. Replacement parking passes may be purchased for \$5.00 from President Kathy Hendrix, 208-523-8859.

**QUESTIONS?** If you have questions, please call ISU Continuing Education; 208-282-3155; FFL President Kathie Hendrix; 208-523-8859, or Secretary Denise Morton; 208-390-3389.

Class Locations: TAB = Tingey Administration Building. CHE = Center for Higher Education Building. Both are located at the ISU Idaho Falls Campus at University Place, 1770 and 1776 Science Center Drive in Idaho Falls.

### FFL Course Catalog Spring 2020

**4242 A Volunteer Opportunity**

Instructor: n/a

Fee:

When: n/a

Location: n/a

Select if you wish to volunteer. The Friends For Learning, Inc. organization operates totally by volunteers. As this organization has grown, the need for more volunteers has increased. We need volunteers in the following areas: Curriculum, cultural cuisine, hiking, walking, and exploring, and being on the board to help in leadership roles. By registering here you will be sent an email with the volunteer form to fill out as to the areas in which you would like to volunteer. Thanks for your interest.

Credentials: Please feel free to contact Margie Prestwich if you wish immediate action. margieprestwich59@yahoo 208-523-0261

Facilitator: Margie Prestwich

Phone: 208-523-0261

Email: margieprestwich59@yahoo.com

**4215 Parking Pass**

Instructor: n/a

Fee:

When: n/a

Location: n/a

Select only if you are new to the organization. All members from last semester have passes good until August 2020. If you lose your parking pass please contact Kathie Hendrix at 208-523-8859 and order a replacement for \$5.00.

Credentials:

Facilitator: n/a

Phone: n/a

Email: n/a

**4137 Pinochle, Double Deck** Instructor: Vicki Van Sickle Fee: Purchase Lunch  
 When: 2/3 - 5/11 12:00 - 3:00 Mon. Location: Leo's Place  
 155 S. Holmes

You must know how to play the game of Pinochle to sign up for this fun class. There will be no formal instruction. Each participant is expected to mix with the other players and sit at different tables each week. Groups will be formed at the discretion of the facilitator. Players must buy lunch and a donation is taken for new playing cards. We play year round every Monday. Vicky and Senia help organize this class.

Credentials:

Facilitator: Vicki Van Sickle and Senia Weinrich Phone: 208-521-8526 Email: tatergal@cableone.net

**\*4348 Spanish III (Advanced)** Instructor: Linda Tycz Fee:  
 When: 2/3 - 5/11 10:00 - 11:30 Mon. Location: Senior Citizen Center  
 535 W. 21st. Street

This class meets weekly for 16 weeks, and those that have taken it previously will have preference. Class format and study material will be determined at the first class. This is a self-guided class. Maximum: 20

Credentials: Linda has taken Spanish for several years.

Facilitator: Linda Tycz Phone: 208-360-0990 Email: gblet@msn.com

**\*4433 Fitness Made Simple** Instructor: Leslee Blanch Fee:  
 When: 2/3 - 5/11 11:00 - 12:00 Mon. Location: Extension Office  
 1452 E. 73 S. (south of Sandy Downs)

This is a class on strength and toning suitable for all fitness levels. Light weights, resistance bands and balls will be used (provided by instructor). The class is chair-based, includes both seated and standing exercises; the chair is always available for assisting with balance and stability. Maximum: 15

Credentials: Leslee is a certified fitness instructor with the American College of Exercise.

Facilitator: Susan Bond Phone: 208-520-6206 Email: thriveinlife007@gmail.com

**\*4195 Swimming for Fitness 1A (begin. to int)** Instructor: Robin Piet Fee: Pool fee  
 When: 2/3 - 2/19 9:15 - 10:05 Mon, Wed. Location: Wes Deist Aquatic Center  
 149 7th St.  
 Idaho Falls

Learn to swim efficiently so it's more fun. The course will be geared toward learning to swim laps for fitness. The only requirement is that the swimmer can swim 25 yards without stopping. The class is open to Friends for Learning and the public. You must pay the fee to the pool to guarantee a place ASAP. The 9:15 class (Class 1A) is for beginning to intermediate swimmers, while the 10:15 class (Class 1B) is for intermediate to advanced swimmers. Maximum: 12

\$17:50 for resident, \$19:50 for non-resident

Credentials: Robin has swum competitively for the better part of 55 years. She is a certified Level 2 United States Masters Swimming coach. She loves to swim and enjoys helping others learn to swim for fitness.

Facilitator: Robin Piet Phone: 208-521-0628 Email: robinloupriet@gmail.com

**4121 Hiking, Walking & Exploring** Instructor: HWE Committee Fee:  
 When: n/a Location: n/a

This year-round 'class' schedules various activities for FFL members. Hiking(H) activities can range from easy to difficult and might last two hours or all day. Most walking(W) activities are easy trips in the vicinity of IF. Exploring(E) often takes us some distances from IF, even to other states. The most vigorous activities range from hiking, biking, canoeing, horseback riding, to skiing and snowshoeing. We are guided by members' ideas and leaders.

Credentials: HWE committee members include Jim Shaffer, Chairman 208-589-6005, Allen Perkins 604-0820; Richard Scheerer 881-6331; Garney Hardy 680-1370; Catherine Crowder 521-8114; Margaret Kennelly 524-4930; Janet Clayton 932-5674.

Facilitator: Jim Schaffer Phone: 208-589-6095 Email: milodoctor@gmail.com

**\*4129 Swimming for Fitness 1B (Inter.To Adv.)** Instructor: Robin Piet Fee: pool fee

When: 2/3 - 2/19 10:15 - 11:05 Mon, Wed. Location: Wes Deist Aquatic Center  
149 7th St.  
Idaho Falls

Learn to swim efficiently so it's more fun. The course will be geared toward learning to swim laps for fitness. The only requirement is that the swimmer can swim 25 yards without stopping. The class is open to Friends for Learning and the public. You must pay the fee to the pool to guarantee a place ASAP. The 9:15 class (Class 1A) is for beginning to intermediate swimmers, while the 10:15 class (Class 1B) is for intermediate to advanced swimmers. Maximum: 12  
\$17:50 for resident, \$19:50 for non-resident

Credentials: Robin has swum competitively for the better part of 55 years. She is a certified Level 2 United States Masters Swimming coach. She loves to swim and enjoys helping others learn to swim for fitness.

Facilitator: Robin Piet Phone: 208-521-0628 Email: robinloupiet@gmail.com

**\*4489 Fire: Prevention & Preparedness** Instructor: David and Claudia Warner Fee:

When: 2/4 2:00 - 3:30 Tue. Location: CHE 305

Fire can keep you warm and cook your food, but when it's out of control it is NOT fun. Learn about fire prevention in your home, as well as when and how to extinguish fire with hands-on practice. Maximum: 25

Credentials: David and Claudia Warner are the Community Emergency Response Team Coordinators for Bonneville County and Disaster Action Team Coordinators for the American Red Cross in Eastern Idaho.

Facilitator: Susan Bond Phone: 208-520-6206 Email: thriveinlife007@gmail.com

**4147 Tai Chi** Instructor: David Jenkins Fee:

When: 2/4 - 5/12 3:30 - 4:30 Tue. Location: Senior Citizens Center  
535 W. 21St., IF

Tai Chi is a low impact exercise class from Chinese Martial Arts. Tai Chi can improve arthritis, balance, the immune system, high blood pressure, osteoporosis, headaches, stress and more! The movements are designed to build up the body's inner energy which will improve your circulation and your overall health. In this class you will learn one of TY Pang's style of Tai Chi.

Credentials: David has been practicing Tai Chi for thirty years. He has studied under Nolan Bownen for the last four years.

Facilitator: David Jenkins Phone: 208-525-9442 Email: djenkins518@gmail.com

**\*4144 Spanish I (Beginning Plus)** Instructor: John Maxfield Fee: \$20 for text

When: 2/4 - 5/12 1:30 - 3:00 Tue. Location: CHE 306

Participate with us in a "new" way of learning to speak Spanish. We use modified Blaine Ray TPR storytelling and material to guide us in our journey to begin to speak and comprehend this beautiful language. Simple stories provide context and background from which we explore vocabulary, grammar and speaking fluency. Maximum: 25

Credentials: John Maxfield has lived in the Monterrey, Mexico, area and in Barcelona, Spain, for a combined 3.5 years. He continues to be a student of Spanish and recognizes increased learning comes from teaching and helping others begin to learn this language.

