



# ADVENTURES IN LEARNING

Fall 2014: Sept. 17—Nov. 6

501-225-6073 / [info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)

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

**REGISTRATION FEE: \$60.00 by Sept. 5 - \$70 after Sept. 5**

*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](http://www.lifequestofarkansas.org)*

## NEW MEMBER COFFEE & ORIENTATION:

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

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## WEDNESDAY CLASSES:

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

### EXPERIENCED SPANISH (1.5 hrs)

Marcie Smith, Instructor; Phil Wittman, Coordinator  
For people with some experience speaking Spanish.  
(Book, CD, & flash cards may be ordered at an additional cost.)

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

### BEHIND THE HEADLINES

John Brummett, Instructor  
Stimulating discussion of late-breaking news.

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

### KNITTING & SHARING (2 hrs)

Jean Wallace, Leader  
Share your knitting knowledge and learn from others.  
*Class limited to 20.*

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

### WATERCOLOR INSTRUCTION (3 hrs)

Judy Smithey, Instructor ; Marietta Kehler, Coordinator  
Watercolor exploration for experienced painters.  
Bring your table cover, paints, brushes, paper, small easel, water cups & paper towels. (Cost for initial supplies is approximately \$50 - \$75.)  
*Class limited to 22.*

### WATERCOLOR STUDIO (3 hrs)

Marietta Kehler, Coordinator  
Paint with friends. No instruction.

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

### CONTEMPORARY AMERICAN FOLK MUSIC

Ralph McKenna, Instructor  
Sandra Hanson, Coordinator  
Sept. 17 Traditional, Revival, & Regional Diversification  
Sept. 24 Sorting Genres: Folk, Country, Blue Grass, Western, Urban  
Oct. 1 Class Favorites  
Oct. 8 Common Subjects: Love, Protest, Nature, Self-Discovery  
Oct. 15 Guest Performance: Central Ark. Musicians  
Oct. 22 Folk & Social Issues: Music for Change  
Oct. 29 Musical Exemplars  
Nov. 5 Class Hootenanny & Evaluation

### GREAT BOOKS

William E. Moore, Instructor, Bob Moore, Coord.  
This course provides an opportunity to read and discuss selections of great literature by classic and modern authors using a group discussion approach.  
*Materials fee = \$10. Class limited to 16.  
This class will be repeated in the afternoon.*

### SPANISH II

Isabel Adams, Instructor; Shelley Wold, Coordinator  
Communicate clearly and effectively in past tense; increase your understanding of Spanish grammar; practice word order and use of the direct and indirect object pronouns. Practice conversing.

### COSMOPOLITAN AMERICAN IMPRESSIONISTS

Jeanne-Marie Meyer, Instructor  
Ann West, Coordinator  
Learn how to look at and analyze artwork of the American Impressionists, including the Expatriates.

**(Wednesday Classes Continued)**  
**10:00 - 10:50 a.m.**

**ISSUES IN ARKANSAS STATE & LOCAL GOVERNMENT**

Walter Nunn, Ed.D, Coordinator; Chuck Chappell, AIL

- Sept. 17 Crime
- Sept. 24 Prisons
- Oct. 1 Taxes
- Oct. 8 Race
- Oct. 15 Education (pre-collegiate)
- Oct. 22 Judicial Selection and Ethics
- Oct. 29 Ballot Issues / Voting Procedures in 2014
- Nov. 5 TBD by the class

**THINKING ABOUT THINKING**

David H. Dyer, Instructor

A look at some of the many conceptions of how we think, learn, and communicate. We'll consider major historic eras, cultures, and thought forms, as well as today's information from neuroscience and the development of Artificial Intelligence.

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

**SPORTS TALK**

Phil Wittman, Coordinator

Come hear all about sports in Arkansas from some of our favorite sports writers and newscasters:  
Wally Hall, Trey Mallett, Steve Sullivan, Mark Edwards, Richard Davenport, and others.

