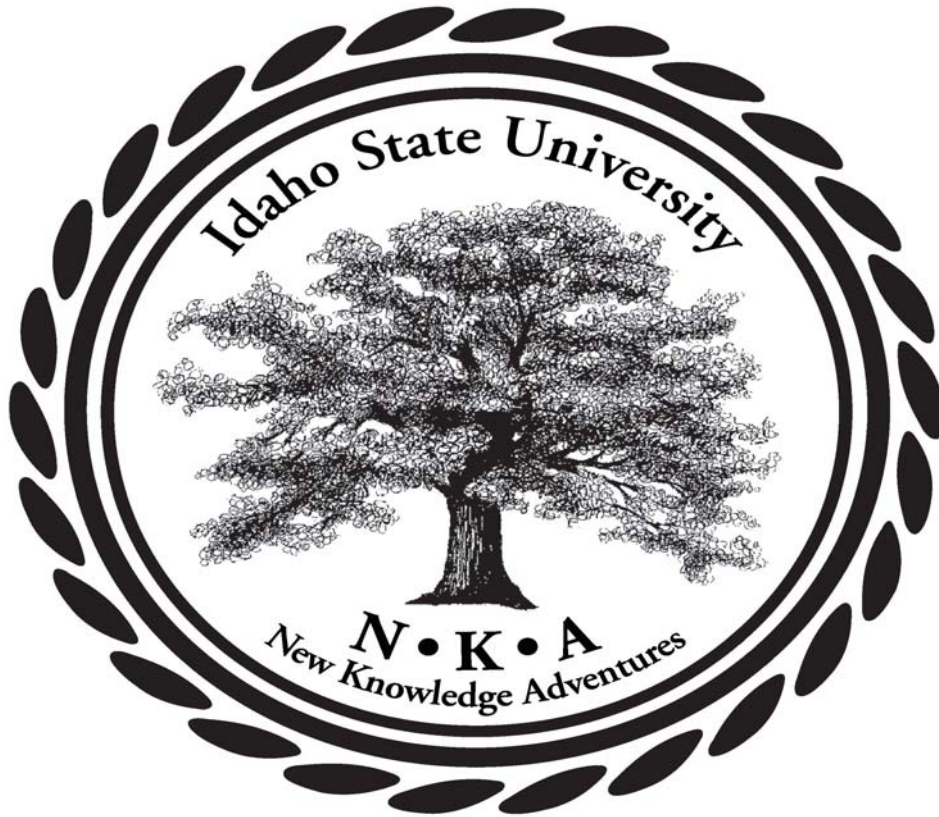


Become a member in Fall 2009
Idaho State University
NEW KNOWLEDGE ADVENTURES

Courses for Fall 2009



NKA is an Elderhostel affiliate

Idaho State University
Continuing Education & Conference Services
208-282-2789 or 208-282-3155
Email: extendedlearning@isu.edu
Web Page: <http://www.isu.edu/conteduc/adventure.shtml>

COURSES FOR FALL 2009 – REFER TO THE CATALOG NUMBERS FOR FULL DETAILS

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Idaho State University

New Knowledge Adventures

Become a member in FALL 2009

New Knowledge Adventures at Idaho State University is a member-directed organization for adults of retirement age to expand knowledge and explore new ideas in an informal, noncompetitive environment.

New Knowledge Adventures (NKA)

NKA provides opportunities for intellectual and cultural growth for people of retirement age. It offers the opportunity to explore topics not previously studied.

Learning occurs in a pleasant, social atmosphere. There are no exams, grades or credits, just the opportunity to interact with friends, old and new. Some study groups may require the purchase of textbook or miscellaneous supplies.

You already know that membership in NKA means you....

- keep active
- meet interesting people
- expand your horizons
- take exciting courses on various topics
- explore new skills
- develop new interests
- have fun
- exchange ideas
- keep current

How do you become a member of New Knowledge Adventures?

Fill out the registration form attached in this brochure. The fall semester begins in September and continues through the middle of December. Membership allows you to participate in any of the classes listed. Membership is open to anyone 50 years of age or older. There is no previous educational requirement. For membership information call 282-2789 between 8 am and 5 pm.

NKA membership dues and class requests.

The registration form and membership fees of \$30 should be returned to the Office of Continuing Education and Conference Services on or before August 28, 2009, however we will accept registration after this date but keep in mind you may not be able to attend all the classes you may want due to class size limitations.

Choose the desired classes thoughtfully with serious intent to follow through in attendance. This will enable those assigning classrooms to plan appropriately. In a few cases, demand may exceed space. Although no guarantees can be made, be assured every effort will be made to accommodate and register members for requested classes.

Parking.

Parking is free at the Continuing Education Building and at Holt Arena in the northeast corner and on campus after 4pm. If attending classes before 4pm, Pocatello Regional Transit offers a free shuttle to lower campus with the Student Union Building being the last stop. Prior to 4pm, a parking permit is required in all lots except in the northeast corner of Holt Arena where it is free. The cost of a parking permit is \$5 and will be mailed with the registration receipt upon receiving payment.

Message from Your President



For over a decade, NKA has offered intellectual, physical and social opportunities for NKA members. Many offerings are just plain fun and this fall is no exception. Thanks to César Sánchez and his committee for putting together the offerings in this brochure. You will likely find many courses to take. Remember to mark your calendars when you receive your approved class list form from Continuing Education as most facilitators will not be calling people to remind them of the classes. In order to keep costs down, we will be emailing the approved class list form to those who indicate a willingness to receive an electronic version of the form.

This organization has been successful because of the volunteer efforts of its members and instructors in the community who give so much of their time, effort, and energy to NKA. This summer, NKA offered some courses on an experimental basis. Thanks to Carol Harsch, chair of the curriculum committee for the upcoming year, and Barb Jackson for their willingness to organize and schedule 2009 summer courses and events for our members. They put together interesting and varied offerings in a very short time period. Did you like having summer activities? Please let us know so that we can use your input as we consider offering courses for future summers. We had a successful business meeting and luncheon in May. Marie Robello and Betty Catterson (Chairs of the Social Committee) and the Social Committee did an outstanding job of organizing the event. Jim Liday, Social Committee Chair, and his committee planned and implemented several trips this summer that were fun, entertaining and interesting. At the time this message is being written, we just returned from City of the Rocks and seeing unusual homes in Oakley. In spite of rain, we had a great time. Another trip is planned this summer for seeing a musical in Logan, UT.

Our organization is fortunate to have the expertise of Victoria Bañales and Shirley McElprang in the Continuing Education Office. They contribute to our functioning in an effective way and we appreciate their support. Shirley has done a fantastic job on improving the audio and video capabilities of room 125. Most of us can easily hear and see the visual aids used by the presenters.

Our officers for this year are: Bill Brydon as Past- President, Jane Riley as President- Elect, Carol Stirling as Secretary, and Janice Matteson-Howell as Treasurer. Committee chairs for the upcoming year are: Carol Harsch for Curriculum, Marie Robello and Betty Catterson for Social, Virginia Kelly for Publicity, Jim Liday for Travel, JoAn Dilweg for Communication and Helen Beitia for History and Scrapbook. These folks are dedicated to making NKA a successful organization. I thank them for all of their work in the upcoming year.

NKA helps keep our golden years golden, stimulates the gray matter in our brains, keeps the muscles moving, and allows us to interact with interested and interesting people. I hope you will actively participate by taking courses and attending events. Please provide input to us for courses and activities you would like NKA to sponsor. Better yet, volunteer for a committee to help make things happen. I thank you for the opportunity to serve NKA for the upcoming year and I look forward to working with the outstanding officers and committee chairs who have volunteered to make NKA a bigger and better organization.

Barbara Bain

Notice

Instructors of individual classes have the right to deny enrollment or continued participation of any member who fails to consistently demonstrate the ability, with or without reasonable accommodation, to complete or perform the essential requirements of a particular course without jeopardizing the health or safety of the member, other members or participants or the instructor.

Coordinators or leaders of field trips or similar activities retain the discretion to deny enrollment or continued participation of any member who fails to consistently demonstrate the ability, with or without reasonable accommodation, to complete the essential and particular requirements associated with such field trips or activities without jeopardizing the health or safety of the member, other members or participants, or the trip coordinator/s or leader/s. Fees required in advance for field trip or activity tickets, lodging, transportation, meals, and similar expenses are nonrefundable.

Where Does My \$30 Go?

