



FALL 2016

September 14—November 3

501-225-6073 / info@lifequestofarkansas.org

Classes held at Second Presbyterian Church, 600 Pleasant Valley Dr., Little Rock

REGISTRATION FEE: \$65 by Sept. 2 - \$75 afterward

Note: Registration covers all Wednesday & Thursday classes for the entire 8 week term.

Some classes require an additional class fee.

Register AND pay online at www.lifequestofarkansas.org

NEW MEMBER COFFEE & ORIENTATION:

Wed., Sept. 7, 9:30—10:30 a.m. 600 Pleasant Valley Drive

WEDNESDAY CLASSES:

8:30 a.m. - 9:50 a.m.

HABLAMOS MAS ESPANOL! (1.5 hrs)

Marcie Smith, Instructor; Nancy I. Smith, Coordinator
For people with some experience speaking Spanish.

9:00 a.m. - 9:50 a.m.

BEHIND THE HEADLINES

John Brummett, Instructor
Lively commentaries on state and national politics with this popular Arkansas Dem-Gaz op-ed columnist.

9:00 a.m. - 10:50 a.m.

KNITTING & SHARING (2 hrs)

Share your knitting knowledge and learn from others.

9:00 a.m. - 11:50 a.m.

BASIC DRAWING (3 hrs)

Bill Fulton, Instructor; Marietta Kehler, Coordinator
Watch demos and learn art techniques while engaging with beginner and experienced artists. Topics remain the same, but lessons are changed so the class can be repeated. Bring paper, pencil, and an eraser to a class. You may also bring pictures of personal interest to draw.

- | | |
|----------|--|
| Sept. 14 | Supplies & Beginning Techniques
(Grid or Tracing) |
| Sept. 21 | Shading for Dimension and Coloring |
| Sept. 28 | Perspective (1, 2, 3, 4 Point Perspective) |
| Oct. 5 | Houses & City Scenes |
| Oct. 12 | Still Life, Flowers, and Trees |
| Oct. 19 | Drawing People and Hair |
| Oct. 26 | Drawing Animals |
| Nov. 2 | Nature Landscapes |

EXPERIENCED WATERCOLOR (3 hrs)

Nan Renaud, Instructor; Marietta Kehler, Coordinator
Watercolor exploration for painters with experience. Bring tablecloth, paints, brushes, paper, and easel.
Enrollment limited to 20. A watercolor studio (no instruction) is also available during this time.

10:00 a.m. - 10:50 a.m.

COMPOSERS IN THE MOVIES

David Miller, Ph.D, Instructor; Phil Wittman, Coordinator
Host of "Swingin' Down the Lane," the big band program broadcast weekly on NPR, presents a screening of two movies about the lives of composers. "Words and Music" traces the association between Richard Rodgers and Lorenz Hart. In "Three Little Words," Fred Astaire and Red Skelton portray composing team Bert Kalmar and Harry Ruby.

GREAT BOOKS A.M.

William E. Moore, Instructor; Bob Moore, Coordinator
Read and discuss as a group selections of great literature by classic and modern authors.
Materials fee = \$10. Enrollment limited to 16.

HOW DOES A POEM MEAN

Bonnie Melchior, Instructor; Shelley Wold, Coordinator

Sept. 14	Experiencing a Poem—Connotation
Sept. 21	How Rhythm and Order Make Meaning
Sept. 28	How Rhythm and Order Make Meaning II
Oct. 5	Order and Surprises
Oct. 12	Allusions and Parody
Oct. 19	Translation
Oct. 26	Persona and Dramatic Monologues
Nov. 2	Jo McDougall—Performing Poetry

KING JAMES: HIS BIBLE, HIS TIMES, AND THE GLORIOUS REVOLUTION

Rev. David H. Dyer, Instructor
The life of James I of England and of his son, Charles I, set the stage not only for modern England but for the American Revolution. With the passing of the Elizabethan era and the arrival of the Stuarts, life entered the modern era for English speaking people, in language, religion, politics, and the manners of ordinary life. This class will outline those changes with an eye to how they enabled, predicted, and laid the foundations of our country and our times.

Wednesday classes continued
10:00 a.m. - 10:50 a.m.

POST-IMPRESSIONISM: A DIFFERENT AGENDA

Jeanne-Marie Meyer, Instructor; Ann West, Coordinator

Increase your knowledge of Post Impressionism and several artists associated with the *Belle Epoque*.

