



Winter 2019

January 16—March 7

501-225-6073 / info@lifequestofarkansas.org

Classes held at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, AR 72227

REGISTRATION FEE: \$65 (\$75 after January 3)

The registration fee 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:

January 9, 9:30-10:30 a.m. in Second Hall at Second Presbyterian Church

WEDNESDAY CLASSES:

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

HABLAMOS MAS ESPANOL! (1.5 hrs.)

Marcie Smith, Instructor

Conversational Spanish for people with prior experience speaking Spanish. *Limit of 10.*

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

BEHIND THE HEADLINES

John Brummett, Instructor

Lively commentaries on state, national & international 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. No instruction.

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

BASIC DRAWING (3 hrs.)

Bill Fulton and friends, Instructors; Marietta Kehler, Coordinator

Beginners & experienced artists are welcome to this artist workshop. Learn new drawing techniques, engage in a social event with others, and have fun! Bring paper, pencil, eraser and pictures of personal interests. *Limit of 20.*

EXPERIENCED WATERCOLOR INSTRUCTION (3 hrs.)

Nan Renaud, Instructor; Marietta Kehler, Coord.

Instruction in the single medium of watercolor for artists with some prior experience. *Limit of 22.*

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

GREAT BOOKS

William E. Moore, Instructor

Read and discuss selections of great literature by classic and modern authors. *Materials fee = \$15. Limit of 18.*

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

ROMANTICISM IN CLASSICAL MUSIC

Nancy Fleming, Instructor; Chuck Chappell, Coordinator

The music of nineteenth-century Romanticism forms the heart of most classical concert repertoire today. The works of composers such as Tchaikovsky, Brahms, Chopin, Schubert, Berlioz, Liszt, Dvořák, Mendelssohn, Verdi and Wagner are familiar to many. What are the characteristics of Romanticism, and what are the specific stylistic traits that make this music so appealing to us? In this course we will attempt to answer these questions by examining Romantic ideals as expressed through the most important musical genres of the period 1820-1900.

IT'S ANCIENT HISTORY: ORIGINS

Rick Leach, Instructor; Art Gillum, Coordinator

Discover or renew your knowledge of how civilizations began in various geographic regions. We'll survey the ancient Middle East, especially Mesopotamia the "cradle of civilization," and move to China and Japan. How were their origins similar and how did they differ in significant ways?

OUR NATIONAL PARKS: AMERICA'S BEST IDEA

John Slater, Instructor; Sandra Hanson, Coord.

Let's journey to some of our country's most spectacular national parks. Explore their history, geology, and natural beauty, and take a virtual tour through several parks with the benefit of the instructor's personal adventures and photographs.

THE CANCER CELL: WHAT IS IT? HOW TO KILL IT AND MAKE IT BEHAVE

Bob Burns, Ph.D., UAMS, Instructor

Let's explore how cancer cells start, grow, hide, locally invade, spread to the lymphatic system, and metastasize to distant body locations. Find out how cancer is named, clinically staged and graded; how it is treated with surgery, radiation, immunotherapy and chemotherapy with emphasis on how chemotherapy works and can cause life-threatening toxicity, and what biological interventions may work as alternate solutions.

(Wednesday classes continued)

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

AFTER MODERNISM: WHY CAN'T WE AGREE?

Roby Robertson & John Mize, Instructors;

Sandra Hanson, Coordinator

Join in a philosophical discussion about post-modernism and a modern philosopher's interpretation of Western and Eastern thought, science and spirituality. Roby Robertson begins by introducing us to post-modern society: what is it and what it means. John Mize explores *integral philosophy* and the ideas of author Ken Wilbur and his systematic philosophy which suggests the synthesis of all human knowledge and experience. Be prepared to stretch your mind AND have fun!

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

**IS IT DANCE? IS IT THEATRE? WHO CARES!
FOUR MODERN DANCE CHOREOGRAPHERS**

**Wayne Chapman, Instructor; Angela Sewall,
Coordinator**

Let's explore the works of four choreographers who expanded the landscape of modern dance: Twayla Tharpe, Pina Bausch, Matthew Bourne, and Alvin Ailey. See the graceful athleticism of Mikhail Baryshnikov in Tharpe's *Sinatra Suite*. Admire the musical blend of Bourne's ballet and the opera versions of *Carmen*, with the story and stagings emerging right out of film noir. Learn that Ailey's *Rocka My Soul* was a part of America's richest treasures - African-American cultural heritage.