Many members have wondered where the \$30 membership fee goes each semester. The Budget Committee of the Executive Board presented a budget based on distribution of the money to committees and expenses based on the allocations as follows:

ISU Continuing Education	\$10.00
Social Committee	4.00
Mailings	2.00
Material, supplies & copying	8.00
Miscellaneous & Reserve	6.00

The Travel Committee receives nothing from the membership dues. The fees charged members for trips must cover all the expenses of each trip.

Some classes have fees for materials or food and drink and must be paid by the members attending the class at the time of class.

Thanking Our Instructors and Presenters

We are so blessed to receive the time and knowledge our instructors bring to NKA classes for free. Please take a minute to thank the class presenter and the facilitator.

Let's all do our part by attending the classes we sign up for.

If you cannot attend a class, please call the facilitator and let him/her know. Many instructors prepare printed materials for classes and when a high percentage of our members decide not to attend, we are left with the extra materials as a waste.

All of us are trying to maintain the present low fees for NKA and keeping our printing and materials costs under control will help.

We understand that you sign-up way in advance. Things change as we go along, but some classes have waiting lists and it is thoughtful of you to allow your space to be used if you can't come to class.

If you are on a waitlist due to a class limit, please do not just show up unless the class facilitator has called you

Mark Your Calendars

OCTOBER 30, 2009



22nd Annual Idaho Conference on
Health Care

Volunteers Are Needed
(Contact the Division of Continuing Education)

And

The Thomas Geriatric Health Symposium:
"Fall Prevention"

Free of charge. The public is welcome.
Pre registration is required to attend

DECEMBER 9, 2009



NKA Christmas Party
Holiday Inn

Socializing at 5:00 PM
Dinner at 6:00 PM



Fall 2009 CLASSES

***The numbers in parentheses refer to the class numbers on the registration page.**

MONDAY

International Cuisine (Planning) (1)

Date(s)	Time	Location
Sept 14	1–2p	Cont. Ed. Bldg Rm. 203

Coordinators: Marilyn Edwards 237-7751
Rayna Valentine 233-7081
Marjean Wafford 234-7673

The class explores foreign/ethnic foods. During the semester, participants prepare food or donate money for two dinners featuring cuisine from two different countries or cultures. The two events are held at the Pocatello Senior Citizen Community Center.

The September meeting is a discussion meeting where plans and schedules will be established for the Fall semester.

Line Dancing For First Timers (2)

Date(s)	Time	Location
Sept 14 to Nov 23	2–3p	Congregational Church 309 North Garfield

Coordinator(s): Barbara Jackson 478-6876

This class is the first step to a healthy “sport” that is good for your body and your brain. Come join the fun and get started on the right foot.

Line Dancing For Beginners (3)

Date(s)	Time	Location
Sept 14 to Nov 23	3–4p	Congregational Church 309 North Garfield

Coordinator(s): Barbara Jackson 478-6876

A beginner’s level class for guys and gals. Come join the wave of line dance fun.

Early Pocatello Physicians (4)

Date(s)	Time	Location
Sept 14 to Oct 5	10–11a	Cont. Ed. Bldg Rm. 125

Instructor(s): Robert Guyon
Facilitator(s): Donna Jordahl 232-6496

Session 1: A short history of medicine with emphasis on the 19th and early 20th centuries.

Session 2: A discussion on the education and schooling of Pocatello’s doctors.

Sessions 3 and 4: A presentation of the biographies of eight Pocatello physicians, including Dr. Minnie Howard.

Endangered Children and Potential Victims (5)

Date(s)	Time	Location
Oct.19 & 26	1–2p	Cont. Ed. Bldg Rm 125

Instructor(s): J.R. Miller City of Pocatello Police Chief
Facilitator(s): Donna Jordahl 232-6496

In the first session, Chief Miller will cover issues that communities face relative to children as potential victims.

The second session will discuss societal trends and the cycle of violence in same-age groups.

It is an opportunity to meet Pocatello’s new police chief!

MONDAY continued

Woodcarving (6)

Date(s)	Time	Location
Sept 21 to Dec. 14	9a–12p	Cont. Ed. Bldg Rm.212

Instructor(s): Shorty Miller
Facilitator(s): Diane Porter 238-0762

Woodcarvers will use rotary carver tools or knives and gouges. Beginners will start working on a stylized bird; returning carvers will continue with projects in progress. Classes are held each Monday morning from 9 to 12, with optional carving labs Tuesday evenings 7 to 9, and Fridays mornings 9 to 12. Tools will be provided for the beginners, returning carvers will use their own tools. Carving sessions continue year around. Visitors are welcomed.

Class limit: 6 new carvers per semester.

Class fee of \$10 to be paid to the instructor at the first class meeting.

Get the Dirt About Ancient Dirt (7)

Date(s)	Time	Location
Sept 21 & 28	1–2p	Cont. Ed. Bldg Rm.125

Instructor(s): Jerilynn Mecham
Facilitator(s): Donna Jordahl 232-6496

Have you ever wondered how humanity survived dirt floors and cold caves? Jerilynn Mecham, the curator and tour guide for the new Don Aslett Museum of Clean, tells the story of historical mothers' daily struggle to care for her loved ones. Ms. Mecham will share amusing anecdotes and demonstrate tools used through the centuries.

The first session will provide an overview of history up to the 1800s.

The second session will discuss the impact of the discovery of germs and of the industrial revolution into the XX Century. Tours of the museum by appointment only.

Portneuf Valley Brewery Pizza and Beer Tasting Event (8)

Date(s)	Time	Location
Oct 5	5–7p	Portneuf Valley Brewery 615 S 1 st Ave.

Instructor(s): Penny Pink
Facilitator(s): Donna Hillard 232-2398
Barbara Bain 232-3415

A different take on an evening at the Portneuf Valley Brewery. Come eat pizza and salad while tasting and hearing about Penny's fall beers on tap. Participants at the event are invited to stay afterwards to enjoy Celtic music.

Class limit 35

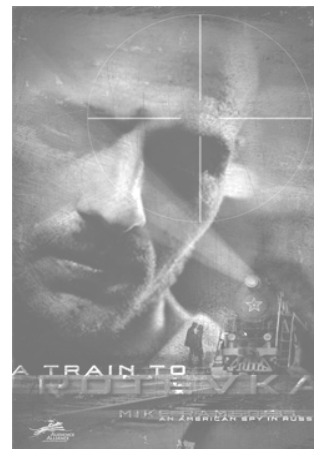
\$20 per person (beer, pizza, salad, tax and gratuity) paid prior to class.

A Train to Potevka (9)

Date(s)	Time	Location
Oct 12	1–2p	Cont. Ed. Bldg Rm.125

Instructor(s): Mike Ramsdell
Facilitator(s): Lloyd Call 232-5228

Review this very popular book by Mike Ramsdell, an American intelligence agent in Russia pursued by the KBG. The book has several million printings and a film is being produced.



Participants may consider purchasing the book which is available at Costco.

MONDAY continued

Gutenberg: The Man Who Remade the World with Words (10)

Date(s)	Time	Location
Oct 12	2:30–3:30p	Cont. Ed. Bldg Rm.125

Instructor(s): Lloyd Call
Facilitator(s): Lloyd Call 232-5278

Exploration of the history of Gutenberg's invention of the printing press and its effect upon the world, particularly western European civilization.

Memories of an Athletic Trainer (11)

Date(s)	Time	Location
Nov 2, 9, 16	10–11:30a	Cont. Ed. Bldg Rm.125

Instructor(s): Phil Luckey
Facilitator(s): Marg Griffin 233-1898

Phillip Luckey spent forty-eight year as an Athletic Trainer at ISU. He has countless memories and is willing to share them with his audience.

Come prepared to do some laughing.

TUESDAY

Lunch and Games (Introduction) (12)

Date(s)	Time	Location
Sept 1	11a–1p	Cont. Ed. Bldg Rm. 162

Coordinator(s): Pat Ringe 234-8517

This introductory class is for those interested in the monthly Lunch and Games activity (see description and details of the class, number 59 in this brochure.)

During this class, the coordinator will explain the basics of the card game Hand and Foot and the dominoes game Mexican Train.

Line Dancing For Guys and Gals (13)

Date(s)	Time	Location
Sept 15 to Nov 24	9a– 12p	Central Christian Church 8 th & Center

Facilitator(s): Barbara Jackson 478-6876

LEVEL I – (9-10 AM)

Instructor: Barbara Jackson

Beginning level line dances that are easy and fun.