Facilitator: Sherrie Maxfield Phone: 208-520-6867 Email: s.maxfield7@yahoo.com

**\*4316 Yoga II** Instructor: Dino Lowrey Fee:

When: 2/4 - 5/12, 2/6 - 5/14 8:30 - 10:00 Tue, Location: Good Samaritan Chapel  
840 E. Elva, IF

This class will focus on Yoga for those over 50. It will use techniques of B.K.S. Iyengar, focusing on posture and breath. Students will need a yoga mat. Blocks and straps are optional. This class meets twice a week. Maximum: 16

Credentials: Dino is a retired archeologist. She has taken Yoga classes for the past 7 years and has taught this class for several years.

Facilitator: Joel/Joy Hubbell Phone: 208-524-2333 Email: Joelmhubbell@gmail.com

**\*4154 Yoga I for Beginners/Chair**

Instructor: Dino Lowrey

Fee:

When: 2/4-5/13 11:15-12:15 Wed.

Location: Good Sam  
840 Elva

This class will focus on safe yoga for individuals with limited mobility who do not think they could take a regular yoga class. The only requirement is the ability to get up off the floor into a standing position. Techniques of B.K.S. Iyengar will be used focusing on posture and breath. Students will need a yoga mat. Blocks and a strap are optional.

Maximum: 16

Credentials: Dino is a retired archaeologist. She has taken yoga classes for the past 10 years and has taught a standard yoga class for several years.

Facilitator: Joel/Joy Hubbell

Phone: 208-524-2333

Email: joelmhubbell@gmail.com

**\*4468 MELT Maintain an Active Pain Free Life**

Instructor: Terri McIlsac

Fee:

When: 2/5 - 2/26 3:30 - 4:30 Wed.

Location: CHE 215

MELT hand & foot treatment: Fascia, what is it and how do we maintain an active, pain-free lifestyle for our entire lifetime? Learn the MELT Living Body Model. Each session will have a hands-on learning experience with the MELT soft ball for the hands and feet. Reduce pain, boost performance, and enhance your active life style.

Maximum: 40

Credentials: Terri McIlsac is MELT instructor-trained: Hand & Foot, Levels I & II; Neurostrength Levels I & II; MELT for Pilates Level I, ACE Certified Health & Wellness Coach.

Facilitator: Susan Bond

Phone: 208-520-6206

Email: thriveinlife007@gmail.com

**4228 Science Wednesday**

Instructor: Varies

Fee:

When: 2/5 - 5/13 3:00 - 4:00 Wed.

Location: Idaho Brewing Co.  
775 S. Capital Ave.

Facilitator will provide initial sets of articles to the group for discussions. Participants will meet and join in an open forum discussion of the article for that week. After the initial meetings, participants will be asked to suggest an article for discussion at later meetings. This class meets every other Wednesday. Participants should be able to receive PDFs by email.

Credentials: Facilitators are retired scientists from the INL.

Facilitator: Hubbell, McIlwain, Daum

Phone: 208-524-2333

Email: joelhubbell@gmail.com

**4446 Fraud Awareness**

Instructor: Karli Lloyd , S. Fullmer

Fee:

When: 2/5 10:30 - 11:30 Wed.

Location: TAB 200

We are often reluctant to answer our phones because of frequent scam calls that continue to target seniors. One of the newer scams involves a sad story about our grandchild who desperately needs our money. Would you consider sending money for a grandchild from an unknown caller? This class will provide tips to increase your awareness of the many different fraud schemes.

Credentials: Karli Lloyd is the manager of the main office of East Idaho Credit Union. She has seen high numbers of fraud. The credit union has formed a group of "Fraud Busters" who are happy to present what they have learned.

Facilitator: Nancy Ottersbach

Phone: 208-346-0617

Email: nancyo212@yahoo.com

**\*4231 Singing For Fun**

Instructor: Donna Park

Fee:

When: 2/5 - 5/13 1:00 - 2:00 Wed.

Location: Linda Hawley  
4051 Cambria Drive

You don't need to have a fabulous voice or even prior experience to spend an hour once a week singing old and new favorites with FFL friends. Bring your ideas for songs, some music you want to sing if you have it and of course your enthusiasm. We occasionally will sing at assisted living centers or at FFL functions. Maximum: 40

Credentials: Donna has many years experience both singing and leading choral groups. She is an experienced pianist, composer and arranger, and delights in helping others "find their voice."

Facilitator: Gail Fielding

Phone: 208-970-7130

Email: gailspkc76@gmail.com

**\*4151 Creative Writing Workshop**

Instructor: Sidney Hoopes

Fee:

When: 2/6 - 3/5 1:00 - 3:00 Thu.

Location: CHE 306

This is a five-session self-guided class. We have fun while learning to express ourselves and giving each other pointers and encouragement. We invite new people to come and join us this spring session. Maximum: 12

Credentials: Sidney has been facilitating this class for several years.

Facilitator: Sidney Hoopes

Phone: 208-524-1280

Email: fshoopos@cablone.net

**4368 Hand and Foot Card Game**

Instructor: Sibyl Priest

Fee: \$5.00

When: 2/6 - 5/14 12:00 - 3:00 Thu.

Location: Papa Tom's Pizza  
1830 S. Woodruff Ave., IF

Hand and Foot is a card game similar to Canasta, in which each player is dealt two sets of cards, the "Hand" and the "Foot". In this class students are taught the basic rules of the game and enjoy playing with other members of FFL.

Credentials: Sibyl has been a player of "Hand and Foot" for several years and is knowledgeable in the rules of the game.

Facilitator: Peggy Ash

Phone: 208-520-4377

Email: mrash@cablone.net

**4218 Line Dancing**

Instructor: Varies

Fee:

When: 2/7 - 5/15 9:00 - 10:00 Fri.

Location: Senior Center  
535 W. 21 St., IF

Come and learn how to line dance from five experienced instructors: Adele George, Lesley Cable, Lianne Buxton, Deb Scheerer and Molly Brinkerhoff. Good exercise, good fun, good for your memory and good for laughs. No experience required. Just come and enjoy-we will teach you how! Come and learn basic and intermediate line dances to all genres of music. You'll be amazed how good you'll feel.

Credentials: Adele, Lesley, Deb, Molly and Lianne have danced all their lives in many areas of dance. Adele, Lesley, and Lianne have owned their own dance studio.

Facilitator: Adele George

Phone: 208-716-1239

Email: gottatap4me@live.com

**4432 Plant Based Healthy Eating**

Instructor: Leslee Blanch

Fee:

When: 2/7 1:00 - 2:30 Fri.

Location: CHE 211

This class emphasizes the many benefits of plant foods in our diets, with special attention to cardiovascular health. A cooking demonstration will be included. All information presented is evidence-based.

Credentials: Leslee is a licensed dietitian with Idaho Board of Medicine. She is also registered with the National Commission of Dietetic Registration.

Facilitator: Susan Bond

Phone: 208-520-6206

Email: thriveinlife007@gmail.com

**\*4387 Zumba Gold (Seated/Chair)**

Instructor: Teri Tyler

Fee:

When: 2/7 - 5/8 10:00 - 11:00 Fri.

Location: Good Samaritan Chapel  
840 E. Elva, Idaho Falls

Zumba Gold (Seated/Chair) participants will be inspiring to express themselves through movement while effectively improving overall health by increasing self-confidence, boosting metabolism, and enhancing coordination. Maximum: 30

Credentials: Teri received her Zumba Gold license in June and the chair class is covered in that certification. She has been taking Zumba classes since 2005.