**MONEY STILL MATTERS**

**Sponsored by Simmons First Trust Co.**

Elvon Lloyd, Coordinator

- Sept. 17 Trusts 101  
Richard Clark
- Sept. 24 Inside the Federal Budget—Part I  
Elvon Lloyd
- Oct. 1 Inside the Federal Budget—Part II  
Elvon Lloyd
- Oct. 8 Who Gets Grandma's Pie Plate? (Wills)  
Cal McCastlain
- Oct. 15 Don't Outlive Your Nest Egg  
David Trent
- Oct. 22 Investment Fraud & Scams—Part A  
Larry Cathey, Arkansas Securities Dept.
- Oct. 29 Investment Fraud & Scams—Part B  
Larry Cathey
- Nov. 5 Who Pays Taxes? (80/20 Rule)  
Elvon Lloyd

**NUTRITION TO FIT YOUR LIFE**

Jennifer VanNorman, Instructor; Betty French, Coordinator

- Sept. 17 General Nutrition: Eating Healthy
- Sept. 24 Diabetes: How to live with it or avoid it
- Oct. 1 Popular Diets: Do they work?
- Oct. 8 Mental Food: Helpful Books
- Oct. 15 Technology Helps: Apps, Websites, Programs
- Oct. 22 Lifestyle Changes: Modifying recipes, cookbooks, eating out, doggie bags
- Oct. 29 Living with Food Allergies
- Nov. 5 Food/Drug Interactions - Know and Avoid  
(Class limited to 20)

**(Wednesday Classes Continued)**  
**11:00 a.m. - 11:50 a.m.**

**VIETNAM**

Dick Williams, Coordinator

- Sept. 17 French Colonial Period & World War II  
Chris Barrier
- Sept. 24 Rise of Ho Chi Minh - Justice Bob Brown
- Oct. 1 JFK, Diem and the 1963 Coup - Bob Cabe
- Oct. 8 US Escalation Under LBJ - Fred Ursery
- Oct. 15 Tet Offensive and the Hanoi Hilton  
Judge Bill Wilson
- Oct. 22 Nixon, Kissinger and the Peace Process  
Dick Williams
- Oct. 29 The American Evacuation and Its Aftermath  
Judge Jim Moody
- Nov. 5 Vietnam Today - Dent Gitchel

**THE PLAY'S THE THING: Tragedy, Comedy, and Existentialism**

Barry Hardin, Instructor; Shelley Wold, Coordinator

- Sept. 17 Tragedy, Comedy, and Existentialism  
Selected scenes from "Hamlet", Act I
- Sept. 24 Reader's Theater of scenes from "Hamlet"
- Oct. 1 Hamlet, the character, plus Acts III & IV
- Oct. 8 Reader's Theater of "Hamlet" Act V
- Oct. 15 "The Importance of Being Earnest", I & II
- Oct. 22 "The Importance of Being Earnest", III & IV
- Oct. 29 Reader's Theater of "No Exit"
- Nov. 5 Wrap Up of the plays and their major themes

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

**LUNCH PROGRAMS**

Phil Wittman, Coordinator

- Sept. 17 Medicare Fraud - Lisa Strain, RSVP
- Sept. 24 Music - Scott Odena
- Oct. 1 Amish Lifestyle - Andy Miller
- Oct. 8 Favorite Music - Nan Renaud
- Oct. 15 State Health Insurance (SHIIP)  
Amanda White, Director
- Oct. 22 TBA
- Oct. 29 Oral Health & Your Heart / Diabetes  
Kelly Caldwell, Delta Dental
- Nov. 5 Music by Bob Boyd

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

**GAMES FOR FUN**

Bridge for Fun, Scrabble, and Mah Jongg!

**ZUMBA GOLD**

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

**(Wednesday Classes Continued)**

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

**HOT TOPICS IN SCIENCE**

**Origins and Theological Reflections**

Dr. Fred Silva, Instructor, Sandy Hanson, Coordinator

- Sept. 17 NO CLASS. Think about questions you have.  
Sept. 24 Introduction to Science and Religion  
Oct. 1 Cosmology: Origin of the Universe  
Oct. 8 Origin of Life  
Oct. 15 Evolution  
Oct. 22 Origin of Humans  
Oct. 29 Genetics, Ethics, and Ewe  
Nov. 5 Neuroscience / Our Brain

**TELL YOUR OWN STORY**

Franchelle Owen & Joy Jones, 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

This course provides an opportunity to read and discuss selections of great literature by classic and modern authors using a group discussion approach.

