

Expo time

Fly-Fishing Expo returns to Idaho Falls for 22nd year: C1

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THURSDAY

April 16, 2015

College costs

Tuition and fees at EITC, ISU to increase **B1**



On the job deaths

Two eastern Idaho businesses fined by OSHA after fatal accidents **B1**



Rockets beat Jazz 117-91

Utah loses last game of regular season **A9**



Building A BETTER YOU

Photos by Monte LaGrange / mlagrangex@postregister.com

Fitness instructor Betsy Keller, left, makes sure student Jennie Weitzel uses proper technique during a pilates class at the Idaho Falls Recreation Center on Wednesday afternoon.

Adult classes, workshops offer fitness, education and just plain fun

By KAREN SARITA INGRAM
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Education is important for children to help them realize their potential. Adults in Idaho Falls are finding the same holds true at any age.

"They have to start somewhere," Betsy Keller said.

Keller is a fitness instructor for classes sponsored by the city of Idaho Falls. The wide variety of classes and workshops were launched last fall.

The city's fitness classes are among an array of self-help and self-improvement classes throughout Idaho Falls. Classes and workshops are available at the Idaho Falls Public Library and Art Museum of Eastern Idaho, as well as a variety of local businesses.

■ The self-improvement classes are open to people of all ages

CLASSES Continued Page A3



Jennie Weitzel participates in a pilates class at the Idaho Falls Recreation Center on Wednesday afternoon.

"You meet friends that you have something in common with. It becomes like a little family."

BETSY KELLER
fitness instructor

YMCA class rates

\$4.50 for a day or \$38 for a 10-day pass for adults

\$3.75 for a day or \$31 for a 10-day pass for seniors

Progress is made on update to No Child Left Behind

■ Senate committee hammering out a bipartisan compromise

WASHINGTON (AP) — A Senate committee made progress Wednesday on a bipartisan update to the No Child Left Behind education law with a final vote expected Thursday afternoon.

In all, the committee has passed 24 amendments and defeated six. Dozens more amendments were debated but withdrawn as lawmakers sought to find common ground and leave some of the tougher fights for later.

Lawmakers are intent on ensuring that schools continue to use annual standardized tests to measure student performance. But they are moving toward letting states determine how much weight to give the tests in evaluating school performance.

The move is in response to frequent criticism that the federal government is playing too great a role in shaping what is taught in the classroom.

Amendments approved Wednesday tended to focus on renewing programs designed to help low-income children or those with special needs.

For example, lawmakers voted to renew a program that helps poor students qualify and pay for taking college-level classes while in high school. Lawmakers also renewed a grant program that trains teachers to identify and reach out to gifted children, particularly in poor schools where the students can get overlooked.

An extended debate over school bullying helped push

■ Lawmakers have changed the name of the law for 2015

PROGRESS Continued on Page A3

CLASSES

From Page A1

Getting, staying fit

Keller and instructor Brenda Stewart started teaching the classes in October. Keller teaches pilates and aqua zumba while Stewart leads yoga classes. Both also are fitness instructors at the YMCA.

"Fitness works. Even if they just start two days a week, it helps," Keller said.

The classes are open to people of any age and skill level.

"You meet friends that you have something in common with. It becomes like a little family," Keller said.

P.J. Holm, recreation superintendent, said class participants can buy a one-day pass for \$4.50 or a 10-day pass for \$38. Seniors age 60 and older pay \$3.75 for one day or \$31 for 10 days.

The 10-day pass can be used at any of the fitness classes, so students can try aqua zumba one day and pilates the next.

"We offer sports programs for youth and adults and I felt like ... group fitness was something that was missing," Holm said. "I think you can start your fitness journey at any age."

Beginning May 5, Stewart also will lead a free walking class around the greenbelt.

"A lot of people want to walk, but don't want to go alone," she said.

Learning with a purpose

While getting in shape is a common goal for many people, some are focused on other areas, such as education. Returning to school can be complicated for adults.

"We've had some students who have been working in their area for years who have to get their GED because they're changing jobs," said Cecilia Flores, receptionist at the Adult Learning Center.

The Adult Learning Center, located in Room 340 on the Eastern Idaho Technical College campus, offers free adult classes to prepare for college, learn English as a second language or take the GED test.

Students take a pre-test to assess their level and are placed in classes to work on the areas in which they need improvement, Flores

said.

English as a second language classes generally run three months, while GED preparation classes are eight-weeks long.

After students complete the classes, they re-take the pre-test to see how they've improved. If necessary, they are placed in another, more advanced class, and step up gradually until they are ready to take the exam.

"They can get a better job when they get a GED," Flores said. "A lot of employers require it."

Learning just for fun

For others, continued

learning is something undertaken just for fun. A variety of Idaho Falls businesses and organizations offer classes and workshops, some of which feature free enrollment.