Facilitator: Betty Williams

Phone: 208-403-3257

Email: betty.cappswilliams@gmail.com

<p><b>*4241 Zumba</b>                      When: 2/10-5/11, 2/13-5/14 9-10, 1-2 Mon &amp; Th</p>	<p>Instructor: Bitsy Blakely                      Location: Senior Citizens' Center                      535 W. 21 St.</p>	<p>Fee:</p>
<p>Zumba-dance first, think later! Zumba's easy-to-follow choreography and Latin rhythms make Zumba your new Happy Hour. Zumba improves balance and fitness, protects against dementia, depression, creates new pathways for the brain, adds flexibility, coordination, endurance and energy to your life. This class meets twice a week. Mondays and Thursdays. Mazimum: 40</p>		
<p>Credentials: Bitsy is a certified Zumba instructor.                      Facilitator: Patsy Komoda Phone: 208-529-0297 Email: pkomoda@gmail.com</p>		
<p><b>4469 Chinese Religions: Confucianism &amp; Daois</b>                      When: 2/11 1:00 - 3:00 Tue.</p>	<p>Instructor: Dr. Tyson Yost                      Location: TAB 200</p>	<p>Fee:</p>
<p>Two of the most important religious traditions in China are Confucianism and Daoism. We will discuss the history and development of these two traditions along with a brief glimpse into the place of religion in modern Communist China today.</p>		
<p>Credentials: Dr. Tyson Yost is a professor at BYU Idaho in the Dept of History, Geography, and Political Science.                      Facilitator: Nancy Carpenedo Phone: 208 529-4714 Email: nancycarpe@msn.com</p>		
<p><b>4455 Dark Triad Personality, Does It Exist?</b>                      When: 2/11 10:00 - 11:30 Tue.</p>	<p>Instructor: Dr. Victor Joe                      Location: TAB 200</p>	<p>Fee:</p>
<p>Does the dark triad personality (narcissism, psychopathy, Machiavellian) exist in present day America? Recent psychological findings reported that individuals who have varying degrees of the combination of these three traits (the dark triad) are at the very least socially aversive, or at the very worst "toxic" individuals.</p>		
<p>Credentials: Dr. Joe is an emeritus professor at ISU. His area of interest is in the research findings of certain personality constructs, the research data that supports the validity/existence of the personality construct.                      Facilitator: Phyllis Arrington Phone: 208-403-9365 Email: terphyl@gmail.com</p>		
<p><b>*4465 IF Parks &amp; Recreation Master Plan</b>                      When: 2/14 1:00 - 2:30 Fri.</p>	<p>Instructor: PJ Holm                      Location: CHE 211</p>	<p>Fee:</p>
<p>This year Idaho Falls Parks and Recreation went through an extensive and comprehensive master planning process that included a great deal of community input. This included public meetings, a survey, and meetings with special interest groups such as baseball leagues, soccer leagues, hockey, etc. By early spring, the planning document will be completed. This is an opportunity for learning about the process and the results.</p>		
<p>Credentials: PJ Holms is the recently appointed director of IF Parks and Rec. Prior to this he was the deputy director and also held other positions in the department.                      Facilitator: Chris White Phone: 217-979-0343 Email: whitec42@gmail.com</p>		
<p><b>*4456 Computer Photo Editing with Irfanview</b>                      When: 2/21, 3/6, 3/13 1:30 - 3:00 Fri.</p>	<p>Instructor: Rex Shumway                      Location: CHE 204</p>	<p>Fee:</p>
<p>Irfanview is a free down-loadable photo editing program and can be used as an image viewer, editor and organizer for your photos. Using this program, you will learn how to enhance the quality and repair photos, and create musical slide shows. Notice the dates. This class is not taught sequetially. Maxium: 18</p>		
<p>Credentials: Rex Shumway is a long time computer user and instructor.                      Facilitator: Joanne Johnson Phone: 208-821-5798 Email: jjohnson33@gmail.com</p>		
<p><b>*4438 Windows 10: Use &amp; Management</b>                      When: 2/21, 28, 3/6 10:00 - 12:00 Fri.</p>	<p>Instructor: James E. Anderson                      Location: CHE 204</p>	<p>Fee:</p>
<p>Learn to use and manage Windows 10's many features and settings. Maxium: 18</p>		
<p>Credentials: James Anderson is a long-time Windows PC user.                      Facilitator: Maxine Smolowitz Phone: 208-523-0373 Email: msmolowitz@yahoo.com</p>		

**4457 Israel Palestine and Possible Solutions**

Instructor: Dr. Ross Baron

Fee:

When: 2/21 10:00 - 12:00 Fri.

Location: TAB 200

Dr. Baron lived with his wife and two youngest daughters in Israel for the past year. He traveled with the students at the BYU Jerusalem Center all over Israel, the Hashemite Kingdom of Jordan, Egypt, and Greece. This class will draw from his experience there to highlight some aspects of Judaism, Islam, and Christianity in the Middle East. In addition, the narratives of both the Israelis and the Palestinians, and some possible solutions, will be discussed.

Credentials: Ross David Baron PhD is on the faculty of BYU Idaho, Dept. of Religion and remote adjunct faculty, Jerusalem.

Facilitator: Nancy Carpenedo

Phone: 208-529-4714

Email: nancycarpe@msn.com

**\*4461 I'm Being Sued! What's Next?**

Instructor: Steven L Taggart

Fee:

When: 2/25 10:00 - 11:30 Tue.

Location: CHE 213

How to respond to a law suit, whether in small claims or elsewhere will be discussed. Explore resolving, litigating and other options (exemptions, bankruptcy).

Credentials: The instructor is an attorney with a J.D. from the University of Utah in 1993 and is a partner with Maynes Taggart PLLC.

Facilitator: Susan Bond

Phone: 208-520-6206

Email: thriveinlife007@gmail.com

**4431 Idaho Falls Zoo**

Instructor: David Pennock

Fee:

When: 2/26 1:00 - 2:30 Wed.

Location: TAB 200

One of the most significant and interesting things you may not know about your IF Zoo is its impact on wildlife conservation. We will review the current state of the world's wildlife, our zoo's local and international conservation efforts and the significant role modern zoos play in wildlife conservation.

Credentials: Dr. Pennock is the Executive Director of the Idaho Falls Zoo. He holds a Ph. D. in Systematics & Ecology and is a published researcher in conservation biology. He has taught university courses in conservation biology and related topics.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

**\*4323 Everyone Can Draw**

Instructor: Nancy Peterson

Fee: \$5.00

When: 3/2 - 3/23 10:00 - 12:00 Mon.

Location: CHE 305

An engaging drawing course for beginners, this class is designed to introduce multiple techniques from media to the want-to-be artist. Colored pencils, pastels, watercolors and ink are a few media used to complete your small pieces of art each class. Bring your own Crayola water brand water colors, colored pencils and a regular pencil. Gain confidence and express yourself through art. Maximum: 12

Credentials: Nancy studied art at Boise State University. She currently has illustrated 14 published children's books and teaches art classes to children. Find Nancy Garnett Peterson on Jacketflap.com for samples of her work.

Facilitator: Kathie Hendrix

Phone: 208-523-8859

Email: chatiek06@yahoo.com

**\*4430 Colored Pencil Art for Beginners**

Instructor: Colleen Bohan

Fee: \$15.00

When: 3/3, 3/10 1:00 - 3:00 Tue.

Location: CHE 305

Learn colored pencil basics of working from a reference photo, transferring images, layering color, impressed lines, blending colors with a colorless blender marker, and burnishing with a colorless blender pencil. Photo references, paper, transfer paper, tracing paper, stylus, colorless blender marker and blending pencil will be provided. Class members will need to bring a 24-pencil set of ARTIST QUALITY colored pencils and a pencil sharpener. Maximum 12

Credentials: Colleen Bohan is the president of the IF chapter of Colored Pencil Society of America. She has shown work at Willowtree Gallery, The Art Museum, and other venues. Sue Braastad is a member of CPSA DC 217 and is currently showing work at the Eli M. Oboler library at ISU.