- Sept. 14 Elements of Art
- Sept. 21 Principles of Design
- Sept. 28 Manet & Impressionism
- Oct. 5 Post-Impressionism
- Oct. 12 Paul Gauguin and Vincent Van Gogh
- Oct. 19 Neo Impressionism
- Oct. 26 Paul Cezanne
- Nov. 2 Artists after Post-Impressionism

SPANISH—LEVEL II

Isabel Adams, Instructor; Shelley Wold, Coordinator

Learn new vocabulary, increase your conversational skills and comprehension, and discover more about the cultures of the Spanish-speaking countries. Text—Spanish Conversation by Jean Yates.

11:00 a.m. - 11:50 a.m.

FAMOUS MURDERS

Various Presenters; Dick Williams, Coordinator

- Sept. 14 Maud Crawford—Fred Ursery
- Sept. 21 Manson Family—Dick Williams
- Sept. 28 Abby & Andrew Borden (Lizzie)—Dent Gitchel
- Oct. 5 Ron Orsini & Alice McArthur—Phil Kaplan
- Oct. 12 Bobby Franks (Loeb & Leopold)—Bill Wilson
- Oct. 19 Frank Steunenberg (Big Trouble)—Pat Goss
- Oct. 26 Cullen Davis Murders—Fred Ursery
- Nov. 2 The Zodiac Killer—Bob Cabe

FOLK MUSIC THEMES AND HUMAN EXPERIENCE

Various Presenters; Ralph McKenna, Coordinator

Examine how folk musicians have addressed significant issues in human experience through their music, with a particular focus on emotional understanding.

- Sept. 14 Course Intro—Ralph McKenna
- Sept. 21 War & Peace—Joe Lombardi
- Sept. 28 Earth & Environment—Rich Roy
- Oct. 5 Blues & Death—Micky Rigby
- Oct. 12 Love and Commitment; Social and Political Satire—Ralph McKenna
- Oct. 19 Home & Family—Rich Roy
- Oct. 26 Friendships—Joe Lombardi
- Nov. 2 English Influences; Hootenanny—Micky Rigby

SPORTS TALK

Various Presenters; Phil Wittman, Coordinator

Discussion of Razorback football/basketball and other topics with special guests: Trey Mallett, Steve Sullivan, David Raath, Richard Davenport and others.

Wednesday classes continued
11:00 a.m. - 11:50 a.m.

GEOGRAPHY OF FOOD

Dr. Gerald Hanson, Instructor; Sandra Hanson, Coord.

- Sept. 14 Challenges to Food Production Around the World
- Sept. 21 Issues: Undernutrition, Food Aid, and Environmental Challenges
- Sept. 28 Industrial Farming: Feeding the Animals and Pesticide Use
- Oct. 5 Who is Working the Land? Rural Farmers and Urban Farmers
- Oct. 12 Agricultural Bio-Diversity and Sustainable Agriculture
- Oct. 19 Food Is Trade! What Goes Where and to Whom
- Oct. 26 Food Processing: Staple Foods, Changing Diets, Nutrition & Food Marketing Strategies
- Nov. 2 Consumer Issues: Organic Food and Eating Out

INFECTIOUS DISEASES

Various Presenters from UAMS; Melanie Pilcher, Coord.

- Sept. 14 Introduction/Immunization Update—Melanie Pilcher, Pharm. D.
- Sept. 21 Antibiotics Issues—Kelly Garner, MPH, MLS
- Sept. 28 Zika Virus Update—Susan Weinstein, DVM, MPH
- Oct. 5 HIV/AIDS/STD/HepC 101—Charles Bedell, MD, MPH
- Oct. 12 Travel Vaccines, Medicines, Advice—Jennifer Dillaha, MD
- Oct. 19 Infection Prevention—What's YOUR Function—Pam Higdem, RN
- Oct. 26 Foodborne Diseases/Food Safety—Stewart Matthews, MPH
- Nov. 2 Fascinating Update on Polio—Jennifer Dillaha, MD

SACRED SOUNDS IN SACRED SPACES

Jay Fredrich, Instructor; Betty French, Coordinator

This course couples images of medieval cathedrals, abbeys and other great churches with the music performed in them.

- Sept. 14 St. Mark's & Lincoln Cathedrals
- Sept. 21 Westminster & Durham Cathedrals
- Sept. 28 Liturgical Music Revisited
- Oct. 5 Washington National Cathedral & Others
- Oct. 12 King's College Chapel, Ely Cathedral
- Oct. 19 Requiems
- Oct. 26 Oratorios
- Nov. 2 Anthems, Cantatas, Hymns & Motets

Wednesday Classes Continued

12:00 p.m.—1:00 p.m.