*Materials fee = \$10. Class limited to 16.*

*This class is also offered in the morning.*

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

**OIL PAINTING INSTRUCTION (3 hrs)**

Kelly Hargis, Glenda Josephson, and Sean LeCrone  
Instructors; 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:**

*Bring a Friend!*

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

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

**ALL ABOUT AFRICA**

Rich Corby, Ph.D., Instructor; Garrett McAinsh, Coord.

A glimpse of Africa's history, political science, anthropology and economics

- Sept. 17 Myths & Stereotypes  
Sept. 24 Africans Before the 19th Century  
Oct. 1 Trans-Atlantic Slave Trade  
Oct. 8 European Conquest  
Oct. 15 Independence Regained  
Oct. 22 Traditional and Other Religions  
Oct. 29 Personal Experiences  
Nov. 5 South Africa: A Case Study

**LIFEQUEST BOOK CLUB**

Allan Ward, Instructor & Coordinator

Continued discussion of The Company We Keep, by Ruth D. Shepherd. The executive director of Just Communities of Arkansas has written about the people that organization and its predecessors have honored for fifty years as contributors to the unity and well-being of our communities.

**CLASSIC JAZZ**

Pat Henry, Instructor; Phil Wittman, Coordinator

Music, videos and discussion of classic jazz.

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

**MAH JONGG FOR BEGINNERS ONLY (2 hrs)**

Ellen Lowitz, Instructor; Ginger Goodman, Coord.

Learn to play Mah Jongg. Please purchase your 2014 Mah Jongg card by contacting [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org) or calling 212-246-3052. *Limited to 16.*

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

**BASIC DRAWING (3 hrs)**

Donald Bersuder, Instructor

Marietta Kehler, Coordinator

Bring your paper, pencils, and your creativity!

**DRAWING AND WATER MEDIA (3 hrs)**

Joy Jones, Instructor; Marietta Kehler, Coordinator

Bring your choice of charcoal, pencils, graphite, ebony pencil, water color pencils, water color, gouache, acrylic, table cover, and your creativity.

**PAPERCRAFTING: Inspirations (3 hrs)**

Sandy Hanson, Instructor

Put your personal spin on three cards or small paper projects demonstrated by the instructor at each class. Materials fee covers all materials and tools needed to make 25 projects during the fall term.

*Materials fee = \$25.*

*Enrollment limited to 12.*

**(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.

**EXPLORING EVERYTHING**

Allan Ward, Instructor

We speak English, a language that has been in constant change for centuries. We will follow the intriguing twists and turns in its development and trace its pathways around the world.

**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.

**11:00 a.m. - 12:00 p.m.**

**WHAT'S ON YOUR MIND?**

Bob Alexander, Moderator; Raye Montague, Coord.  
Whether liberal or conservative, Democrat or Republican, this class is well-balanced to opposing views. Emphasis is on polite and rational discussion of penetrating analyses, insightful questions and pertinent facts.

**YOGA**

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

**THE FUTURE OF CITIES**

Jeffrey Nash, Ph.D., Instructor; Ann West, Coordinator  
Sept. 17 Where Cities Come From  
Sept. 24 Types of Cities  
Oct. 1 Public Space as Indicators of the Future  
Oct. 8 How Order & Disorder Shape the Future  
Oct. 15 Diversity, Sprawl, and Sustainability  
Oct. 22 Urbanization in Developing Nations  
Oct. 29 Conditions That Shape the Future City  
Nov. 5 Imaging Future Cities

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**FALL LUNCHES - \$7**

Sept. 17—Nov. 5

Lunches will be posted on our website:  
[www.lifequestofarkansas.org](http://www.lifequestofarkansas.org)