Facilitator: Sue Braastad

Phone: 208-881-4354

Email: jscbraastad@gmail.com

**4447 Antarctic Program at the South Pole** Instructor: Leah Street Fee:  
 When: 3/4 10:00 - 11:30 Wed. Location: TAB 200  
 The class will describe the United States Antarctic Program at the Amundsen-Scott South Pole Station including research projects, and the overall logistics of getting to and living on the "Ice".  
 Credentials: Leah Street has worked for the U. S. Antarctic Program 12 years and has traveled to the South Pole 11 times.  
 Facilitator: Larry Hull Phone: 208-521-1268 Email: hulllc68@gmail.com

**4448 Navy SEAL** Instructor: Zach Dunn, Amanda Dunn Fee:  
 When: 3/9 10:00 - 11:30 Mon. Location: TAB 200  
 How do you become a Navy SEAL? What is it like to be a Navy SEAL? What is it like to be deployed, especially with a family? Zach and Amanda, his wife, will tell you about his service and their family life in the Navy SEAL community.  
 Credentials: Zach became a Navy SEAL March 2008 and retired from that job in October 2019.  
 Facilitator: Betty Muir Phone: 208-522-4966 Email: bttymuir@live.com

**4463 Current Issues in Our Changing World** Instructor: Donna Lybecker Fee:  
 When: 3/10 2:30 - 4:00 Tue. Location: TAB 200  
 The world is in constant flux. This is particularly true in today's political climate. In this session, we will discuss some current events, domestic and global, that impact our world. Looking at issues from the environment to economics helps us gain a better sense of where our country is and where it is going in relation to the rest of the world.  
 Credentials: Dr. Lybecker is Chair/Professor of the Department of Political Science at ISU.  
 Facilitator: Betty Williams Phone: 208-403-3257 Email: Betty.cappswilliams@gmail.com

**4429 Bats, Their Benefits & Threats to Them** Instructor: Bill Doering/Jericho Whiting Fee:  
 When: 3/11 10:00 - 11:30 Wed. Location: TAB 200  
 One of the most interesting, beneficial and yet misunderstood animals in eastern Idaho is the bat. Learn about the biology of this amazing animal and the critical services it provides our agricultural economy. We will review the unprecedented threats bats face and current conservation efforts to protect this important part of our local ecosystem.  
 Credentials: Bill is program manager, INL ESER Program, with a Ph.D. in Biological Sciences and many years of bat research. Jericho is on the faculty of BYUI, with a Ph.D. in Biological Sciences and many years of bat research.  
 Facilitator: Phyllis Arrington Phone: 208-403-9365 Email: terphyl@gmail.com

**\*4440 Glass Flower Creation** Instructor: Molly Brinkerhoff Fee:  
 When: 3/11 1:00 - 2:30 Wed. Location: CHE 306  
 Come learn how to create glass flower yard decorations. This simple craft is easy to learn. This is a demonstration, not a hands-on experience, but you will go home with a step-by-step handout to create your own. Your glass flower can be left outside year round or brought inside for the winter. Maxium 15  
 Credentials: Molly Brinkerhoff has been making glass flowers for five years for her own use or to give away.  
 Facilitator: Kathie Hendrix Phone: 208-589-4352 Email: chatiek0@gmail.com

**\*4188 Readers' Round Table** Instructor: Sidney Hoopes Fee:  
 When: 3/12 1:00 - 3:00 Thu. Location: CHE 306  
 Participants in this class are encouraged to share favorite books and authors you have read and enjoyed. Bring books to class to share and trade. Maximum: 20  
 Credentials: Sidney is an avid reader and enjoys sharing good books.  
 Facilitator: Sidney Hoopes Phone: 208-524-1280 Email: fshoopess@cableone.net

**4444 Forensic Science: Analyzing Human Rem** Instructor: Dr. Sara Getz Fee:

When: 3/16 1:00 - 2:30 Mon. Location: CHE 213

This class provides a broad introduction to the field of forensic anthropology, which includes forensic archaeology (recovery, documentation, and interpretation of outdoor crime scenes) and forensic osteology (laboratory analysis of human remains). The past, present and future of casework at the ISU Forensic Anthropology Lab and our role in the investigative process will be discussed.

Credentials: Dr. Getz is an Assistant Professor of Anthropology and Director of the Forensic Anthropology Lab at ISU. She obtained her Ph.D. in Anthropology from Penn State Univ.

Facilitator: Phyllis Arrington Phone: 208-403-9365 Email: terphyl@gmail.com

**4451 Colorful History of Anatomy** Instructor: Trent Stephens, PhD Fee:

When: 3/17 1:00 - 2:30 Tue. Location: TAB 200

Dr. Stephens will cover the colorful history of anatomy from Egyptian mummifications, to the murders committed by Burke and Hare to supply the University of Edinburgh with cadavers, to the Anatomy Acts of Idaho.

Credentials: Trent Stephens has a PhD in anatomy from the University of Pennsylvania, 1977, a postdoctoral in Pediatrics from the University of Washington, 1977-1981, and over forty years' experience teaching anatomy.

Facilitator: Holly Crawley Phone: 208-552-1639 Email: holly.h.crawley@gmail.com

**\*4445 Framing Art** Instructor: Peterson/ Contrevas Fee:

When: 3/18 10:00 - 11:30 Wed. Location: CHE 307

Take an interactive journey through a framer's design process. Explore how a designer works with color to bring your artwork to life and the steps necessary to preserve your memories. You will work with different framing elements, textures and patterns to create your own small masterpiece to take home. Maximum: 15

Credentials: This instructor has been professionally picture framing for 41 years. She is a member of the Professional Picture Framers' Association and takes classes regularly to keep up on preservation and framing trends.

Facilitator: Susan Bond Phone: 208-520-6206 Email: thriveinlife007@gmail.com

**\*4439 Wool, Weaving & Rugs** Instructor: Ginger Richins Fee:

When: 3/19 1:00 - 3:00 Thu. Location: CHE 306

Get a feel for weaving by watching the weaving process and then participating. We will look at the preparation of wool for weaving a rug from sheep raised by the instructor. She will have a spinning wheel for participants to try, and a loom set up to weave on. Maximum: 20

Credentials: Ginger Richins has been raising sheep and weaving for over 20 years.

Facilitator: Phyllis Arrington Phone: 208-403-9365 Email: terphyl@gmail.com

**4443 Opera Preview of "Hansel & Gretel"** Instructor: Rob Farnam Fee:

When: 3/20 1:00 - 3:00 Fri. Location: TAB 200

Enjoy a preview of the upcoming local opera production of Hansel and Gretel. Music from other productions will be included.

Credentials: Rob Farnam has been involved with the music world in Idaho Falls for many years, singing in performances as well as promoting the classics.

Facilitator: Sidney Hoopes Phone: 208-524-1280 Email: fshoop.es.@cableone.net

**4420 Reed's Dairy, Udderly Delicious**

Instructor: Alan Reed

Fee:

When: 3/24 10:00 - 11:30 Tue.

Location: TAB 200

Many people stop by Reed's Dairy to pick up ice cream, cheese curds, milk, or a delicious grilled cheese sandwich. Eating an ice cream cone under the shade of a pine tree, or visiting the petting area is a real treat. But seldom, if ever, do we witness the behind-the-scenes workings of the dairy farm. Now is your chance. In this class you will learn about Reed's Dairy, its operations, history, and future plans. Those who attend the lecture will then have the opportunity to sign up for a tour of the Dairy Farm. This is a rescheduled class from one that was cancelled last semester.

Credentials: Alan is the owner of Reed's Dairy.

Facilitator: Eileen Perkins

Phone: 208-520-7483

Email: eileenperkins404@gmail.com

**4449 Habitat For Humanity in IF**

Instructor: Karen Lansing

Fee:

When: 3/25 10:00 - 11:30 Wed.

Location: CHE 211

Incorporated in 1994, Habitat for Humanity Idaho Falls area is a nonprofit, Christian housing ministry seeking to make simple, decent shelter a matter of conscience and action. With the help of Habitat partner families, individual volunteers and volunteer groups from area churches, businesses, civic organization and schools, Habitat for Humanity IF area has built 26 new constructions. In this class you will learn about the current projects being planned and how you can become involved.

Credentials: Karen is the Executive Director of the Idaho Falls area Habitat for Humanity. She has many years of experience over the years working with Habitat.