LEVEL II – (10-11 AM)

Instructor: Barbara Jackson 478-6876

Intermediate level line dances that are more challenging and complex

LEVEL III – (11-12 NOON)

Instructors: Nancy Coffin,
Jan Green,
Joyce DeGarlais,
Anita Affa

Advanced level line dances for experienced dancers who are ready for the ultimate challenge



TUESDAY continued

Bannock County Historical Museum and Fort Hall Replica (14)

Date(s)	Time	Location
Sept 15	10a – 12p	Bannock County Historical Museum 3000 Alvord Loop

Instructor(s): Margaret Barrett
Facilitator(s): Jan McDougall 233-8424

The participants will be divided into two groups; one group will begin the tour at the Historical Museum at 10:00 where they will receive information about the museum and take time to see all the collections then tour the Fort Hall Replica. At 10:00 the other group of participants will start at the Fort Hall Replica and at 11:00 they will tour the Historical Museum.

After the tour, participants are welcome to stay at the facilities as long as they wish.

Class Limit 60

Class fees:

\$1.00 admission fee for the museum

\$1.75 admission fee for the Fort Hall Replica

The fees are to be paid upon admission to the museum and Fort Hall Replica.



Home and Medical Safety for Seniors (15)

Date(s)	Time	Location
Sept 15	10a–1p	957 Hospital Way, Bldg C Located south of Quail Ridge off Hospital Way

Lunch included

Instructor(s): Jodi Brown, RN, BSN
Misti Foltz, BS
Nikki Coldade, BS
Kacheena Schramm, PTA
Facilitator(s): Barb Bain 232-3415

This seminar is supported through a grant from the Cooperative Development Foundation in Washington, D.C. and is a part of the “*Reducing Risk for Senior Living*”. The seminar will focus on three topics: Home safety, fall prevention and medical safety. Participants will receive lunch during the seminar.

If your plans change after registering for the seminar, please contact the facilitator Barb Bain at 232-3415 so an accurate count for lunch can be taken.

Class limit 30

American Pioneer Women (16)

Date(s)	Time	Location
Sept 15 to Oct 13	1– 2:30p	Cont. Ed. Bldg Rm.125

Instructor(s): Donna Jordahl
Facilitator(s): Janice Anderson 237-9772

Past classes have shared stories of women in the 18th century who lived in the first sixteen states as they joined the Union.

This semester, the class will begin with Maine in the 19th century. Be prepared with what you have learned (perhaps from your own family history?)

To avoid unnecessary photocopying expenses, please do not sign up unless you are 80% sure you will be able to attend at least two classes.

TUESDAY continued

Constitutional Government: Challenges and Prospects (17)

Date(s)	Time	Location
Oct 6, 13, 27	10–11:30a	ISU Bengal Theatre

Instructor(s): Dr. David Adler
Facilitator(s): Marie Christofferson 237-3340

In three lectures, Dr. Adler will address some of the principal challenges facing our constitutional system, with emphasis on those associated with The Bill of Rights and the three branches of government.

As in previous classes, the presentations will probe the question on the possibility of constitutional government.

Wine Tasting at the Grapevine (18)

Date(s)	Time	Location
Oct 6 and OR Oct 7	5–8p	The Grapevine 466 S. 5 th St.

This is a Tuesday and Wednesday class

Instructor(s): Kathleen Hughes
Facilitator(s): John Pearson 237-9324

Participants will have the chance to taste a variety of specialty wines at The Grapevine, the popular winery and gift shop.



Class Limit 30
\$7.50 tasting fee due prior to class

Just Because I Am a Girl Doesn't Mean I Don't Want to Play and Play Hard (19)

Date(s)	Time	Location
Oct 13 & 15	4–5:30p	Cont. Ed. Bldg. Rm 125

This is a Tuesday and Thursday class.

Instructor(s): Dr. Cynthia Pemberton
Facilitator(s): Sandra Noakes 251-2862

Thirty five years after the passage of Title IX we are still talking about achieving gender equity in school sports. How many lifetimes must we wait? How many more of your daughter's daughters will be short changed because Title IX has not been fully accepted or implemented?



Day I will focus on the Gender Specific Value of Sport and the influence of the media.

Day II will focus on Title IX and why it matters.

Wine and Cheese Tasting (20)

Date(s)	Time	Location
Oct 20 OR Nov 10	4–5:30p	Fish Off the Old Block 815 South 1 st St. (Kinport)

Instructor (s): Amy Vargason
Facilitator(s): Carol Harsch 233-9865 or 251-2761

Amy will invite one of her distributors to come and explain the wines being sampled. She will offer cheese to complement the wines. There are two different dates for the same class because the space is limited. **Sign early but only for one of the classes.**

Class limit: 30

\$10 tasting fee due prior to class.

TUESDAY continued

Medicare 101 (21)

Date(s) Time Location
Oct 27 1-3p Cont. Ed. Bldg. Rm 203
Instructor(s): Ken Asbill
Facilitator(s): Carol Harsch 233-9865 or 251-2761

1. Power Point presentation about Medicare, changes and basic coverage.
2. Medicare Advantage programs.



STDs After 50: Sex Among Seniors (22)

Date(s) Time Location
Oct 27 1-2:30p Cont. Ed. Bldg. Rm 125
Instructor(s): Larry D. Farrell
Facilitator(s): Donna Jordahl 232-6496

Dr. Farrell will discuss sexuality and sexually transmitted diseases in persons over the age of 50. This is a particular issue with regard to HIV/AIDS since people over 50 account for an ever growing percentage (currently 15%) of new infections, but also relates to diseases such as Chlamydia, gonorrhea, syphilis, genital herpes, genital warts, etc. Discussion will concentrate on the diseases themselves, addressing the infectious agents, the sites of infection, the signs and symptoms of infections, outcomes and complications of the diseases, testing and treatments, and methods of protection. It will be a rather frank discussion: it will include a number of slides showing clinical cases.

The class may be split, with the slides shown only as an option for those who wish to see them.

Insights of the Idaho 2009 Legislature (23)

Date(s) Time Location
Nov 3 1-3p Cont. Ed. Bldg. Rm 125

Instructor(s): Diane Bilyeu & James Ruchti
Facilitator(s): JoAn Dilweg 232-2656

The 2009 Idaho Legislature was the longest in the history of the state and at a cost of over \$3 million dollars.

Senator Diane Bilyeu and Representative James Ruchti offer their insights as to the good, the bad, and the ugly of the 2009 Legislative session. Where do we go from here?

How Nervy Are You? (24)

Date(s) Time Location
Nov 10 & 17 1-2:30p Cont. Ed. Bldg. Rm 125

Instructor(s): Chuck Sloan
Facilitator(s): Amparo Sánchez 904-3194

Different divisions of the nervous system: central nervous system vs. peripheral nervous system.

Principal components of the nervous system, the neuron, and its functional parts.

What are the 3 types of neurons?

What is the autonomic nervous system?

How does the body receive stimuli and how does it initiate responses to those stimuli.

How does a nerve impulse work?

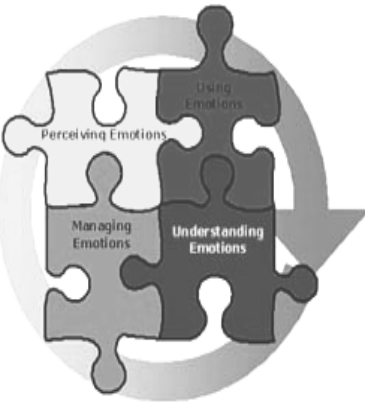
Just what does the nervous system control, what does it not control?

TUESDAY continued

Emotional Intelligence (25)

Date(s)	Time	Location
Nov 17	3–4:30p	Cont. Ed. Bldg. Rm 125

Instructor(s): Jim Fullerton
Facilitator(s): Donna Jordahl 232-6496



Does your mind rule your heart? Or vice versa? Come, take an emotional intelligence quiz and learn the five competencies of emotional intelligence (self-awareness, self-regulation, self-motivation, empathy, and effective relationships) that can help

you to improve how you relate to yourself and others... just in time for Thanksgiving!

