



ADVENTURES IN LEARNING

Winter 2016: Jan. 20—March 10

501-225-6073 / info@lifequestofarkansas.org

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

REGISTRATION FEE: \$65 by Jan. 8 - \$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., January 13, 9:30—10:30 a.m. 600 Pleasant Valley Drive

WEDNESDAY CLASSES:

8:30 - 9:50 a.m.

HABLAMOS MAS ESPANOL! (1.5 hrs)

Marcie Smith, Instructor; Nancy I. Smith, Coordinator
For people with some experience speaking Spanish.
(A book may be ordered at an additional cost.)

9:00 - 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.
Enrollment limited to 20.

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

BASIC DRAWING (3 hrs)

Bill Fulton, Instructor; Marietta Kehler, Coordinator
This class is open to beginners or more experienced
artists and can be repeated. The first hour is optional
and will offer free time to draw with limited instruction
from teacher. Main instruction and lessons will begin at
10:00 a.m.

Jan. 20	Supplies & Beginning Techniques
Jan. 27	Shading for Dimension
Feb. 3	Perspective
Feb. 10	Houses & City Scenes
Feb. 17	Still Life, Flowers, and Trees
Feb. 24	Drawing People and Hair
March 2	Drawing Animals
March 9	Nature Landscapes

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

TRADITIONAL WATERCOLOR INSTRUCTION (3 hrs)

Tom Herrin, Instructor ; Marietta Kehler, Coordinator
Instruction in the single medium of watercolor for artists
with some prior experience. *Enrollment limited to 22.*

WATERCOLOR STUDIO (3 hrs)

Marietta Kehler, Coordinator
Paint with friends. No instruction.

10:00 - 10:50 a.m.

GLENN MILLER & BENNY GOODMAN: Fact vs. Fiction

David Miller, Instructor; Phil Wittman, Coordinator
Host of NPR's "Swingin' Down the Lane" presents the
real-life stories of these two famous bandleaders,
contrasted with the fictionalized movie versions. We
will view scenes from "The Glenn Miller Story" (1954)
and "The Benny Goodman Story" (1956).

SPANISH—LEVEL II

Isabel Adams, Instructor; Shelley Wold, Coordinator
Learn new vocabulary, increase your conversational
skills and comprehension, and know more about the
cultures of the Spanish-speaking countries.
Text—"Spanish Conversation" by Jean Yates.

MORE RHYMES OF THE TIMES

Chuck Chappell, Ph.D., Instructor
A discussion of poems published by American authors
during the middle decades of the 20th Century.

Jan. 20	Robert Lowell, Howard Nemerov, and John Berryman
Jan. 27	Theodore Roethke
Feb. 3	Randall Jarrell
Feb. 10	Robert Hayden
Feb. 17	Gwendolyn Brooks
Feb. 24	James Dickey
March 2	James Dickey
March 9	Richard Wilbur, Allen Ginsberg, James Wright

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

AMERICAN SCOUNDRELS

David Dyer, D. Min., Instructor

A scoundrel is not just evil or wicked. There has to be something loveable, winsome, even heroic to make a scoundrel; but the scoundrel is also a flawed and often fallen hero. This series will highlight eight of the scoundrels from our history: Benedict Arnold, Aaron Burr, Jean Lafitte, Dan Sickles, Jesse James, P. T. Barnum, Huey Long, and Spiro Agnew. Dr. Dyer will bring his usual light touch to the stories of these fellows from our past.

REGIONAL GEOGRAPHY OF SUB SAHARAN AFRICA

Gerald Hanson, Ph.D., Instructor;

Sandra Hanson, Coordinator

- Jan. 20 West Africa
- Jan. 27 West Africa, continued
- Feb. 3 Central Africa
- Feb. 10 Central Africa, continued
- Feb. 17 East Africa
- Feb. 24 East Africa, continued
- March 2 Southern Africa
- March 9 Southern Africa, continued

GREAT BOOKS

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.

This class is also offered in the afternoon.