Facilitator: Chris White

Phone: 217-979-0343

Email: whitec42@gmail.com

**4427 Artist & a Naturalist in 1830s Midwest**

Instructor: Linden Bateman

Fee:

When: 3/26 10:00 - 11:30 Thu.

Location: TAB 200

Come experience the adventures of and see the works of American painter, George Catlin and German naturalist Prince Philip Maximilian as they traveled through upper Missouri during the 1830's.

Credentials: Linden is a retired educator and Idaho representative.

Facilitator: Colleen Sargent

Phone: 208-522-3134

Email: sarg1942@gmail.com

**4436 Social Media is Re-engineering Us**

Instructor: Mary Ann Allison

Fee:

When: 3/31 1:00 - 2:30 Tue.

Location: TAB 200

Martin Luther didn't intend to trigger the Protestant Reformation but, because he didn't understand how the media of his time was changing things, he did. Explore some of the ways the structure of new media today is shaping our world. What difference does it make that Facebook is definitely not a book? What are the implications for social structure and for team and personal effectiveness?

Credentials: Dr. Allison holds an M.B.A, and Ph.D., is professor emeritus in Media Studies. Her dissertation won top award in the field of Media Ecology. She led global emerging technology projects for Citibank and opened first virtual bank in the world.

Facilitator: Holly Crawley

Phone: 208-552-1639

Email: holly.h.crawley@gmail.com

**\*4157 Beginning Bead Weaving 1**

Instructor: David Johnson

Fee: \$6.00

When: 4/1 - 5/6 2:00 - 4:00 Wed.

Location: CHE 307

Students will learn a basic American Indian hand (off loom) bead weaving technique using very small seed beads. The project will be bookmark sized (about one and a half inches by five inches) and may include fringes. Another possible project is an eyeglasses lanyard. Since the beads and needle are small, a magnifying glass or reading glasses might be useful. Beads, thread, patterns, and needles will be provided for a small fee. Additional information will be given to enrolled students. Maximum: 12

Credentials: Dave learned a style of handweaving from Sydney Hoopes who learned it from the Shoshone. He is self taught in other stitches and in loom work. He has taught bead weaving to Friends for Learning in the past.

Facilitator: David Johnson

Phone: 719-235-3943

Email: davjohns\_01@hotmail.com

**\*4460 After Your Back Injury**

Instructor: Sherrie Hebert

Fee:

When: 4/7 1:00 - 2:30 Tue.

Location: CHE 211

When we sprain our ankle, it seems second nature to grab the ice, wrap the ankle, raise and rest the leg. However, when we injure our back these steps tend not to be our instinct. Our best defense for avoiding back injuries begins with core strengthening exercises. Yet, when we do injure our backs, whether from a chronic back pain flare-up or a fall, knowing what to do immediately and in the short term may reduce the healing time. Maximum: 100

Credentials: Sherrie Hebert is a certified personal trainer and Pilates Equipment Instructor.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

**\*4441 History of Colonial Theatre**

Instructor: Brandi Newton

Fee:

When: 4/7 10:00 - 11:30 Tue.

Location: Colonial Theatre  
450 A Street, Idaho Falls

Built by C.A. Spath, cashier of the Farmers and Merchants Bank, Dr. C.M. Cline, physician and S.K. Mittry, contractor, the Colonial Theater opened on November 10, 1919, at a cost of just over \$175,000. It boasted one of the largest stages in the Intermountain West, a modern ramp (in lieu of stairs) to the balcony, a ventilation system, which circulated fresh air every five minutes and superb acoustics. Traveling vaudeville acts and minstrels entertained, as well as musical acts like John Phillips Sousa. A tour of the theatre will be offered following the talk and discussion.

Credentials: Brandi is the Executive Director of the IF Arts Council.

Facilitator: Chris White

Phone: 217-979-0343

Email: whitec42@gmail.com

**\*4428 Majestic Auto Body Tour - April 7**

Instructor: Chad Eldridge

Fee:

When: 4/7 10:00 - 11:00 Tue.

Location: 1456 25th E, Idaho Falls

Tour the Majestic Auto Body Shop where Chad Eldridge, owner of the company, will show us the shop and tell us about one of East Idaho's top auto body and collision repair services. He wants you to learn about all the latest new technology being put into new vehicles such as autonomous systems. Maximum: 20 Please sign up for one of the tours, not both. Thanks. Mzximum: 20

Credentials: Chad Eldridge has been a co-owner of Majestic Auto Body since 1985.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**4462 Aspen Restoration in the Forest**

Instructor: Sarah Wheeler

Fee:

When: 4/8 10:00 - 11:30 Wed.

Location: TAB 200

This class will cover portions of Forest Service history and mission, plus its efforts to restore aspen stands on the landscape. Aspen ecosystems are critical to healthy forests in our region, but are on the decline. Several local projects being used to restore aspens will be discussed.

Credentials: Sarah Wheeler is the USDA Forest Service Public Affairs Officer. She will be assisted by Deb Flowers, Assistant Fire and Fuel Management Officer, also with the Forest Service.

Facilitator: Jim Schaffer

Phone: 208-589-6005

Email: milodoctor@gmail.com

**\*4467 Majestic Auto Body Tour - April 8**

Instructor: Chad Eldridge

Fee:

When: 4/8 10:00 - 11:00 Wed.

Location: 1456 25th E., IF

Tour the Majestic Auto Body Shop. Chad Eldridge, owner, will show us the shop and tell us about one of East Idaho's top auto body and collision repair services. He wants you to learn about all the latest technology being put into new vehicles such as autonomous systems. Maximum: 20 Please sign up for one of the tours, not both. Thanks.

Credentials: Chad Eldridge has been a co-owner of Majestic Auto Body since 1985.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**\*4437 Taming Our Worrying Minds**

Instructor: Paula Seikel, Ph.D.

Fee:

When: 4/9, 16,23, 30 10:00 - 11:30 Thu.

Location: CHE 215

For many of us, there is a nearly constant commentary in our heads judging us and others, rehearsing conversations that may never happen, or reliving past interactions. We often don't enjoy the present moment because we are ruminating about the past or anticipating the future. Mindfulness is a very old practice that can help us tame our out-of-control minds and live our lives to the fullest. Participants will learn some practical ways to apply mindfulness to their daily lives and calm that worrying mind.

Credentials: Paula Seikel, Ph.D. is a retired clinical psychologist who teaches mindfulness classes at ISU and in the Pocatello community. She is currently in a 2-year mindfulness teacher training program.

Facilitator: Betty Williams

Phone: 208-403-3257

Email: betty.cappswilliams@gmail.com

**4453 Climate Solutions**

Instructor: Linda Engle & Chris Stevens

Fee:

When: 4/9 10:30 - 12:00 Thu.

Location: TAB 200

This upbeat presentation is about the science behind climate change. Are we sure it's human caused? How will warming affect Idaho's agricultural industry and the health of our citizens? We will discuss different solutions, one enacted by Canada in 2008, and various proposals that have been introduced in Congress. Will these proposals crash or build our economy? What do economists say? What about job creation? What can we as citizens do about climate change?

Credentials: Our instructors are members of the Citizens' Climate Lobby, a climate action advocacy group. Linda has degrees in Mechanical Engineering and Math. Ed. Chris has a Ph. D. in Performing Arts and was a school principal until retirement. Both are active organizers working for better communities.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

**4458 National Park Service Ranger Adventures**

Instructor: Dr. Chris White

Fee:

When: 4/10 10:00 - 11:30 Fri.

Location: TAB 200

Dr. White was a Park Ranger with the National Park Service (NPS) for fifteen years (1970-1985). During this time he worked at six different NPS sites. One of these was on an island in Lake Erie in the 1980's. He will talk about his time at Perry's Victory and the International Peace Memorial. There were both challenges and pleasures living on an island that in the winter was accessible for its 250 permanent residents only by plane or ice road and in the summer was a prime tourist destination.

Credentials: Dr. White spent fifteen years as NPS Ranger at six NPS sites. He holds a Ph.D. in Parks and Rec, a Masters in Forestry and lifelong interests in National Parks.