WEDNESDAY

Criminal Law (26)

Date(s)	Time	Location
Sept 9, 16, 23	7–8p	Cont. Ed. Bldg. Rm 203

Instructor(s): Tom Eckert
Facilitator(s): Ruth Johnson 237-3420

An overview of the criminal justice system in the United States. A review of origins of our system, significant developments, and important concepts in theory and practice



Environmental Challenges in Southeastern Idaho (27)

Date(s)	Time	Location
Sept 16	8:30a–12p	IDEQ Office 444 Hospital Way

Instructor(s): Bruce Olenik IDEQ Staff
Facilitator(s): Barbara Jackson 478-6876

Mr. Bruce Olenik is the Director of the Southeastern District of the Idaho Department of Environmental Quality (IDEQ). His class will consist of two parts:

1. Presentation (8:30-10:00) – Discussion of IDEQ functions, environmental challenges facing the district, and opportunities for community involvement. It will include local demographics, mining, air quality, water quality, and the department's vision for the future.
2. Field Trip (10:00-12:00) - Class will car pool to the Portneuf River Water Quality Monitoring System, the Air Quality Monitoring System on Gould Street, and then will visit the Fort Hall Mine Land Fill. Wear sturdy shoes. Minimal walking is involved.

Class Limit 30

First Ladies and Their Presidents (28)

Date(s)	Time	Location
Sept 16, 23, 30 Oct 7 & 14	1–2:15p	Cont. Ed. Bldg. Rm.125

Instructor(s): Donna Jordahl
Facilitator(s): Patricia McNamara 223-6511

Past sessions have discussed presidential administrations and their first ladies through part of the post-Civil War period. Mary Lincoln herself paid us a visit.

This semester the class will bravely venture into the 20th century.

To avoid unnecessary copying, please do not register for this class unless you are 80% certain you will be able to attend at least two sessions.

WEDNESDAY continued

History of Idaho Politics: George L. Shoup (29)

Date(s)	Time	Location
Sept 16	3-4p	Cont. Ed. Bldg. Rm 125

Instructor(s): Richard Stallings
Facilitator(s): Rayna Valentine 233-7081

Mr. Stallings, a former Representative for the State of Idaho, will relate and discuss the career of George Laird Shoup, who was appointed Governor of the Territory of Idaho and then became the first elected Governor of the State of Idaho before going to Washington D.C. as one of the first representatives from Idaho to the United States Senate.



Memories of the Great Depression (30)

Date(s)	Time	Location
Sept 23 & 30	10-11:30a	Cont. Ed. Bldg. Rm 125

Instructor(s): Shirley Rodgers
Facilitator(s): Shirley Rodgers 233-4662

Many NKA members are part of the “Depression Babies” generation because they were children born just before or during the Great Depression. The purpose of this class is to gather recollections of their memories of the depression and its effect on parents and families.

The class will be self directed: In the initial meeting the participants would decide how they want to proceed and present their findings; following sessions will be scheduled by participants. The outcome will be some sort of presentation to other NKA members.

Serving Those Who Serve: Historical Review of Military Nursing (31)

Date(s)	Time	Location
Oct 7	3:30-4:30p	Cont. Ed. Bldg. Rm 125

Instructor(s): Dr. Linda Smith
Facilitator(s): Shirley McElprang 282-2789

This 50 minute program is not a boring history lesson. It is, rather, an exciting, colorfully graphic portrayal of the role professional nurses and other healthcare personnel have played during times of war and conflict. From the crusades and the first military nursing order, to the Revolutionary War, World Wars, Korean and Viet Nam conflicts, and more recently 9-11, Iraq, and Afghanistan, nurses have served tirelessly and courageously. Standards for nursing education and practice have been significantly affected and improved due to war and conflict.

This presentation will SHOW and tell of the heroic nurses who have given so much while serving those who serve.

Nurses are truly a beautiful band of Angels.

Kenya and the Journey of Wangari Maathai (32)

Date(s)	Time	Location
Oct 7	10-11a	Cont. Ed. Bldg. Rm 125
Oct 14	10-11:30a	Cont. Ed. Bldg. Rm 125

Instructor(s): Dr. Allen Jackson
Facilitator(s): Barbara Jackson 478-6876

Two class sessions on Kenya, the land and its people, and on the journey of an extraordinary woman.

The second session is a compelling DVD: *Taking Root – The Life, Trials, and Triumphs of Wangari Maathai, followed by discussion.*



Recommended paperbacks:
Unbowed – A Memoir, Wangari Maathai, 2006

The Challenge for Africa, 2009

WEDNESDAY continued

History of Idaho Politics: Fred T. Dubois (33)

Date(s)	Time	Location
Oct 14	3-4p	Cont. Ed. Bldg. Rm 125

Instructor(s): Richard Stallings
Facilitator(s): Rayna Valentine 233-7081

Mr. Stallings, a former Representative for the State of Idaho, will relate and discuss the political career of Fred Thomas Dubois, the controversial two-term representative from the newborn State of Idaho to the United States Senate.

Love Your Heart (34)

Date(s)	Time	Location
Oct 21	8:30-10:30a	957Hospital Way, Bldg. C Located south of Quail Ridge off Hospital Way

Instructor(s): Kara Birch
Facilitator(s): Carol Harsch 233-9865 or 251-2761

Ms. Birsch, a Community Cardiovascular Educator for the Portneuf Medical Center, will call you to schedule a 5-minute individual appointment to draw and do analysis of your blood. You will get a quick read-out of your HDL, LDL cholesterol, triglycerides and glucose during the 8:30 to 9:30 testing period. Please be on time for your appointment as it takes 6 to 10 minutes per person to run the tests.

You must fast for 10 hours prior to the test. NO food, coffee, tea, or caffeinated beverages after 10:00 PM the night before. Water is OK. A light snack will be available after your test.

The video presentation begins at 9:30. Our nurse instructor will give a presentation on heart risks and things you can do to improve your heart's health.

There is a limit for the class, but more classes can be arranged if needed.

Class limit: 30

Cost for the blood test is \$12 collected in class.

Understanding Reverse Mortgages (35)

Date(s)	Time	Location
Oct 21	2-3:30p	Cont. Ed. Bldg. Rm 125

Instructor(s): Tim Walker
Facilitator(s): César Sánchez 904-3194

Recent legislation has made reverse mortgages very popular and desirable for seniors owning a house. Many use reverse mortgages to increase income, to access money for the extras in life, healthcare and home improvement issues, and for cash reserves and legacy giving. Yet, reverse mortgages are not well understood and still subjected to misgivings.

Mr. Walker of Reverse Mortgage Center of Idaho will present a guide to reverse mortgages, how some seniors may benefit from the program and why it may not be right for some others' financial situation.

Anatomy of a Lawsuit (36)

Date(s)	Time	Location
Oct 28	10-11a	Cont. Ed. Bldg. Rm 125

Instructor(s): Tim Cheney
Facilitator(s): Sandra Noakes 251-2862

A basic description, explanation of the stages and process of a lawsuit. Brief discussion of some myths and realities of the process as well as some proposals for "reform."

Holistic Wellness (37)

Date(s)	Time	Location
Oct 28	1:30-2:30p	Cont. Ed. Bldg. Rm 125

Instructor(s): Sonya Harris
Facilitator(s): César Sánchez 904-3194

Ms. Harris, a holistic wellness consultant, will describe and demonstrate natural ways to improve health.

Her presentation will include hands-on learning, sample foods, and simple relaxation techniques.

WEDNESDAY continued

Demystifying Iran and Prospects for Engagement with Iran (38)

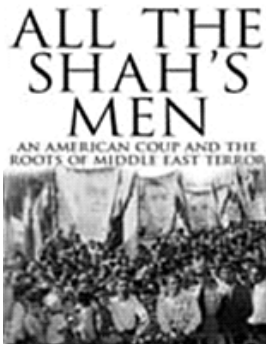
Date(s)	Time	Location
Nov 4, 11, 18	10–11a	Cont. Ed. Bldg Rm. 125

Instructor(s): Dr. Habib Sadid,
ISU Professor of Engineering
Facilitator(s): Dr. Allen Jackson 478-6876

Suggested paperbacks:

Hidden Iran by Ray Takeyh
All the Shah's Men by Stephen Kinzer

Dr. Sadid, a native Iranian, will provide a candid view of the land and people of Iran. He will describe Iran's internal politics and complex relations with other nations, especially the United States. He will discuss the prospect for an improved relationship and engagement of the U.S. with Iran as a participant in the global economy.



Fundamentals of Pool and Snooker (39)

Date(s)	Time	Location
Nov 4, 11, 18	1–2:30p	Senior Citizen Center 427 N 6 th Ave.

Instructor(s): Gary North
Facilitator(s): Jan McDougall 233-8424

Learn how to play pool and snooker, lots of time to practice hitting and sinking the balls. Come at noon to enjoy a delicious lunch.

Cost for people who are 60 or older \$4.00 donation.