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

FRENCH FOR TRAVELERS

Sue Mistic & Sharon Sellars, Instructors

Join French *professeurs* Sharon Sellars and Sue Mistic for conversation and culture as they share practical travel-to-France tips while learning/reviewing conversational French using handouts, DVDs, Power Points, realia, and music. No textbook to purchase: handouts will be used. *Enrollment limited to 30.*

AMERICAN DISASTERS

Various Instructors; Dick Williams, Coordinator

- Jan. 20 Chicago Fire—Phil Kaplan
- Jan. 27 San Francisco Earthquake—Dick Williams
- Feb. 3 Johnstown Flood—Judge Bill Wilson
- Feb. 10 New Orleans Flood—Pat Goss
- Feb. 17 The Sultana—Bob Cabe
- Feb. 24 Galveston Hurricane—Dent Gitchel
- March 2 New Madrid Earthquake—Fred Ursery
- March 9 Triangle Shirtwaist Fire—Pat Goss

SPORTS TALK

Phil Wittman, Coordinator

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

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

TRAVELOGUE

Various Presenters

- Jan. 20 TBA—Linda Bell
- Jan. 27 Ethiopia—Linda Bell
- Feb. 3 Israel—R. Gayle Bone
- Feb. 10 Madagascar—Melanie Burman
- Feb. 17 Cuba—Larry Alman
- Feb. 24 Elder Hostels—Bob Alexander & Jeanne Brown
- March 2 Burma—Debra & Denny Grandle
- March 9 North Vietnam—Debra & Denny Grandle

BIOLOGY OF CANCER

Bob Burns, Ph.D., Instructor

The eight interactive sessions will cover information on basic aspects of cancer biology, e.g. how cancer begins; why it doesn't hurt at first; how many tumor cells are needed before medicine can even see it; how it spreads from local invasion to the establishment of metastases; the biological reasons for screening and treatment; etc. Some focus will be given to breast, lung, cervical and skin cancers. Examples of basic and clinical cancer research will be explored.

A BROAD HISTORY OF HUMANITY... WHERE DID WE COME FROM? WHERE ARE WE GOING?

John Slater, M.D., Instructor;

Sandra Hanson, Coordinator

- Jan. 20 The Formation of Our Home: The Earth
- Jan. 27 Beginning of Life on Earth
- Feb. 3 Progression of Life on Earth
- Feb. 10 Evolution: What is it? How Does it Work?
- Feb. 17 Here Comes Homo Sapiens (That's Us!)
- Feb. 24 Ascent of Mankind
- March 2 What Does Our Future Look Like?
- March 9 Our Similarities to Other Animals... and more

12:00 p.m. - 1:00 p.m.

LUNCH PROGRAMS

Phil Wittman, Coordinator

- Jan. 20 Staying Mentally Sharp, Denise Compton, Ph.D., UAMS
- Jan. 27 Unknown Places in Arkansas, Joe David Rice, Arkansas Parks & Tourism
- Feb. 3 Soprano Vocalist, Melanie Hanna
- Feb. 10 Traffic Control, Bill Henry, Traffic Engineer
- Feb. 17 Understanding Our Economy, Mark Funk, Ph.D., Dean, UALR Economics
- Feb. 24 LifeQuest Folkies
- March 2 Medical Ethics, Micah Hester, Ph.D.
- March 9 Barber Shop Vocalists

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

GAMES FOR FUN

Bridge for Fun, Scrabble, and Mah Jongg!

(Wednesday classes continued)
1:15 p.m.—2:15 p.m.

ZUMBA GOLD

Katrina Price, Instructor; Todd Price, Coordinator
Exercise to Latin music. All levels.

FROM EMPEROR TO COMMISSAR: CHINA 1912-1949

David Larson, Ph.D., Instructor; Garrett McAinsh, Coord.
The experience of China during the time of the Republic: Sun Yat-Sen, Chiang Kai-Shek, World War II, Mao Zedong, and other sorrows.

CLASSICAL MUSIC APPRECIATION

Giovanni Antipolo, Instructor; Faye Jean Royce, Coord.
Jan. 20 Analogies in Art and Architecture
Jan. 27 The Concerto
Feb. 3 Chopin
Feb. 10 Is it Classical?
Feb. 17 Imagery Throughout the Ages
Feb. 24 The Sonata and the Symphony
March 2 Sightreading
March 9 Chamber Music

TELL YOUR OWN STORY

Joy Jones & Tina Coffin, Instructors;
Shelley Wold, Coordinator
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!

GREAT BOOKS

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.
This class is also offered in the morning.

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

OIL PAINTING INSTRUCTION (3 hrs)

Jennifer Freeman, Instructor; Nancy I. Smith, Coordinator
Oil painting instruction geared toward those with experience. Come with medium size canvas, a tablecloth, and your supplies. Initial supplies will cost approximately \$50 - \$75.
Enrollment limited to 16.

PAINTING STUDIO (3 hrs)

Nancy Irving Smith, Coordinator
Paint with friends. No instruction

THURSDAY CLASSES:

9:00 - 9:50 a.m.