Facilitator: Chris White

Phone: 217-979-0343

Email: whitec42@gmail.com

**4442 Dragon Tracks**

Instructor: Trent Stephens, PhD

Fee:

When: 4/14 1:00 - 2:30 Tue.

Location: TAB 200

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

Credentials: Trent Stephens holds a PhD in anatomy for the University of Pennsylvania, 1977, post doctoral in Pediatrics from University of Washington, 1977-1981, and over forty years of experience teaching anatomy.

Facilitator: Holly Crawley

Phone: 208-552-1639

Email: holly.h.crawley@gmail.com

**4459 Deseret Industries Tour**

Instructor: Russell Ivie

Fee:

When: 4/15 10:00 - 11:00 Wed.

Location: 2885 E. 17th St., Ammon

Get a behind-the-scenes look at the operations of Deseret Industries. It is a nonprofit organization and local thrift store, but so much more. All proceeds go to help with job training and work experience for people with physical and emotional challenges. They have 44 stores located in the western U.S.

Credentials: Russell Ivie is the assistant manager at the Ammon Deseret Industries.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**4435 Scotland, a Bonny Land**

Instructor: Phyllis Arrington

Fee:

When: 4/21 1:00 - 2:30 Tue.

Location: TAB 200

Four weeks in Scotland is a life changer. We visited historical castles and battlefields, found a world of culture in the arts and literature, immersed ourselves in nature whether it be green hills, crashing waves or bleating sheep, sampled scotch from a world-renowned distillery, and watched golfers playing away in the pouring rain. Scotland is all this and far more.

Credentials: Phyllis Arrington is a lifelong educator who loves to travel. She and her daughters spent 28 days in Scotland on their own, exploring and experiencing this beautiful, friendly little country.

Facilitator: Betty Williams

Phone: 208-524-1058

Email: betty.cappswilliams@gmail.com

**4464 Busting Food & Nutrition Myths**

Instructor: Dr. Mary Dundas

Fee:

When: 4/23 1:00 - 2:30 Thu.

Location: CHE 211

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

Credentials: Mary Dundas holds her Ph.D., FADA, and is Professor Emeritus from ISU. She was director of nutrition programs and taught nutrition for over 40 years. She was recognized as Outstanding Dietitian by the Tenn. Academy of Nutrition and Diet, and presented the Excellence in Nutrition Education Award.

Facilitator: Phyllis Arrington

Phone: 208-403-9365

Email: terphyl@gmail.com

**\*4450 Japanese Gardens of Idaho Falls**

Instructor: Edward Zaladonis

Fee:

When: 4/24 1:00 - 3:00 Fri.

Location: CHE 211

This class will cover sources of inspiration for Japanese landscaping, some history of the garden, what went into previous projects and what is planned for the near future. Edward likes to sprinkle amusing anecdotes throughout. Garden tours will be scheduled around Memorial Day.

Credentials: Japanese garden design has been Mr. Zaladonis' primary hobby for 35 years. For eight years he has spent thousands of hours as a volunteer designing and installing Japanese landscaping and structures at the Friendship Garden.

Facilitator: Susan Bond

Phone: 208-520-6206

Email: thriveinlife007@gmail.com

**\*4466 Dawn Enterprises Tour**

Instructor: Shasta Stokes

Fee:

When: 4/28 10:00 - 11:00 Tue.

Location: 280 Cedar Street  
Blackfoot, ID

Dawn Enterprises is a nonprofit social service organization located in Blackfoot, Idaho. It brings community employment training and job placement to the disabled. Eighty percent of its workers have a disability. The manufacturing includes sewing, cutting and packaging of several products under government contracts as well as private industry, such as Fin Fun. Maximum: 30

Credentials: Shasta Stokes is the Contract Coordinator for Dawn Enterprises.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**4434 Preparing for Your Aging Years**

Instructor: Chanse Powell

Fee:

When: 4/30 10:00 - 12:00 Thu.

Location: TAB 200

Aging is inevitable, and all the information and potential concerns can feel overwhelming at times, whether you are making decisions for yourself or your parents. Caregiving? Wellness? Community resources? Health care? Alzheimer's or dementia? Being prepared is key as you look to the future. This class will be a valuable tool to help you get prepared for the aging years ahead.

Credentials: Chanse Powell is the owner and operator of Senior Solutions. He is a licensed Nursing Home & Assisted Living administrator. He is also certified "Powerful Tools for Caregivers" instructor and has a bachelor's degree in Healthcare Administration.

Facilitator: Rachel Poor

Phone: 208-206-9409

Email: rpoor64@gmail.com

**\*4452 Natural Medicine as an Alternative**

Instructor: Orchard & Crook

Fee:

When: 5/6 2:00 - 3:30 Wed.

Location: CHE 215

Natural medicine should be an alternative to prescription drugs. Various treatments to common ailments will be discussed. This is limited to 70. If there is more interest, the class can be moved.

Credentials: Dr. Crook has been a chiropractor for 12 years and is well acquainted with successful prescription alternatives. Information about Dr. Orchard's Naturopathic can be found on line and on Facebook.

Facilitator: Susan Bond

Phone: 208-520-6206

Email: thriveinlife007@gmail.com

**\*4258 Finding the Artist in You**

Instructor: Amber Birch

Fee: \$25.00

When: 5/7 2:00 - 4:30 Thu.

Location: 985 North Capital  
Idaho Falls

Follow step-by-step instructions as you produce an acrylic painting. Choose to follow along or express your own creative style. By the end of the session you will have a unique masterpiece. This is a fun way to "paint and party".  
Maximum: 20

Credentials: Amber has a unique way of helping her students have fun as they create beautiful art in a short time.

Facilitator: Vicky Van Sickle

Phone: 208-588-6055

Email: victorialynnvs@hotmail.com

**4299 Annual Membership Meeting/Spring Soci**

Instructor: FFL Members

Fee:

When: 5/13 10:00 - 12:00 Wed.

Location: College of Eastern Idaho  
1600 S 25th E  
Building 3 Entry 7

Join us for a brunch buffet and meeting to elect new FFL officers and conduct other business. Facilitators will have class displays and the year's activities will be reviewed. Lucky members will win sensational door prizes. If you select this activity, food will be ordered, and FFL will lose money if you choose not to come. Please cancel at least two weeks early if you find you can not attend. The college semester will be over and parking will be available.

Credentials: Spring Social, elections and the year in review. If your plans change, we must be notified 2 weeks in advance. We look forward to seeing everyone of you.

Facilitator: Vicky Van Sickle

Phone: 208-589-0655

Email: victorialynnvs@hotmail.com

**\*4314 Garden Art: Pavers A.M.**

Instructor: Maxine Smolowitz

Fee: \$3.00

When: 5/21, 5/28, 6/4 9:00 - 12:00 Thu.

Location: 3860 Tuscany Dr., IF

Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decoration. Instructions will include how to set and grout tiles onto the paver. All materials are furnished by the instructor unless you have ceramic pieces you would like to use. Maximum: 8

Credentials: Maxine has many years' experience working with garden art.

Facilitator: Kathie Hendrix

Phone: 208-589-4352

Email: chatiek06@gmail.com

**\*4214 Garden Art: Pavers P.M.**

Instructor: Maxine Smolowitz

Fee: \$3.00

When: 5/21, 5/28, 6/4 1:30 - 4:30 Thu.

Location: 3860 Tuscany Dr, IF

Broken and unbroken ceramic tiles will be used to design and create pavers for outdoor garden decoration. Instructions will include how to set and grout tiles onto the paver. All materials are furnished by the instructor unless you have ceramic pieces you would like to use. Maximum: 8

Credentials: Maxine has many years experience working with garden art.

Facilitator: Kathy Hendrix

Phone: 208-589-4352

Email: chatiek06@gmail.com

**\*4152 Bears & the Yellowstone Experience**

Instructor: Sidney Hoopes

Fee: Trip Cost

When: 6/29 -7/3 Mon-Fri.