Class limit 8

Reading Walt Whitman (40)

Date(s)	Time	Location
Nov 4, 11, 18	3–4:30p	Cont. Ed. Bldg. Rm 125

Instructor(s): H. Wayne Schow
Facilitator(s): Bill Brydon 233-4278

If you had to choose just one poet to represent the quintessential American spirit, Walt Whitman would be an appropriate pick. His poetry is expansive, energetic, vibrant, and affirmative. He is as relevant today as he was a century and a half ago. And for those daunted by arcane poetry, the good news is that he is quite accessible to common readers.

In this mini-course, we'll read some of Whitman's best-known and most representative poems, enough of them to get a sense of his subject matter, his style, of what makes him unique. Participants will read assigned poems in advance to prepare for discussion. We will also experience in our sessions some of the pleasure of reading aloud (with multiple readers) and hearing Whitman, without which dimension he cannot be appreciated fully. The course will culminate with a rigorous final exam (just kidding).

Text selection and advanced reading assignments to be announced.

The Philosophy of Numbers (41)

Date(s)	Time	Location
Dec 2	2–3:30p	Cont. Ed. Bldg. Rm 125

Instructor(s): César Sánchez
Facilitator(s): Amparo Sánchez 904-3194

The logic of mathematics is behind the elegant symmetries and the subtle manipulation of its symbolic elements. When approached in the right way, those elements can be loads of fun.

Playing with numbers is a game for all ages.

THURSDAY

We Love Line Dancing (42)

Date(s)	Time	Location
Sept 10 to Nov 19	5–6p	Cont. Ed. Bldg. Rm 162

Instructor(s): We Louie
Facilitator(s): Barbara Jackson 478-6876

This class is for intermediate level line dancers and above, **not** for beginners.

We Louie is an experienced line dance teacher. Come and join the fun of line dancing with We.

Class limit 20

Low Impact Creative Writing (43)

Date(s)	Time	Location
Sept 17 to Dec 3	2–3:30p	Cont. Ed. Bldg. Rm. 162

Instructor(s): Marg Griffin
Facilitator(s): Marg Griffin 233-1898

This is a class for the non-serious writer. New members are always welcome to join us in exploring the talent within ourselves. We enjoy each other and we laugh a lot. No homework! We forgive you if you cannot attend every class. Come when you can, paper in hand.

Framework for Understanding Poverty (44)

Date(s)	Time	Location
Sept 17, 24 Oct 1	11a–12:30p	Cont. Ed. Bldg Rm 125

Instructor(s): Rhonda Black
Facilitator(s): Donna Hillard 232-2398

The class is a brief look at Dr. Ruby Payne's book *A Framework to Understanding Poverty*. The purpose of the class is to gain a better understanding of the differences between the middle class and those in wealth and/or poverty. The class explores the differences in resources, language, values, and rules of those from the different classes.

Rummikub and Other Games (45)

Date(s)	Time	Location
Sept 17, 24 Oct 1, 8, 15	12:45–1:45p	Cont. Ed. Bldg Rm 162

Instructor(s): Donna Jordahl
Facilitator(s): Patricia McNamara 223-6511

In response to game players who previously deplored the early classes, we will now play Rummikub, Golf, UpWords, 10,000, and other card games, at a more civilized hour. Please join us for a relaxing hour of fun. Then stay and enjoy another hour of impromptu writing in the same room (if you wish.)

Class Limit 20

Square Dancing (46)

Date(s)	Time	Location
Sept 17, 24 Oct 8, 15, 29 Nov 5, 12, 19	7–9p	Sullivan's Mobile Home Park Rec. Hall 1935 S 5th

Instructor(s): Steve Sullivan
Facilitator(s): Betty Catterson 237-2507

Learn basic through intermediate square dancing steps. The class will cover how to square dance all positions (no partner necessary).

Square dancing is a physical, mental, social activity and fun exercise for all.

Wear comfortable clothing.



THURSDAY continued

Reader's Theatre--Stories From Beyond (47)

Date(s)	Time	Location
Sept 24	10–11a	Cont. Ed. Bldg Rm 162
Oct 1,8,15	10–11a	
Oct 29	2p	Cont. Ed. Bldg Rm 125

Instructor(s): Jean Anderson
Facilitator(s): Jane Riley 237-6801

Jean Anderson, former Marsh Valley Theatre Instructor, will assist our class in selecting Reader's Theatre material appropriate for a Halloween theme.

Program presentation: October 29, 2009, 2:00 PM, in room 125 of the ISU Continuing Education Building with the creative writing class.

Guests are welcome.

Preview to the Symphony: Season Opener (48)

Date(s)	Time	Location
Sept 24	4:45–5:45p	Cont. Ed. Bldg Rm 125

Instructor(s): Susan Hughes
Facilitator(s): Carol Harsch 233-9865

Susan Hughes will share her insights for the first concert of the season. This is the Symphony's *Diamond Anniversary*, 75 years of great music for Pocatello audiences. Mark Neiwirth is piano soloist. He will perform Beethoven's *Piano Concerto No. 4*. Also on the program is Giuseppe Verdi's *Overture to Nabucco*.

Ms. Hughes will tell about the composers and the pieces to be played on the concert the 2nd of October. Susan is the principal oboist and writes the program notes for the concerts.

Old Town Architecture (49)

Date(s)	Time	Location
Sept 24	6–7:30p	Downtown Pocatello Meet at the corner of Main and Center

Instructor(s): Jerry Myers
Facilitator(s): Marg Griffin 233-1898



Jerry Myers (of Whitman Hotel fame) has agreed to lead members on a walking tour of some historic architectural structures in Old Town Pocatello. The viewing of the structures is from the street only.

Plan to meet on the corner of Main and Center and wear your walking shoes.

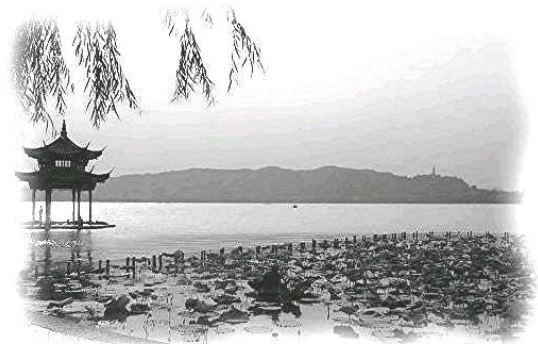
Class Limit 50

Speaking of China (50)

Date(s)	Time	Location
Oct 1	7–8p	Cont. Ed. Bldg Rm 125

Instructor(s): Jocelyn Eikenburg
Facilitator(s): Donna Jordahl 232-6496

Explore life in modern China on the sixtieth anniversary of the founding of the People's Republic of China, through the travels and experiences of Jocelyn Eikenburg, the American wife of a Chinese national.



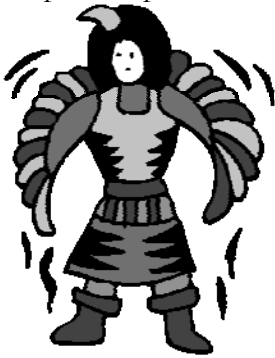
THURSDAY continued

Art of the Native American Indian (51)

Date(s)	Time	Location
Oct 8 & 15	9–11a	Cont. Ed. Bldg Rm 203

Instructor(s): JoAn Dilweg
Facilitator(s): Virginia Kelly 232-7417

The art of the Native American Indian took many forms and without a written language this was an important part of their culture. We will look at art



forms including basketry, beadwork, jewelry, pictographs, petroglyphs, Ledger drawings, Kachina dolls, etc. Art work by early artists such as George Catlin, Alfred J. Miller, John Clymer, Karl Bodmer, and Charles Russell will be available to view and discuss their

backgrounds and approach to recording the native people and events.

Convergys: It's Not What You Think It Is (52)

Date(s)	Time	Location
Oct 15	11a–12p	Cont. Ed. Bldg Rm 125

Instructor(s): Calissa Ceci
Facilitator(s): Marg Griffin 233-1898

Convergys is not the usual call center. In Pocatello it has only one client, Direct TV Satellite. The function of the operation is to service calls from that client. Employees make no soliciting phone calls. Convergys offers employment for 450-600 employees. Since many of the employees are ISU students, the company both helps with tuition and works around class schedules. The company also offers opportunities for older employees to work from home.

Ms. Ceci would be happy to arrange for a tour of the operation for those attending the class.