Natural Grocers, 1270 E. 17th St., offers healthy cooking demonstrations. The Sugar Shell 3195 N. Yellowstone Highway, offers gum pasting classes with Certified Sugar Artist Amy Marsh for people who want to learn how to create flowers and other cake decorations. Park Avenue Mercantile, 312 Park Ave., teaches customers the art of brewing beer.

Red Clover Herbs and

Market, 1655 S. Woodruff Ave., holds regular classes that deal with a variety of subjects, from foraging for fresh herbs in their backyards to maintaining pH balance. The classes are taught by certified doctors and experts from Idaho and surrounding areas.

Liesl Vosika, co-owner of Red Clover Herbs and Market, said one of its most popular classes is aromatherapy. The class is taught every other month by Holly Draper of Lindon, Utah. Draper's next class, June 9, will cover the immune and lymphatic systems.

"Her classes give a lot of information. She's the most

knowledgeable person I know," Vosika said.

Draper is an aromatherapist certified by the National Association of Holistic Aromatherapy and the Alliance of International Aromatherapists.

"All of my classes are free. I love helping people," Draper said. "There's so many people who teach (aromatherapy) incorrectly. There's not that many people with my level of certification."

Stocks of Local Interest — Wednesday, April 15, Close

Name	Open	Close	Range	Name	Open	Close	Range
AnBshInbev	125.35	124.60	124.01/125.47	MrtinMarietta	138.81	142.18	138.53/143.30
CenturyLink	35.70	36.19	35.66/36.38	Micron Technlgy	28.00	28.17	27.88/28.45
Chev. Texaco	109.80	110.41	109.38/110.69	Office Depot	9.33	9.26	9.25/9.41
ConAgra Foods	37.82	37.57	37.48/37.99	PepsiCo	96.74	96.63	96.50/97.30
Exxon Mobil	87.23	88.08	87.14/88.53	PrkinsElmer Inc	51.24	51.36	51.18/51.46
GnrlDynamics	133.64	132.60	132.48/134.42	ShrwnWilliams	291.36	288.73	287.40/292.31
Gnrl Electric	27.69	27.46	27.43/27.85	Union Pacific	110.19	107.40	107.39/110.53
Home Depot	114.58	113.45	113.38/115.21	U.S. Bancorp	43.11	43.43	43.04/43.88
IdaCorp	62.29	62.33	62.21/62.93	Viacom	70.00	70.45	69.55/70.84
KeyCorp	14.07	14.19	14.06/14.29	Wal-Mart	80.58	79.74	79.65/80.98
Kroger	75.30	73.91	73.88/75.49	Wells Fargo	54.37	54.81	54.19/54.91
LckheedMrtin	198.27	197.21	197.04/199.46				



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DOORBUSTER 59.99
SUITS
Reg. \$200-\$320, after 2pm: 69.99.
Pantsuits & skirtsuits from Le Suit & more. Misses & petites. ★ 2048511.
Women's prices slightly higher.

DOORBUSTER 60% OFF
CARTER'S PLAYWEAR
Doorbuster 4.80-11.20.
Reg. \$12-\$28, after 2pm: 7.20-16.80.
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Infants' 3-24 mos. ★ 1945324.

DOORBUSTER
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Doorbuster \$38-243.75. Reg. \$95-\$650, after 2pm: 47.50-\$325. Selections from Tommy Hilfiger, our Tasso Elba & more.

DOORBUSTER 54.99
SNEAKERS FOR HER
Reg. \$79-79.99, after 2pm: 69.99.
From a famous American designer. 5-10, 11M. From top: ★ 715653 & ★ 1129600.

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BRAS
Reg. \$33-\$40 ea., after 2pm: buy 1, get 75% off 2nd. From Maidenform* ★ 574131. Panties. Doorbuster 5 for 19.99. Reg. \$8-\$12 ea., after 2pm: 3 for 18.99. ★ 986935.

DOORBUSTER 49.99
DIAMOND HOOPS
Reg. \$200, after 2pm: \$75.
1/2 ct. t.w.* rose-cut in 18k gold over sterling silver (★ 1865171) or sterling silver (★ 1865172).

DOORBUSTER
59.99 TAG 5-PC. SET
Reg. \$200, after 2pm: 99.99.
New & only at Macy's.
Springfield luggage.
★ 1611059.

DOORBUSTER \$169
DIAMOND STUDS
Reg. \$550, after 2pm: 288.75. 3/8 ct. t.w.* in 14k white gold.
★ 734775.

DOORBUSTER \$199
DIAMOND BRACELET
Reg. \$600, after 2pm: \$315.
1ct. t.w.* in sterling silver.
★ 1111975.

DOORBUSTER \$499
DIAMOND RING
Reg. \$1200, after 2pm: \$630. 1 1/4 ct. t.w.* in sterling silver. ★ 619547.

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Reg. \$170-\$190, after 2pm: 79.99. Only at Macy's.
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For example: Cuisinart, #DCC1200 (★ 62864).

DOORBUSTER 15.99
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