LUNCH PROGRAMS

Phil Wittman, Coordinator

- Sept. 14 Kathleen Purcell—Senior Medicare Patrol
Sept. 21 Educational Program
Sept. 28 Pianist—Giovanni Antipolo
Oct. 5 Founders' Day—LifeQuest Celebrates 35
Years with Guest Speaker, Skip Rutherford,
Dean, Clinton School of Public Service
Oct. 12 Elder Hostel—Bob Alexander
Oct. 19 Fiddler—Bill Thurman
Oct. 26 State Health Insurance Information Program
Nov. 2 Piano & Vocalist—Jerry Jacobson

1:15 p.m. - 2:15 p.m.

COSMOS, BIOS, THEOS: The Really Big Questions in Science and Theology: Which Way to Reality?

Fred Silva, M.D., Instructor; Sandy Hanson, Coordinator

Lecture will be held from 1:15 to 2:15 p.m. Optional discussion to follow.

- Sept. 14 What is science? What is theology? What are the relationships? Can they work together?
Sept. 21 Cosmology/Genesis/The Big Bang: How did the universe begin? What is its purpose? Where is God?
Sept. 28 Physics: The laws of nature & miracles; Quantum physics and the God particle
Oct. 5 Evolution: Darwin or God? Origin of life; Dust or DNA?
Oct. 12 The Brain: Cognitive science of religion; Free will—do we have it? Can science explain religion?
Oct. 19 Truth/Morality/The Soul: Is science or religion "The Way"?
Oct. 26 Genetics/The God Gene/Designer Children: Stem cells; The brave new world of molecular enhancement surgery
Nov. 2 Summary: Conclusions; Questions; Did matter give rise to consciousness or consciousness give rise to matter?

GAMES FOR FUN

Bridge for Fun, Scrabble, and Mah Jongg! Please indicate the game you intend to play on your registration form.

GREAT BOOKS P.M.

William E. Moore, Instructor, Bob Moore, Coordinator

Read and discuss as a group selections of great literature by classic and modern authors.

Materials fee = \$10. Enrollment limited to 16.

TELL YOUR OWN STORY

Joy Jones & Tina Coffin, Instructors; Shelley Wold, Coord.

Everyone has lived an interesting life, although sometimes it doesn't seem so to the writer. Surprise yourself and write it all down. We'll show you how. Your family will love and appreciate it!

Wednesday Classes Continued

1:15 p.m.—2:15 p.m.

ZENTANGLE CONTINUED (1 hr; 1:15—2:15)

Ann Filiatreau, Instructor

Foster your creativity, focus and relaxation with the Zentangle method. This class is a continuation of the beginner's class offered during SummerQuest 2016. Some experience is required. **Enrollment limited to 20.**

ZUMBA GOLD

Teresa Chidester, Coordinator

Exercise to Latin music. All levels.

1:15 p.m. - 4:00 p.m.

OIL PAINTING INSTRUCTION (3 hrs)

Clarence Cash, Instructor; Nancy I. Smith, Coordinator

Instruction geared toward those with experience. Bring medium size canvas, a tablecloth, and your supplies. Initial supplies will cost approximately \$50 - \$75. A painting studio is also available during this time (no instruction). **Enrollment limited to 16.**

THURSDAY CLASSES:

9:00 a.m. - 9:50 a.m.

WORD ORIGINS

Allan Ward, Instructor

Explore how words develop, including those related to people, places, products, animals, and more.

U.S. FOREIGN POLICY

Alan Eastham, Retired U.S. Ambassador and current

Hendrix Professor, Instructor; Art Gillum, Coordinator

An open-ended, participatory discussion based on topics in the news. Explore how and why foreign policy decisions are made and their success or failure.

9:00 a.m. - 10:50 a.m.

MAH JONGG FOR FUN (2 hrs)

This class is for experienced Mah Jongg players only. There will be no instructor, so come to play for fun! Bring your 2016 Mah Jongg card and a Mah Jongg set if you have one. **Enrollment limited to 16.**

9:00 a.m. - 11:50 a.m.

PAPERCRAFTING (3 hrs)

Sandy Hanson, Instructor

"Especially for You," that's the sentiment a handmade greeting card carries with it. Join us to make Christmas cards, birthday and thank you cards, gift enclosures and tags, sympathy cards and special occasion cards. Three fully designed projects each week give you 25 cards/paper projects for the \$25 materials fee. All materials and tools supplied; just bring willingness to exercise the creative part of your brain.