WORD ORIGINS

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

(Thursday classes continued)
9:00 - 9:50 a.m.

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 - 10:50 a.m.

MAH JONGG FOR BEGINNERS ONLY (2 hrs)

Ellen Lowitz, Instructor; Ginger Goodman, Coordinator
Learn to play Mah Jongg. Please purchase your 2015 Mah Jongg card by contacting
www.nationalmahjonggleague.org or calling
212-246-3052. *Enrollment limited to 16.*

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.

PAPERCRAFTING: FLOWERS (3 hrs)

Sandy Hanson & Connie Wardell, Instructor
Has cold, wet weather got you down? The flowers are already blooming in this class. Make birthday, thank you, Easter, sympathy and special occasion cards. Three fully designed projects will give you 25 cards/paper projects for the \$25 fee. All materials and tools supplied; just bring willingness to exercise the creative part of your brain.
Materials fee = \$25. Enrollment limited to 12.

10:00 - 10:50 a.m.

MOVIES WITH PHILP MARTIN

Philip Martin, Instructor; Ann West, Coordinator
Philip Martin, journalist for the Arkansas Democrat-Gazette, returns to share movie insights and comments on academy awards nominations, movies, actors, and other topics related to the movie industry.

STATE OF THE PLANET AWARENESS

Jody Musgrove, Instructor; Walter Nunn, Coordinator
Jan. 21 Terrorism in the Modern World
Jan. 28 In the Name of God: Religious Terrorism
Feb. 4 From Al-Qaeda to the Rise of ISIS
Feb. 11 Four Views of Our Future
Feb. 18 Demographic/Population Issues
Feb. 25 Remember Japan? From Godzilla to Hello Kitty
March 3 Globalization 101: McDonalization of the Planet
March 10 Globalization 201: The Dark Side of Globalization

(Thursday classes continued)
10:00 - 10:50 a.m.

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.

VICTORIAN ENGLAND

Garrett McAinsh, Ph.D., Instructor
A look at the development of England's society,
economy, customs, values, and government during
the 19th century.

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

WHAT'S ON YOUR MIND?

Bob Alexander, Moderator; Art Gillum, Coordinator
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
Beginning to Intermediate Yoga. Learn basic Hatha
yoga poses for balance, strength, and flexibility. Bring
a yoga mat or blanket. Dress comfortably.

AMERICAN HISTORY SAMPLER II

Jerry Senn, Instructor
Jan. 21 Two Songs Connected to the War of 1812
Jan. 28 The Mormon Journey: New York to Utah
Feb. 4 Let's Look at the Electoral College
Feb. 11 The Third Arkansas Infantry C.S.A.
Feb. 18 Grover Cleveland: Presidential Maverick
Feb. 25 Alvin York: Doughboy Hero
March 3 The New Deal Alphabet Soup
March 10 A B-47 Bomber Explodes over Little
Rock on 5/12/1960



LifeQuest Inclement Weather Policy:

If the Little Rock Schools are closed for any part
of the day, then LifeQuest programs and the
office will be closed for the entire day.
Stay home and be safe!

WINTER LUNCHES—\$8

Wednesdays, January 20—March 10
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 LQ office.

January 20

Chicken & Rice Casserole
Fresh Broccoli
Wheat Rolls
Devil's Food Cake

February 17

Meatballs & Bowties
Caesar Salad
Rolls
Double Fudge Brownies

January 27

Shepherd's Pie
Salad with Vinaigrette
Rolls
Lemon Bars

February 24

Hearty Minestrone
Ham Roll Ups
Grapes
Oatmeal Cookies

February 3

White Chili
Garden Salad with Ranch
Cornbread
Blackberry Cobbler

March 2

Chicken Parmesan
Italian Veggies
Vienna Bread
Coconut Cream Pie

February 10

Spinach & 3 Cheese Quiche
Apple & Walnut Salad
Biscuits
Turtle Cookies

March 9

1/2 Turkey on Marble
Baked Potato Soup
Pickle
Cherry Bars

CORPORATE SPONSORS

Platinum

Arkansas BlueCross BlueShield
Snell Prosthetic & Orthotic Laboratory
Woodland Heights
U.S. Pizza Company

Silver

The Charlotte John Company
Connaway & Assoc. Equine Insurance
Friday Eldredge & Clark
Simmons First Trust Company

BRING A FRIEND

Remember you can bring a friend to LifeQuest
with a one-day free pass.
Let us know if you want to reserve a lunch.
Pick up a guest pass in the LifeQuest office.