THE HISTORY OF COMEDY

Various presenters; Dick Williams, Coordinator

Comedy is as broad and varied as the human capacity for laughter. But there are some comedians who have been so influential they've changed our sense of humor and what we find funny about ourselves and our society.

Jan. 16 Fanny Brice; Dick Williams
Jan. 23 W.C. Fields; Pat Goss
Jan. 30 Mel Brooks; Phil Kaplan
Feb. 6 Eddie Cantor and Johnny Carson; Bill Wilson
Feb. 13 Will Rogers; Fred Uerby
Feb. 20 Charlie Chaplin; Dent Gitchel
Feb. 27 Abbott and Costello; Pat Goss
March 6 Marx Brothers; Dick Williams

GARDENING: PREPARING FOR SPRING

Various Instructors, Anne Parat, Coordinator

Get ready for spring with advice from these gardening and plant experts:

Jan. 16 Drip Irrigation; Cindy Franklin
Jan. 23 Vegetable gardening; Nancy Sheehan
Jan. 30 High Impact Low Maintenance Flower Beds;
Cori Fetters
Feb. 6 All About Herbs; Marcella Grimmett
Feb. 13 Propagation; Susan Rose
Feb. 20 Pruning; Jane Gulley
Feb. 27 Hostas, the versatile plant; Susan Rose
March 6 Native plants; Jane Gulley

(Wednesday classes continued)

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

**AND THEY'RE OFF! HORSERACING IN
ARKANSAS**

Larry Yancey, Instructor

From the history of thoroughbreds and racing to what to look for in a good jockey, this class is intended to enhance the enjoyment of the sport for the casual participant. Learn about the history of Oaklawn Park, the Triple Crown, the Breeder's Cup, the equine athlete, and the great horses of the 20th and 21st centuries. Learn how to read racing forms, tip sheets & charts; how to understand track conditions, rate racing venues and place wagers - all to make a class trip to Oaklawn Park enjoyable and cash a few tickets! Guest speakers will include a few of the top handicappers in Arkansas. Field trip to Oaklawn and a day at the Jockey Club will be available (date TBD).

THE DEATH OF IMPERIAL CHINA

David Larson, Instructor

At the time this course begins (in 1644) China is in turmoil as a new dynasty seizes power. In the middle of course the Chinese Empire is easily the most powerful nation in the world. As the course ends (in 1912) the Emperor has been deposed, the Empire has fallen into the dustbin of history, and the country lies prostrate before foreign intrusion. How could such a turnaround occur? The purpose of this course is to answer that question.

HEART TO HEART

Various Presenters from Arkansas Heart Hospital

Jan. 16 Heart Disease 101: Signs and Symptoms;
Dr. Andre Paixao
Jan. 23 Living Healthy with Type 2 Diabetes and
Nutrition; Shelby Pierceall, Clinical Dietitian
Jan. 30 Listen to your legs: Keeping Your Legs in
Good Condition; Dee White, APRN Vein and
Vascular Institute
Feb. 6 February is Heart Month! Dr. Peyton Card;
StrongHearts Intensive Cardiac Rehab
Feb. 13 Women and Heart Disease; Dr. Monica Lo
Feb. 20 Cholesterol: HDL, LDL, What your Numbers
Mean; Dr. Michael Huber
Feb. 27 Heart healthy, Smart Nutrition Suggestions;
Samantha Stewart/Registered Dietitian
March 6 Springtime Heart Healthy Recipe;
Chef Mark Elliotte

12:00 p.m.—1:00 p.m.

LUNCH & LEARN in the GREAT HALL

Lunch is \$8 and reservations are taken by **noon on Monday** of each week. You may also bring a sack lunch and enjoy the program!
(See insert for menu and program details.)

1:15 p.m.—2:15 p.m.

ADVANCED GREAT BOOKS

**Rosemary Rogers, Instructor; William E. Moore,
Coordinator**

Enrollment in this course is restricted to those who have attended the Great Books course in previous terms. *Materials fee = \$15. Limit of 18.*

(Wednesday classes continued)

1:15 p.m.—2:15 p.m.