Shakespeare for Dummies (53)

Date(s)	Time	Location
Nov 5 & 12	9–11a	Cont. Ed. Bldg Rm.125

Instructor(s): JoAn Dilweg
Facilitator: Donna Hillard 232-2398

This class will learn about Shakespeare, his life and times in Stratford and London. Slides will be shown of Stratford and actors from the Royal Shakespeare Theatre. We will review and read selected scenes



from his sonnets and poetry, comedies and tragedies. Famous characters from his shows will be highlighted. Selected videos will be played (such as the "Moonlighting" version of "Taming of the Shrew"). Actors from ISU will present scenes. And then

the final question to be discussed—DID HE OR DID HE NOT WRITE EVERYTHING HE NOW GETS CREDIT FOR?

Arthritis--Fighting Back With Exercise (54)

Date(s)	Time	Location
Nov 5 & 12	11a–12p	Southeastern District Health Department

1901 Alvin Ricken Dr.
(next to the Veteran's Home)

Instructor(s): Tracy McCulloch, MHE
Facilitator(s): Shirley Rodgers 233-4662

This Arthritis Foundation exercise class is a fun way to strengthen and stretch muscles and improve range of motion. The activities can be performed either sitting or standing (you choose). Each class will have a few minutes devoted to tips about controlling arthritis.

THURSDAY continued

Preview to the Symphony: Winter Dreams (55)

Date(s)	Time	Location
Nov 5	5–6p	Cont. Ed. Bldg Rm 125

Instructor(s): Susan Hughes
Facilitator(s): Carol Harsch 233-9865

The November concert, *Winter Dreams*, features Russian composers Peter Ilyich Tchaikovsky and Serge Rachmaninov (Rachmaninoff).

Ms. Hughes will bring insights about the composers. The November 13th concert will feature Symphony No. 1, *Winter Dreams*, by Tchaikovsky, and *Rhapsody on a Theme of Paganini* by Rachmaninoff.

Susan is the principal oboist and writes the program notes for the concerts. She will explain the dynamics and structures of these compositions and will answer questions. Her talks are fun and intended to explain the music at the concert.



Holiday Cookie Exchange (56)

Date(s)	Time	Location
Nov 12	1pm	Cont. Ed. Bldg. Rm. 203

Class Coordinator(s): Jan McDougall 233-8424

Bring 3 dozen cookies and at least 15 copies of your recipe to exchange. We will sample the cookies. Be sure to bring a container to take your cookies home.

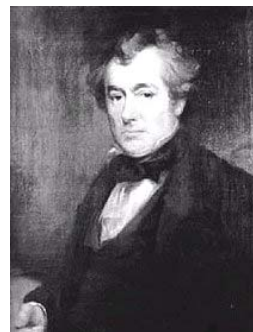
Class limit 20

Robley Dunglison, Physician to the Presidents (57)

Date(s)	Time	Location
Dec 3, 10	10–11a	Cont. Ed. Bldg. Rm.125

Instructor(s): Dr. Ron Hatzenbuehler
Dr. Bill Brydon
Facilitator(s) Barbara Bain 232-3415

In 1825, Dr. Dunglison was brought to the United States from England by Thomas Jefferson to head the department of Medicine and Anatomy at the newly founded University of Virginia. His contributions to American Medicine over the next 44 years are all but forgotten, but he was instrumental in establishing medical practice and research in our young country as a prominent world honored scientist. We will examine this man and his times.



FRIDAY

Fall Biking Tours (58)

Date(s)	Time	Location
Sept 4, 11, 18	10–11:30a	Cont.Ed. Pkg Lot.

Instructor(s): Pete Black
Facilitator(s): Donna Hillard 232-2398

Enjoy the beautiful fall weather on your bike!

The class will take rides on the Portneuf Greenway and around the Blackfoot Jensen Grove. Bring bike and water.

FRIDAY continued

Lunch and Games (59)

Date(s)	Time	Location
Sept 11	12-3p	Juniper Hills
Oct 9		Country Club
Nov 13		6600 Bannock Hwy.
Dec 11		

Coordinator(s): Pat Ringe 233-5494

Lunch starts at noon.

Cost of lunch at the Country Club: \$12.00, to be paid at the door.

Hand and Foot card game OR the dominoes Mexican Train game from 1:00 until 3:00 PM. No cost for the games.

Must sign up to participate each month.

Coordinator will verify attendance by placing a monthly telephone call to everyone who signs up for the class.

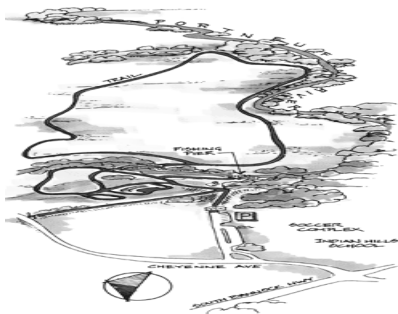
Fall Walks (60)

Date(s)	Time	Location
Sept 18 & 25	9:30a-12p	Cont. Ed. Pkg. Lot

Coordinator(s): Pauline Havens 234-8517
Shirley Rodgers 233-4662

Enjoy the fall season on walks with new and returning NKA members on local trails. Walks will be approximately 2 miles on various local trails.

Meet in the ISU Continuing Ed parking lot at 9:30 AM to share rides to the trail head.



Hiking the Trails (61)

Date(s)	Time	Location
Sept 25	9a-12p	Cont. Ed. Pkg. lot
Oct 2, 9, 16		

Coordinator(s): Donna Hillard 232-2398
Marjean Waford 237-4367

The group will meet in the parking lot of the ISU Continuing Education Building at 9:00 in the morning. In carpools we will drive to the selected location for the hike. The first week will be City Creek. We will let you know at the end of each hike where we are going for the next outing.

The trails are rather rough and hilly. Hikers are encouraged to go at their own pace. We suggest layered clothing, hats, sunscreen, water, and a snack. Sturdy walking shoes with good tread are recommended.

The Wartime Rhetoric of Winston Churchill (62)

Date(s)	Time	Location
Sept 18, 25	3-4:30p	Frazier Hall
Oct 2, 9, 16, 23		Room 216

Instructor(s): Bruce Loebis
Facilitator(s): C.J. Lammers 233-2191



When presenting Winston Churchill with honorary United States citizenship in 1963, President John F. Kennedy declared, *“In the dark days and darker nights when England stood alone, he mobilized the English language and sent it into battle. The incandescent quality of his words illuminated the courage of his countrymen.”* We will study the rhetoric of Winston Churchill by focusing on his stirring wartime speeches.

Class limit 40

FRIDAY continued

Play Preview: *Menaechmi* (63)

Date(s)	Time	Location
Sept 25	5–6p	Stephens Performing Arts Bistline Theatre

Instructor(s): Brett Harwood
Facilitator(s): Jane Riley 237-6801

Director Brett Harwood will share background information about Theatre ISU's presentation of the comedic Greek play *Menaechmi*.

Garden Tours in England and France (64)

Date(s)	Time	Location
Oct 2	10–11:30a	Cont. Ed. Bldg Rm 125

Instructor(s): Joan McCune
Facilitator(s): Pauline Havens 234-8517

Enjoy beautiful landscapes and gardens of England and France with PowerPoint. Joan McCune will share pictures of her trips to England and France with Purdue University Master Gardener's groups in 2007 and 2008.

Play Preview: *Playboy of the Western World* (65)

Date(s)	Time	Location
Nov 6	5–6p	Stephens Performing Arts Black Box Theatre

Instructor(s): Norm Schroder
Facilitator(s): Jane Riley 237-6801

J. M. Synge, Irish poet and dramatist, wrote *Playboy of the Western World*. Director Norm Schroder will share with us the history of this play and how Theatre ISU will present it.

Bringing GIS to ISU (66)

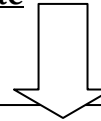
Date(s)	Time	Location
Dec 4	1–2:30p	Cont. Ed. Bldg Rm 125

Instructor(s): Bhushan Gokhale
Facilitator(s): Shirley Rodgers 233-4662

Geographic Information System (GIS) is being used in many academic, government, and business areas to integrate data geographically and facilitate decision support. Using GIS one can easily explore relationships, patterns and trends in geospatial data, in Google Earth for instance, as well as in MapQuest, 911 Emergency Systems and many others.

Mr. Gokhale will describe GIS/remote sensing basic concepts, the use of GIS/remote sensing in different fields, and the role of the GIS Center in helping the ISU GIS community.

...and a note



If a class fee is assigned to the class, the facilitator will coordinate the collection of the fee.