Location: Yellowstone Park

We are going on a five-day bear hunt! We will spend four nights in cabins in Yellowstone Park. The trip will include lectures in the field, wildlife viewing and maybe some light walking. Planning meetings will be held prior to departure. Priority will be given to those who have not attended before. However, if you wish to go again please register. We have cabins for 11 individuals but if you have other accommodations you may be allowed to join day treks.

Credentials: Sidney has taught this class more than 20 times in the past 13 years. She worked for the Yellowstone Grizzly Foundation, was a founding member of the Greater Yellowstone Coalition and has been associated with the Yellowstone Institute. If you have been before and want to go again, register anyway in case there is room. Participants will be selected by drawing if needed.

Facilitator: Sidney Hoopes

Phone: 208-524-1280

Email: fshoop@cablone.net

**4311 Summer Picnic**

Instructor: FFL Board

Fee:

When: 8/5 6:00 - 8:00 Wed.

Location: Peterson Park  
3740 Samuel St.  
Ammon

Come and join us for a fun evening at Peterson Park and enjoy a delicious catered picnic (free for our current members, \$15.00 for nonmembers). Optional: Bring a lawn chair. If you select this, food will be ordered and FFL will lose money if you choose not to come. Please cancel at least two weeks early if you find you can't attend.

Credentials:

Facilitator: Vicky Van Sickle

Phone: 207-523-8687

Email: victorialynnvs@hotmail.com

## 2020 Bus Trips *For Information Only*

Potential bus trips for spring semester and summer 2020

- Late Feb/early March: Bus trip to Jackson Elk Refuge with lunch at the National Museum of Wildlife Art. Facilitator Nancy Carpenedo 208 529-4714 [nancycarpe@msn.com](mailto:nancycarpe@msn.com)
- Montana: In late June we will take a two-day bus trip to Montana. Our tour will include a visit to Quake Lake Visitors Center, Lewis and Clark Caverns, the quaint town of Ennis, Montana as well as the 1800s towns of Virginia and Nevada Cities. You can pan for gold and garnets, ride the train between the two cities and enjoy the Virginia City Players production. On our way home, we may have time to stop at Big Sky for a ride on the gondola ski lift. Facilitator Eileen Perkins 208 520-7483 [eileenperkins404@gmail.com](mailto:eileenperkins404@gmail.com)
- Travel with us for a day trip to Butte Montana in early September 2020. Potential stops will include The World Museum of Mining, with an opportunity for an underground mine tour, the Front Street Market, Stodden Park, a Trolley tour and the Copper King mansion. We'll have dinner in Butte before heading back to Idaho Falls. For questions or comments contact Sandy Bryan at 208-524-3620 or [Sandy.Bryan@Outlook.com](mailto:Sandy.Bryan@Outlook.com)
- [Prime rib dinner and show at the Yellowstone Playhouse. Date to be determined when show schedule is published. facilitator Nancy Carpenedo](#)
- [July 2020 Boise will celebrate its popular Basque Festival which only happens every 5 years. July 30<sup>th</sup> is sports night \(pala games\) that attracts international contestants. We would stay overnight and visit the World Center For Birds of Prey on our way home.](#)

Got an idea??? Contact anyone on the Bus Committee:s

**THESE ARE FFL EVENTS. PLEASE DO NOT CONTACT SHIRLEY WITH QUESTIONS AS SHE IS JUST THE MESSENGER.**

Nancy Carpenedo (208 529-4714) [nancycarpe@msn.com](mailto:nancycarpe@msn.com)  
 Cathy Johnson (719 235-3910) [dacjohns@hotmail.com](mailto:dacjohns@hotmail.com)  
 Linda Tycz (208 360-0990) [gblet@msn.com](mailto:gblet@msn.com)  
 Eileen Perkins (208 520-7483) [eileenperkins404@gmail.com](mailto:eileenperkins404@gmail.com)

# Friends For Learning, Inc Registration Form – Spring, 2020

Please keep a copy of this form for your future reference

Office Use Only
Parking <input type="checkbox"/>
Pass <input type="checkbox"/>

## How to Register:

- Complete the Registration Form. Refer to the Course Catalog for details about each class.
- **Membership fee** -- \$20 check made out to ISU-FFL, Inc  
(Course-specific fees may be assessed as needed by the instructor.)
- **In-person registration:** Bring Registration Form, and membership fee to Registration: 9:00a.m.-12:00 Wednesday, January 15th, 2020 ISU Idaho Falls Campus, Computer lab, CHE 202. People will be there to help.
- **Mail-in Registration:** Mail your Registration Class List and fee to:  
Continuing Education-FFL  
921 S. 8<sup>th</sup> Ave Stop 8380  
Pocatello, ID 83209
- **Parking passes** Your parking pass from last semester will be valid until August 31, 2020. It can only be used for FFL purposes. If you register by mail or online, no parking pass will be mailed if you were a member last semester. If you are a new member, please request a parking pass. Display it in your car window any time you attend classes on campus. If you lost your parking pass from last semester it will cost \$5.00 for another. You will be ticketed if you fail to display the parking pass.

<input checked="" type="checkbox"/>	Course Name	Dates	Time	Location
<input type="checkbox"/>	4242 A Volunteer Opportunity	. n/a		n/a
<input type="checkbox"/>	4215 Parking Pass	. n/a		n/a
<input type="checkbox"/>	4137 Pinochle, Double Deck	Mon. 2/3 - 5/11	12:00 - 3:00	Leo's Place 155 S. Holmes
<input type="checkbox"/>	*4348 Spanish III (Advanced)	Mon. 2/3 - 5/11	10:00 - 11:30	Senior Citizen Center 535 W. 21st. Street
<input type="checkbox"/>	*4433 Fitness Made Simple	Mon. 2/3 - 5/11	11:00 - 12:00	Extension Office 1452 E. 73 S. (south of Sandy Downs)
<input type="checkbox"/>	*4195 Swimming for Fitness 1A (begin. to int)	Mon, Wed. 2/3 - 2/19	9:15 - 10:05	Wes Deist Aquatic Center 149 7th St. Idaho Falls
<input type="checkbox"/>	4121 Hiking, Walking & Exploring	. n/a		n/a
<input type="checkbox"/>	*4129 Swimming for Fitness 1B (Inter.To Adv.)	Mon, Wed. 2/3 - 2/19	10:15 - 11:05	Wes Deist Aquatic Center 149 7th St. Idaho Falls
<input type="checkbox"/>	*4489 Fire: Prevention & Preparedness	Tue. 2/4	2:00 - 3:30	CHE 305