WOMEN IN U.S. HISTORY

Jerry Senn, Instructor;

Featured each week will be an American woman who influenced events during her lifetime and made a positive difference in our nation's history:

Jan. 16 Sacagawea
Jan. 23 The Grimke Sisters
Jan. 30 Jane Addams
Feb. 6 Jeannette Rankin
Feb. 13 Frances Perkins
Feb. 20 Marian Anderson
Feb. 27 Barbara Jordan
March 6 Hattie Wyatt Caraway

1:15 p.m. - 2:45 p.m.

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. Your family will love and appreciate it! This is a guided writing & sharing class.

1:15 p.m. - 3:15 p.m.

GAMES FOR FUN

Bridge, Scrabble, and Mah Jongg (players need a current card). Bring your friends and play for fun. There is no instructor, and players should have some basic skills to have the most fun.

BEGINNING BRIDGE

Libby Taylor, Instructor

Playing bridge is like mental exercise. With each hand of this card game, you're strengthening your memory power. Bridge is the ultimate mind-sport. Bridge is also a great game made for groups of people. All you need is a deck of cards and at least four players. We'll refer to *The Club Series* by Audrey Grant. *Limit 16.*

BEGINNING GREETING CARDS

Judy Langford-Brodie, Instructor;

Sandra Hanson, Coordinator

Learn how to make handmade greeting cards that you will enjoy creating just as much as your friends and family will enjoy receiving! Learn paper-crafting techniques by making two cards each week. Designed for beginners, but more experienced card makers desiring more paper crafting time are welcome and encouraged! All supplies and materials provided. *Materials fee: \$25. Limit of 12.*

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

OIL PAINTING INSTRUCTION (3 hrs.)

Louise Carlisle, Patricia Beuter, Instructors;

Anne Parat, Coordinator

Painting instruction geared toward the mid-level painter, but all levels are welcome. Bring your own supplies: paint (oil or acrylic), brushes, canvas, easel, table cover, etc. Supply list available upon request. *Limit of 20.*

THURSDAY CLASSES:

9:00 a.m.—9:50 a.m.

THE ART OF DREAMING

Lynn Senn, Instructor

Following the book, The Art of Dreaming...Tools for Creative Dreamwork, by Jill Mellick, and with the use of a variety of creative tools, we will seek to uncover the messages our dreams are sending us. Members should come with the book, having read the Foreword and Chapter 8. *Limit 16.*

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

U. S. FOREIGN POLICY

Alan Eastham, Instructor; Art Gillum, Coord.

It's a small world, but a lot to talk about. Come learn and participate in this 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.

BEGINNING MAH JONGG (2 hrs.)

Ellen Lowitz, Instructor; Mary Ann Brown,

Arlene Argolis, Coordinators

Learn to play Mah Jongg! Please purchase your 2018 Mah Jongg card by contacting 212-246-3052 or www.nationalmahjonggleague.org. *Limit of 24.*

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

WATER MEDIA (3 hrs.)

Joy Jones, Instructor; Marietta Kehler, Coord.

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

GREETING CARDS (3 hrs.)

Sandra Hanson, Instructor

Join us to create three fully designed projects each week to 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 and have fun! *Materials fee=\$25. Limit of 12.*

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

THINK GLOBALLY; ACT LOCALLY

Various Instructors in environmental fields

Dilemmas of epic proportion face our fragile planet, and the changes required to solve them will have to be massive. However, with an idealistic faith in "the butterfly effect" and the practical realization that you have to start somewhere, let's explore what local groups in our state - the Sierra Club, Audubon Society, the Buffalo River Foundation, City of Little Rock, Pinnacle Mountain State Park - and others are doing to tackle environmental issues and how we might get involved.