Materials fee = \$25. Enrollment limited to 12.

Thursday Classes Continued
9:00 a.m.—11:50 a.m.

WATER MEDIA (3 hrs)

Joy Jones, Instructor; Marietta Kehler, Coordinator

Bring your choice of pencils, graphite, water color pencils, water color, gouache, acrylic, a table cover, and your creativity. **Enrollment limited to 20.**

10:00 a.m. - 10:50 a.m.

DRIVING: WHAT CARS TELL US ABOUT OUR SOCIETY AND OURSELVES

Jeff Nash, Instructor

Explore the effects that automobiles have had and are having on the organization of society, our social values and our environment.

- Sept. 15 The History of Car Culture in America: Before WWI, Interwar Period, and Post WWII
Sept. 22 The Clash of the Titans: Rails vs. Roads
Sept. 29 "Taken for a Ride": A story of mass transit in America
Oct. 6 The Greatest Public Project Ever: The Interstate Highway System
Oct. 13 Social Class and the Car (Mobility for all, status for some)
Oct. 20 Hidden Costs: Interlinked Consequences
Oct. 27 How We Drive, REALLY: How dangerous are impaired drivers?
Nov. 3 What Future? Progress, or Regress?

SPRINT TO THE WHITE HOUSE: THE END IS NEAR

Art English, Instructor; Ann West, Coordinator

This class will focus on the 2016 national elections through class discussion, guest speakers, and film.

TAI CHI

Suzanne Yung, Instructor; Art Gillum, Coordinator

Learn the slow rhythmic movements of Tai Chi Northern Wu, the 13 Golden Postures and the Tai Chi walk. **Enrollment limited to 25.**

11:00 a.m.—11:50 a.m.

IMAGES THAT SHAPE OUR LIVES

Jody Musgrove, Instructor

Examine significant and powerful icons that strongly influence who we are and our attitudes toward the world through art, history, film, and literature. Explore works by Picasso, Raphael, Norman Rockwell, Dali, Caravaggio, Umberto Eco, Edward Hopper, Joseph Campbell, and more. Major themes will include myth and the idea of the hero/heroine, propaganda and war, the old/new south, beauty/ugliness, knowledge/truth, utopia/dystopia, the American West/the Frontier, and the world of technology.

Please note: Jody Musgrove will be out-of-state on September 15. A film, *The Hero's Journey* (from *The Power of Myth* series with Joseph Campbell) will be shown as a course introduction.

Thursday Classes Continued
11:00 a.m. - 11:50 a.m.

WHAT'S ON YOUR MIND?

Bob Alexander, Moderator Emeritus; Art Gillum, Coord.

Not your typical teacher-led class, but a completely unstructured, moderator-led discussion of any and all topics and ideas. Come speak your mind!

YOGA - ALL LEVELS

Linda King, Instructor

Learn basic Hatha yoga poses for balance, strength, and flexibility. Bring a yoga mat or blanket. Dress comfortably.

Enrollment limited to 25.

Things to Remember:

LifeQuest provides a free, one-day pass to people visiting our classes for the first time.
Bring a friend and stop by the office for a free pass.

Sitton Scholarships are also available to help with registration fees. Call the LifeQuest office to apply.

Register for classes online at lifequestofarkansas.org.
All major credit cards are accepted.

Fall Lunch Menu—\$8

September 14

Chicken Salad Sandwich
Watermelon Salad
Chocolate Chip Cake

September 21

Ravioli Lasagna
Caesar Salad
Garlic Bread
Lemon Bars

September 28

Ham & Swiss on Marble Bread
Potato Soup
Pickle
Oatmeal Cookies

October 5 (Founders' Day)

Chicken Broccoli Casserole
Green Apple & Walnut Salad
Rolls & Butter
Special Celebration Cakes

October 12

Spinach Quiche
Orange & Almond Salad
Rolls & Butter
Angel Food Cake w/Cherries

October 19

Grilled Chicken Pasta Salad
Grapes
Wheat Rolls
Apple Crisp

October 26

Chili con Carne
Salad with Ranch
Cornbread
Carrot Cake

November 2

Turkey with Cornbread Stuffing
Green Beans Almandine
Pumpkin Pie

Ticket Price: \$8 per person

Wednesdays: September 14—November 2

Noon—1:00 p.m. in the Great Hall

Lunch tickets may be picked up on Wednesdays outside the Sanctuary until 11:00 a.m.

After 11:00 a.m., please pick up your ticket in the LifeQuest office.