<input checked="" type="checkbox"/>	Course Name	Dates	Time	Location
<input type="checkbox"/>	4147 Tai Chi	Tue. 2/4 - 5/12	3:30 - 4:30	Senior Citizens Center 535 W. 21St., IF
<input type="checkbox"/>	*4144 Spanish I (Beginning Plus)	Tue. 2/4 - 5/12	1:30 - 3:00	CHE 306
<input type="checkbox"/>	*4316 Yoga II	Tue, Thu. 2/4 - 5/12, 2/6 - 5/14	8:30 - 10:00	Good Samaritan Chapel 840 E. Elva, IF
<input type="checkbox"/>	*4154 Yoga I for Beginners/Chair	Wed. 2/4-5/13	11:15-12:15	Good Sam 840 Elva
<input type="checkbox"/>	*4468 MELT Maintain an Active Pain Free Life	Wed. 2/5 - 2/26	3:30 - 4:30	CHE 215
<input type="checkbox"/>	4228 Science Wednesday	Wed. 2/5 - 5/13	3:00 - 4:00	Idaho Brewing Co. 775 S. Capital Ave.
<input type="checkbox"/>	4446 Fraud Awareness	Wed. 2/5	10:30 - 11:30	TAB 200
<input type="checkbox"/>	*4231 Singing For Fun	Wed. 2/5 - 5/13	1:00 - 2:00	Linda Hawley 4051 Cambria Drive
<input type="checkbox"/>	*4151 Creative Writing Workshop	Thu. 2/6 - 3/5	1:00 - 3:00	CHE 306
<input type="checkbox"/>	4368 Hand and Foot Card Game	Thu. 2/6 - 5/14	12:00 - 3:00	Papa Tom's Pizza 1830 S. Woodruff Ave.,IF
<input type="checkbox"/>	4218 Line Dancing	Fri. 2/7 - 5/15	9:00 - 10:00	Senior Center 535 W. 21 St., IF
<input type="checkbox"/>	4432 Plant Based Healthy Eating	Fri. 2/7	1:00 - 2:30	CHE 211
<input type="checkbox"/>	*4387 Zumba Gold (Seated/Chair)	Fri. 2/7 - 5/8	10:00 - 11:00	Good Samaritan Chapel 840 E. Elva, Idaho Falls
<input type="checkbox"/>	*4241 Zumba	Mon & Thu. 2/10- 5/11, 2/13-5/14	9-10, 1-2	Senior Citizens' Center 535 W. 21 St.
<input type="checkbox"/>	4469 Chinese Religions: Confucianism & Daoism	Tue. 2/11	1:00 - 3:00	TAB 200
<input type="checkbox"/>	4455 Dark Triad Personality, Does It Exist?	Tue. 2/11	10:00 - 11:30	TAB 200
<input type="checkbox"/>	*4465 IF Parks & Recreation Master Plan	Fri. 2/14	1:00 - 2:30	CHE 211
<input type="checkbox"/>	*4456 Computer Photo Editing with Irfanview	Fri. 2/21, 3/6, 3/13	1:30 - 3:00	CHE 204
<input type="checkbox"/>	*4438 Windows 10: Use & Management	Fri. 2/21, 28, 3/6	10:00 - 12:00	CHE 204
<input type="checkbox"/>	4457 Israel Palestine and Possible Solutions	Fri. 2/21	10:00 - 12:00	TAB 200
<input type="checkbox"/>	*4461 I'm Being Sued! What's Next?	Tue. 2/25	10:00 - 11:30	CHE 213
<input type="checkbox"/>	4431 Idaho Falls Zoo	Wed. 2/26	1:00 - 2:30	TAB 200
<input type="checkbox"/>	*4323 Everyone Can Draw	Mon. 3/2 - 3/23	10:00 - 12:00	CHE 305

CHE = Center for Higher Education TAB 200 = Auditorium at University Place, Idaho Falls

<input checked="" type="checkbox"/>	<b>Course Name</b>	<b>Dates</b>	<b>Time</b>	<b>Location</b>
<input type="checkbox"/>	*4430 Colored Pencil Art for Beginners	Tue. 3/3, 3/10	1:00 - 3:00	CHE 305
<input type="checkbox"/>	4447 Antarctic Program at the South Pole	Wed. 3/4	10:00 - 11:30	TAB 200
<input type="checkbox"/>	4448 Navy SEAL	Mon. 3/9	10:00 - 11:30	TAB 200
<input type="checkbox"/>	4463 Current Issues in Our Changing World	Tue. 3/10	2:30 - 4:00	TAB 200
<input type="checkbox"/>	4429 Bats, Their Benefits & Threats to Them	Wed. 3/11	10:00 - 11:30	TAB 200
<input type="checkbox"/>	*4440 Glass Flower Creation	Wed. 3/11	1:00 - 2:30	CHE 306
<input type="checkbox"/>	*4188 Readers' Round Table	Thu. 3/12	1:00 - 3:00	CHE 306
<input type="checkbox"/>	4444 Forensic Science: Analyzing Human Remains	Mon. 3/16	1:00 - 2:30	CHE 213
<input type="checkbox"/>	4451 Colorful History of Anatomy	Tue. 3/17	1:00 - 2:30	TAB 200
<input type="checkbox"/>	*4445 Framing Art	Wed. 3/18	10:00 - 11:30	CHE 307
<input type="checkbox"/>	*4439 Wool, Weaving & Rugs	Thu. 3/19	1:00 - 3:00	CHE 306
<input type="checkbox"/>	4443 Opera Preview of "Hansel & Gretel"	Fri. 3/20	1:00 - 3:00	TAB 200
<input type="checkbox"/>	4420 Reed's Dairy, Udderly Delicious	Tue. 3/24	10:00 - 11:30	TAB 200
<input type="checkbox"/>	4449 Habitat For Humanity in IF	Wed. 3/25	10:00 - 11:30	CHE 211
<input type="checkbox"/>	4427 Artist & a Naturalist in 1830s Midwest	Thu. 3/26	10:00 - 11:30	TAB 200
<input type="checkbox"/>	4436 Social Media is Re-engineering Us	Tue. 3/31	1:00 - 2:30	TAB 200
<input type="checkbox"/>	*4157 Beginning Bead Weaving 1	Wed. 4/1 - 5/6	2:00 - 4:00	CHE 307
<input type="checkbox"/>	*4460 After Your Back Injury	Tue. 4/7	1:00 - 2:30	CHE 211
<input type="checkbox"/>	*4441 History of Colonial Theatre	Tue. 4/7	10:00 - 11:30	Colonial Theatre 450 A Street, Idaho Falls
<input type="checkbox"/>	*4428 Majestic Auto Body Tour - April 7	Tue. 4/7	10:00 - 11:00	1456 25th E, Idaho Falls
<input type="checkbox"/>	4462 Aspen Restoration in the Forest	Wed. 4/8	10:00 - 11:30	TAB 200
<input type="checkbox"/>	*4467 Majestic Auto Body Tour - April 8	Wed. 4/8	10:00 - 11:00	1456 25th E., IF
<input type="checkbox"/>	*4437 Taming Our Worrying Minds	Thu. 4/9, 16,23, 30	10:00 - 11:30	CHE 215
<input type="checkbox"/>	4453 Climate Solutions	Thu. 4/9	10:30 - 12:00	TAB 200
<input type="checkbox"/>	4458 National Park Service Ranger Adventures	Fri. 4/10	10:00 - 11:30	TAB 200
<input type="checkbox"/>	4442 Dragon Tracks	Tue. 4/14	1:00 - 2:30	TAB 200
<input type="checkbox"/>	4459 Deseret Industries Tour	Wed. 4/15	10:00 - 11:00	2885 E. 17th St., Ammon

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<input checked="" type="checkbox"/>	<b>Course Name</b>	<b>Dates</b>	<b>Time</b>	<b>Location</b>
<input type="checkbox"/>	4435 Scotland, a Bonny Land	Tue. 4/21	1:00 - 2:30	TAB 200
<input type="checkbox"/>	4464 Busting Food & Nutrition Myths	Thu. 4/23	1:00 - 2:30	CHE 211
<input type="checkbox"/>	*4450 Japanese Gardens of Idaho Falls	Fri. 4/24	1:00 - 3:00	CHE 211
<input type="checkbox"/>	*4466 Dawn Enterprises Tour	Tue. 4/28	10:00 - 11:00	280 Cedar Street Blackfoot, ID
<input type="checkbox"/>	4434 Preparing for Your Aging Years	Thu. 4/30	10:00 - 12:00	TAB 200
<input type="checkbox"/>	*4452 Natural Medicine as an Alternative	Wed. 5/6	2:00 - 3:30	CHE 215
<input type="checkbox"/>	*4258 Finding the Artist in You	Thu. 5/7	2:00 - 4:30	985 North Capital Idaho Falls
<input type="checkbox"/>	4299 Annual Membership Meeting/Spring Social	Wed. 5/13	10:00 - 12:00	College of Eastern Idaho 1600 S 25th E Building 3 Entry 7
<input type="checkbox"/>	*4314 Garden Art: Pavers A.M.	Thu. 5/21, 5/28, 6/4	9:00 - 12:00	3860 Tuscany Dr., IF
<input type="checkbox"/>	*4214 Garden Art: Pavers P.M.	Thu. 5/21, 5/28, 6/4	1:30 - 4:30	3860 Tuscany Dr, IF
<input type="checkbox"/>	*4152 Bears & the Yellowstone Experience	Mon-Fri. 6/29 -7/3		Yellowstone Park
<input type="checkbox"/>	4311 Summer Picnic	Wed. 8/5	6:00 - 8:00	Peterson Park 3740 Samuel St. Ammon