Please DO NOT include the class fee with your membership fees.

SEPTEMBER 09

		1	2	3	4	5			
		11-1 – Lunch&Games (Intro.)			10-11:30 – Fall Biking				
6	7	8	9	10	11	12			
Labor Day			7-8 – Criminal Law	5-6 – We Love Line Dancing	10-11:30 – Fall Biking 12-3 – Lunch and Games				
13	14	15	16	17	18	19			
	NKA semester starts 10-11 – Early Physicians 1-2 – International Cuisine 2-3 – Line Dancing 1 st Timers 3-4 – Line Dancing Beginners	9-12 – Line Dancing I, II, III 10-12 – Historical Museum 10-1 – Home &Medical Safety 1-2:30 – Pioneer Women	8:30-12 – Environmental Ch 1-2:15 – First Ladies 3-4 – Idaho Politics – Shoup 7-8 – Criminal Law	11:00-12:30 – Poverty 12:45-1:45 – Rummikub 2-3:30 – Creative Writing 5-6 – We Love Line Dancing 7-9 – Square Dancing	9:30 -12 – Fall Walks 10-11:30 – Fall Biking 3-4:30 – Winston Churchill				
20	21	22	23	24	25	26			
	9-12 – Woodcarving 10-11 – Early Physicians 1-2 – Ancient Dirt 2-3 – Line Dancing 1 st Timers 3-4 – Line Dancing Beginners	9-12 – Line Dancing I, II, III 1-2:30 – Pioneer Women	10-11:30 – Great Depression 1-2:15 – First Ladies 7-8 – Criminal Law	10-11 – Readers' Theatre 11:00-12:30 – Poverty 12:45-1:45 – Rummikub 2-3:30 – Creative Writing 4:45-5:45 – Symphony 5-6 – We Love Line Dancing 6-7:30 – Old Town Arch 7-9 – Square Dancing	9-12 – Hiking the Trails 9:30-12 – Fall Walks 3-4:30 – Winston Churchill 5-6 – Preview, Menaechmi				
27	28	29	30						
	9-12 – Woodcarving 10-11 – Early Physicians 1-2 – Ancient Dirt 2-3 – Line Dancing 1 st Timers 3-4 – Line Dancing Beginners	9-12 – Line Dancing I, II, III 1-2:30 – Pioneer Women	10-11:30 –Great Depression 1-2:15 – First Ladies						
MON		TUE		WED		THR		FRI	

OCTOBER 09

				1 10-11 – Readers' Theater 11:00-12:30 – Poverty 12:45-1:45 – Rummikub 2-3:30 –Creative Writing 5-6 – We Love Line Dancing 7-8 – Speaking of China	2 9-12 – Hiking the Trails 10-11:30 – Garden Tours 3-4:30 – Winston Churchill	3
4 9-12 – Woodcarving 10-11 – Early Physicians 2-3 – Line Dancing 1 st Timers 3-4 – Line Dancing Beginners 5-7 – PV Brewery	5 9-12 – Line Dancing I, II, III 10-11:30 – Constitutional Gov 1-2:30 – Pioneer Women 5-8 – Wine Tasting	6 10-11 – Kenya 1-2:15 – First Ladies 3:30-4:30 – Military Nursing 5-8 – Wine Tasting	7 9-11 Art, Native Americans 10-11 – Readers' Theatre 12:45-1:45 – Rummikub 2-3:30 –Creative Writing 5-6 – We Love Line Dancing 7-9 – Square Dancing	8 9-12 – Hiking the Trails 12-3 – Lunch and Games 3-4:30 – Winston Churchill	9	10
11 9-12 – Woodcarving 1-2 – Train to Potevka 2-3 – Line Dancing 1 st Timers 2:30-3:30 – Gutenberg 3-4 – Line Dancing Beginners	12 9-12 – Line Dancing I, II, III 10-11:30 – Constitutional Gov 1-2:30 – Pioneer Women 4-5:30 – Just Because, Title IX	13 10-11:30 – Kenya 1-2:15 – First Ladies 3-4 – Idaho Politics - Dubois	14 9-11 Art, Native Americans 10-11 – Readers' Theatre 11-12 – Convergys 12:45-1:45 – Rummikub 2-3:30 –Creative Writing 4-5:30 – Just Because, Title IX 5-6 – We Love Line Dancing 7-9 – Square Dancing	15 9-12- Hiking the Trails 3-4:30 – Winston Churchill	16	17
18 9-12 – Woodcarving 1-2 – Endangered Children 2-3 – Line Dancing 1 st Timers 3-4 – Line Dancing Beginners	19 9-12 – Line Dancing I, II, III 4-5:30 – Wine & Cheese	20 8:30-10:30 – Love Your Heart 2-3:30 – Reverse Mortgages	21 2-3:30 –Creative Writing 5-6 – We Love Line Dancing	22 3-4:30 – Winston Churchill	23	24
24 9-12 – Woodcarving 1-2 – Endangered Children 2-3 – Line Dancing 1 st Timers 3-4 – Line Dancing Beginners	26 9-12 – Line Dancing I, II, III 10-11:30 – Constitutional Gov 1-2:30 – STDs After 50 1-3 – Medicare 101	27 10-11: – Anatomy Lawsuit 1:30-2:30 – Holistic Wellness	28 2 --- Theatre Presentation 2-3:30 –Creative Writing 5-6 – We Love Line Dancing 7-9 – Square Dancing	29 <i>ISU Health Care Conference</i>	30	31

MON	TUE	WED	THR	FRI
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NOVEMBER 09

		3	4	5	6	7	
	9-12 – Woodcarving 10-11:30 – Athletic Trainer 2-3 – Line Dancing 1 st Timers 3-4 – Line Dancing Beginners	9-12 – Line Dancing I, II, III 1-3 – Idaho 2009 Legislature	10-11 – Demystifying Iran 1-2:30 – Pool/Snooker 3-4:30 – Walt Whitman	9-11 – Shakespeare 11-12 – Arthritis 2-3:30 – Creative Writing 5-6 – We Love Line Dancing 5-6 – Symphony 7-9 – Square Dancing	5-6 – Playboy of the WW		
8	9	10	11	12	13	14	
	9-12 – Woodcarving 10-11:30 – Athletic Trainer 2-3 – Line Dancing 1 st Timers 3-4 – Line Dancing Beginners	9-12 – Line Dancing I, II, III 1-2:30 – How Nervy Are You? 4-5:30 – Wine & Cheese	10-11 – Demystifying Iran 1-2:30 – Pool/Snooker 3-4:30 – Walt Whitman	9-11 – Shakespeare 11-12 – Arthritis 1-2 – Cookie Exchange 2-3:30 – Creative Writing 5-6 – We Love Line Dancing 7-9 – Square Dancing	12-3 – Lunch and Games		
15	16	17	18	19	20	21	
	9-12 – Woodcarving 10-11:30 – Athletic Trainer 2-3 – Line Dancing 1 st Timers 3-4 – Line Dancing Beginners	9-12 – Line Dancing I, II, III 1-2:30 – How Nervy Are You? 3-4:30 – Emotional Intelligence	10-11 – Demystifying Iran 1-2:30 – Pool/Snooker 3-4:30 – Walt Whitman	2-3:30 – Creative Writing 5-6 – We Love Line Dancing 7-9 – Square Dancing			
22	23	24	25	26	27	28	
	9-12 – Woodcarving 2-3 – Line Dancing 1 st Timers 3-4 – Line Dancing Beginners	9-12 – Line Dancing I, II, III	<h2>thanksgiving break</h2>				
29	30						
	9-12 – Woodcarving						
MON	TUE	WED	THR	FRI			

DECEMBER 09

1

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2-3:30 –Philosophy, Numbers

10-11 – Robley Dungleison

2-3:30 –Creative Writing

1-2:30 – Bringing GIS to ISU

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9-12 – Woodcarving

10-11 – Robley Dungleison

12-3 – Lunch and Games

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9-12 – Woodcarving

semester ends

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MON

TUE

WED

THR

FRI

MONDAY	1. Ancient Dirt	
	2. Don Aslett Museum	
	3. Early Pocatello Physicians	
	4. Endangered Children	
	5. Gutenberg and the Printed Word	
	6. International Cuisine (Intro)	ACTIVITY
	7. Line Dancing 101 (First Timers and Beginners)	ACTIVITY
	8. Memories of an Athletic Director	
	9. Train to Potevka	
	10. Wood Carving	ACTIVITY