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

SELECTED TALES BY NATHANIEL HAWTHORNE
Chuck Chappell, Instructor

Nathaniel Hawthorne (1804-1864) is most famous as the author of the acclaimed masterpiece The Scarlet Letter (1850); however, Hawthorne is also the creator of a significant number of works of short fiction that in sophistication of style, ingenuity of structure, depth of characterization, and profundity of theme rank among the finest ever written by an American. Let's analyze and discuss six of these tales. Participants may read any printed versions of the following works: *The May-Pole of Merry Mount*; *The Minister's Black Veil*; *Ethan Brand*; *Wakefield*; *My Kinsman*; *Major Molineux*; *Rappaccini's Daughter*

CAREGIVING: PREPARING FOR THE FUTURE
Various presenters

- Jan. 17 Homecare: Stories from the Trenches; Mike Martin, Visiting Angels of Arkansas
- Jan. 24 Legal Issues; Bob Plummer, Attorney
- Jan. 31 Who Can Help? Hiring a Caregiver and Helpful Resources; Larry Yancey & Julia Spears, Elder Stay at Home
- Feb. 7 News You Can Use: Legislative Issues and Medicare Updates; Matt McClure, Home Instead Senior Care
- Feb. 14 Memory Care; Woodland Heights, Chanta Dedman
- Feb. 21 Caring for the Caregiver; Kristen Lippencott, Arkansas Blue Cross Blue Shield
- Feb. 28 Planning Ahead so Others Don't Have to; Little Rock Funeral Home, Arkansas Hospice
- March 7 Caregiving and Grief; Rev. Karen Akin, Grace Presbyterian Church

YOUR ANCESTORS: AMERICAN DREAM GENEALOGY

Jeanne Rollberg, Instructor; Elvon Lloyd, Coord.

This class will introduce you to critical online family history databases, how to use newspapers & social media to uncover information about ancestors, how to learn more about under-discovered female forebears, how to use local research resources such as the Arkansas State Archives, and how to create custom genealogy travel with your family. It may also provide genealogy last will and testament tips, lineage society information, and tips about family history writing. *Limit 25.*

TAI CHI

Suzanne Yung, Instructor; Art Gillum, Coord.

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

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

WHAT'S ON YOUR MIND?

Ron Winters, Moderator; Art Gillum, Coord.

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

(Thursday classes continued)
11:00 a.m.—11:50 a.m.

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. *Limit of 25.*

THE GRIEF RECOVERY METHOD

Paula Swaim, Instructor; Shelley Wold, Coord.

This program is based on The Grief Recovery Handbook, 20th Anniversary Expanded Edition by John W. James and Russell Friedman, founders of the Grief Recovery Institute. This class will be led by a board-certified Clinical Chaplain and Pastoral Counselor and will introduce this method to LifeQuest members. Participants will need to purchase the book (about \$12 on Amazon) on their own. *Limit 16.*

FOREIGN TRADE & ARKANSAS

Various presenters; Glen Harrison, Coord.

This course will focus on the benefits of trade for Arkansas by examining the Foreign Direct Investment in our state and the exports that are sent from Arkansas around the world.

- Jan. 17 Overview of U.S. and Arkansas Foreign Direct Investment (FDI); Glen Harrison
- Jan. 24 Arkansas FDI and Exports in the News; Roby Brock, *Talk Business & Politics*
- Jan. 31 Arkansas Economic Development's role in FDI; Mark Hamer
- Feb. 7 FDI in Arkansas; Natalie Turner, TY Garments USA
- Feb. 14 FDI in Arkansas; Jeff Ruthven, Dassault Falcon Jet
- Feb. 21 Arkansas District Export Council's role in facilitating exports from Arkansas; Lenka Horakova
- Feb. 28 Arkansas Exporter; Bonnie Swayze, Alliance Rubber
- March 7 Arkansas Exporter; William Burgess, Power Technology, Inc.

11:00 a.m. - 12:30 p.m.

DECONSTRUCTING DEADWOOD: SEASON ONE

Philip Martin, Instructor; Ann West, Coord.

Join as our favorite journalist and film critic shares his analysis of the ground-breaking TV series, "Deadwood." Each week we'll explore a different episode from Season One with background and insights gleaned from Philip's friendship with the series' creator.

1:15 p.m. - 3:15 p.m.

BEGINNING SCULPTING (2 hours)

John Deering, Instructor; Anne Parat, Coord.

New to sculpting? No problem! This popular Arkansas cartoonist and artist returns to lead you through the steps to create your own small works in clay. Using armature when possible, we'll explore the creation and expression of 3 dimensional natural forms and anatomy. A supply list will be provided upon registration.

Limit of 20.