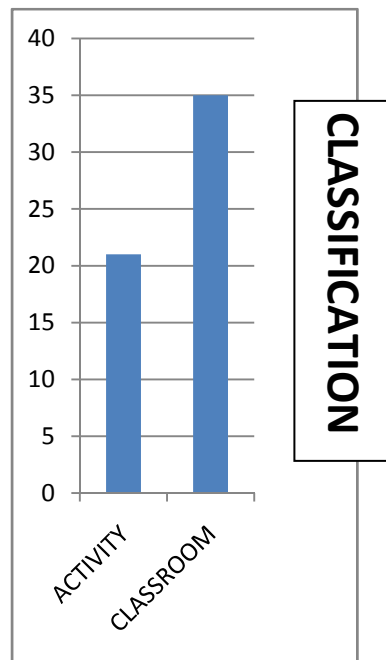
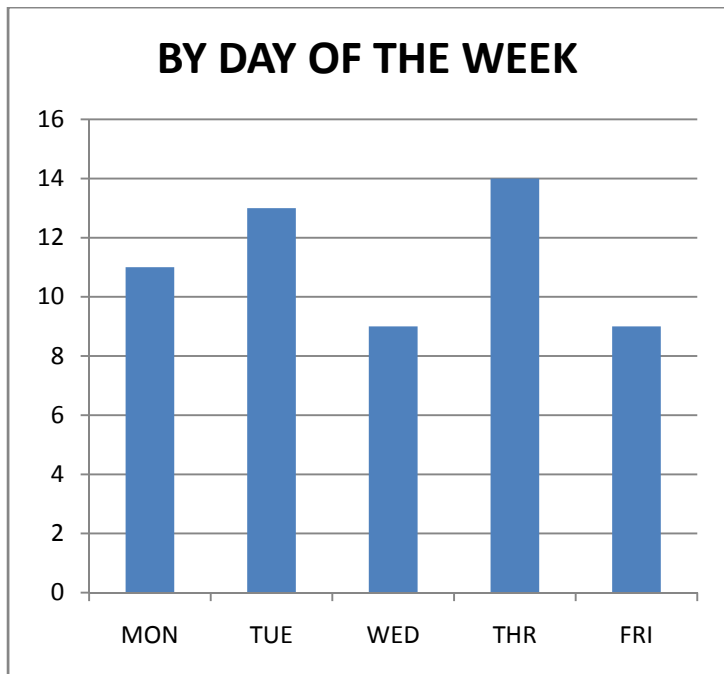
TUESDAY	11. Art of the American Indian	
	12. Emotional Intelligence	
	13. Historical Museum and Fort Hall Replica	
	14. How Nervy Are You?	
	15. Kenya and the Journey of Wangari Maathai	
	16. Line Dancing 201 (Level I, Level II, and Level III)	ACTIVITY
	17. Lunch and Games (Instructional Session)	ACTIVITY
	18. Medicare 101	
	19. Pioneer Women	
	20. STDs After 50	
	21. Wine and Cheese Tasting	ACTIVITY

WEDNESDAY	22. Anatomy of a Lawsuit	
	23. Demystifying Iran	
	24. Depression	
	25. Environmental Challenges	
	26. First Ladies and Their Presidents	
	27. Fundamentals of Pool and Snooker	ACTIVITY
	28. Holistic Nutrition	
	29. Love Your Heart	
	30. Reading Walt Withman	

THURSDAY	31. Arthritis: Treat with Exercise	
	32. Convergys: It's Not What You Think It Is	
	33. Cookie Exchange	ACTIVITY
	34. Creative Writing	

	35. Stories From Beyond (Reader's Theatre)	
	36. Framework for Understanding Poverty	
	37. Old Town Architecture	ACTIVITY
	38. Rummikub, Golf, Upwords, and Other Games	ACTIVITY
	39. Shakespeare for Dummies	
	40. Square Dancing	ACTIVITY
	41. Symphony Previews (Opener and Winter Dreams)	
	42. Title IX	
	43. We Love Line Dancing	ACTIVITY

FRIDAY	44. Fall Biking	ACTIVITY
	45. Gardens of England and France	
	46. GIS	tentative time
	47. Hiking the Trails	ACTIVITY
	48. Lunch and Games	ACTIVITY
	49. Play Previews (Menaechmi, Playboy od the WW)	ACTIVITY
	50. Walking	
	51. Winston Churchill	



New Knowledge Adventures
Fall 2009
Registration and Membership Form

Name _____ New Member _____
 Address _____ Previous Member _____
 City/State/Zip _____
 Daytime Phone _____ E-Mail _____
 Evening Phone _____ Preferred method of contact Phone _____ or E-mail _____
 Preferred method of registration receipt: mailed _____ or e-mailed _____

- | | |
|--|--|
| 1. __ International Cuisine (Planning)
2. __ Line Dancing for "First Timers"
3. __ Line Dancing for Beginners
4. __ Early Pocatello Physicians
5. __ Endangered Children and Potential Victims
6. __ Woodcarving
7. __ Get the Dirt About Ancient Dirt
8. __ Portneuf Valley Brewery Pizza and Beer Tasting
9. __ Train to Potevka
10. __ Gutenberg: Remade the World With Words
11. __ Memories of an Athletic Trainer
12. __ Lunch and Games (Introduction)
13. __ Line Dancing for Guys and Gals I,
b. __ Line Dancing for Guys and Gals II
c. __ Line Dancing for Guys and Gals III
14. __ Bannock County Historical Museum
15. __ Home and Medical Safety for Seniors
16. __ American Pioneer Women
17. __ Constitutional Government
18. __ Wine Tasting at the Grapevine Oct. 6
b. __ Wine Tasting at the Grapevine Oct 7
19. __ Just Because I am a Girl (Title IX)
20. __ Wine and Cheese Tasting Oct. 20
b. __ Wine and Cheese Tasting Nov. 10
21. __ Medicare 101
22. __ STD's After 50: Sex Among Seniors
23. __ Insights of the Idaho 2009 Legislature
24. __ How Nervy Are You?
25. __ Emotional Intelligence
26. __ Criminal Law
27. __ Environmental Challenges in Southeastern Idaho
28. __ First Ladies and Their Presidents
29. __ History of Idaho Politics: George L. Shoup
30. __ Memories of the Great Depression
31. __ Serving Those Who Serve (Military Nursing)
32. __ Kenya and the Remarkable Journey of W. Maathai | 33. __ History of Idaho Politicians: Fred T. Dubois
34. __ Love Your Heart
35. __ Understanding Reverse Mortgages
36. __ Anatomy of a Lawsuit
37. __ Holistic Wellness
38. __ Demystifying Iran
39. __ Fundamentals of Pool and Snooker
40. __ Reading Walt Whitman
41. __ The Philosophy of Numbers
42. __ We Love Line Dancing
43. __ Low Impact Creative Writing
44. __ A Framework for Understanding Poverty
45. __ Rummikub and Other Games
46. __ Square Dancing
47. __ Reader's Theatre—Stories From Beyond
48. __ Preview to the Symphony: Season Opener
49. __ Old Town Architecture
50. __ Speaking of China
51. __ Art of the Native American Indian
52. __ Convergys: It's Not What You Think It Is
53. __ Shakespeare for Dummies
54. __ Arthritis—Fighting Back With Exercise
55. __ Preview to the Symphony: Winter Dreams
56. __ Holiday Cookie Exchange
57. __ Robley Dunglison, Physician to the Presidents
58. __ Fall Biking Tours
59. __ Lunch and Games Sept. 11
b. __ Lunch and Games Oct 9
c. __ Lunch and Games Nov 13
d. __ Lunch and Games Dec 11
60. __ Fall Walks
61. __ Hiking the Trails
62. __ The Wartime Rhetoric of Winston Churchill
63. __ Play Preview: Menaechmi
64. __ Garden Tours in England and France
65. __ Play Preview: Playboy of the Western World
66. __ Bringing GIS to ISU |
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Registration due by August 28 , 2009

Registration by mail
 Idaho State University
 Division of Continuing Education
 921 S 8th Ave. STOP 8062
 Pocatello ID 83209-8062
 Or in person at 1001 N 7th Ave. Suite 202
 Phone 208-282-2789 or 208-282-3155
 FAX: 282-5894 ATTN Shirley

Membership fees due at the time of REGISTRATION:

\$30 per person/per semester \$ _____
 Parking fee \$5.00 \$ _____
 Total Due \$ _____

Additional fees may be collected prior to the course start date, they **ARE NOT** to be included with the registration fees.



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