



# Fall 2017

September 13 - November 2

501-225-6073 / info@lifequestofarkansas.org

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

**REGISTRATION FEE: \$65 by Aug 31—\$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](http://www.lifequestofarkansas.org)*

## **NEW MEMBER ORIENTATION:**

**September 6, 9:30-10:30 a.m. in Second Hall at Second Presbyterian Church**

## **WEDNESDAY CLASSES:**

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

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

### **HABLAMOS MAS ESPANOL (1.5 hrs)**

*Marcie Smith, Instructor; Charlie Frith, Coordinator*

For people with some experience speaking Spanish.  
(A book may be ordered at an additional cost.)

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

### **BEHIND THE HEADLINES**

*John Brummett, Instructor*

Lively commentaries on state and national politics with this ever-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. *Enrollment limited to 20.*

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

### **BASIC DRAWING (3 hrs)**

*Bill Fulton, Instructor; Marietta Kehler, Coordinator*

Open to beginners & experienced artists and may be repeated. Topics remain the same, but the lessons change to keep your interest. The instructor will present demos in each class. You will learn drawing techniques, engage in a social event with others, and have fun! Bring pictures of personal interests to draw, paper, pencil, and eraser to class.

### **EXPERIENCED WATERCOLOR INSTRUCTION (3 hrs)**

*Tom Herrin, Instructor; Marietta Kehler, Coordinator*

This class is for students with some experience. All water media is acceptable. There will be individual instruction and critiques with a focus on composition.  
*Enrollment limited to 22.*

### **THE RENAISSANCE PERIOD**

*Rick Leach, Instructor; Art Gillum, Coordinator*

All aspects of the Renaissance will be covered in this survey of that crucial period of European history. From the art and artists, literature and politics, to sciences and religious developments, the rediscovery of Ancient Greek and Roman culture was the catalyst and foundation for the explosion of knowledge that led to today's world.

### **THE FLOOD OF 1927**

*David Dyer, Instructor*

Ninety years ago the Mississippi River and its tributaries experienced the largest flood in the history of the U.S. The flood not only changed the course of the river, but also affected race relations and local, state and national politics. Lives and fortunes were changed forever. This class will trace the prelude, progress and the impact of that great flood.

### **GREAT BOOKS A.M.**

*William E. Moore, Instructor*

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

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

### **SPANISH—LEVEL II**

*Isabel Adams, Instructor; Shelley Wold, Coordinator*

Learn new vocabulary, increase your conversation skills and comprehension, and know more about the culture of the Spanish-speaking countries. Text "Spanish Conversation" by Jean Yates (McGraw-Hill).

### **SWINGIN' DOWN THE LANE**

*David Miller, Instructor*

The host of the popular NPR show will explore the biographical profiles and music compositions of some of the giants of the era: Goodman, Ellington, Krupa, Basie, etc. accompanied by movie clips highlighting the bands in concert.

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

### **MORE LAUGHTER: THE MEANINGS OF HUMOR**

*Jeff Nash, Instructor*

An extension of the Spring 2017 class, "Why We Laugh," this session will explore types of humor, trends in standup comedy, and what philosophers and social scientists have to say about humor. No pre-requisite required. Lots of humorous examples & actual laughter!

**11:00 a.m.—11:50 a.m.**

### **GEOGRAPHY OF THE CIVIL WAR**

*Jerry Hanson, Instructor; Jody Musgrove, Coordinator*

Look at three important geographic factors affecting selected Civil War battles such as: topography and weather; strategic decisions; and the result of each battle which ultimately shaped the outcome of the Civil War. Each participant will have a better understanding of the Civil War after taking this class.

### **RESTORATION OF LITTLE ROCK**

*Various Instructors; Janet Elwood, Sandra Hanson, Jo Summar & Ann West, Coordinators*

Enjoy hearing the adventures that come with restoring a home in an historic neighborhood.

- Sept 13 Tony Curtis: Historic Family Home Shapes My Life Journey (class tour to be scheduled)
- Sept 20 Anita Davis: Preserving & Promoting SoMa Neighborhood
- Sept 27 Paul Dodds: From Old House Habit to Sustainable Business
- Oct 4 Jo Summar & Linda Howell, Ghost Whisperer: Haunted Little Rock
- Oct 11 Sharon Welch-Blair: Passion & Madness in the Quapaw: Bed & Breakfast Rehab
- Oct 18 Tommy Jameson: Hollywood Plantation at Bayou Bartholomew
- Oct 25 Chuck Cliett: Quapaw Quarter Spring Tour - Promoting Restoration Since 1962
- Nov 1 Mayor Mark Stodola: Our City's Historic Fabric

### **GREAT CON MEN**

*Various Instructors; Dick Williams, Coordinator*

Hardly a day goes by without a news story recounting the suffering caused by con men. This course discusses how they operated in the past and how they have adapted to new technologies today.

- Sept 13 "Dr. John R Brinkley" - Dick Williams
- Sept 20 "Billie Sol Estes" - Bob Cabe
- Sept 27 "Sante Kimes" - Pat Goss
- Oct 4 "Titanic Thompson" - Bill Wilson
- Oct 11 "Charles Ponzi" - Phil Kaplan
- Oct 18 "Bernard Cornfeld" - Annabelle Tuck
- Oct 25 "Allen Stanford" - Fred Ursery
- Nov 1 "Bernard Madoff" - Dent Gitchel

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

### **THE HEART OF THE MATTER**

*Various presenters from Arkansas Heart Hospital*

- Sept 13 Dr. Vija Raja, "Heart Disease 101: Signs and Symptoms"
- Sept 20 Dr. Monica Lo, "Is your Heart a Flutter?" A-Fib Awareness
- Sept 27 Christine Alongi, "Fitness and its Importance in the Golden Years"
- Oct 4 Dr. Andre Paixao, "Cholesterol: HDL, LDL, Good vs Bad Cholesterol; its Effects and How You Can Achieve Better Numbers"
- Oct 11 Dee White, "Keeping Your Legs Healthy Can Keep Your Heart Healthy"
- Oct 18 Dr. Gary Nash, "Hypertension: Keep Your Blood Pressure From Rising"
- Oct 25 Sheron Wiess, "Diabetes: How to Control the Disease, Not the Disease Control You"
- Nov 1 Chef Mark Elliot, "Preparing Heart Healthy Holiday Meals" (live demonstration)

### **SPORTS TALK**

*Various topics and presenters; Lee Ann Matson, Coord.*

Discussion of Arkansas football, basketball and other topics with local radio & TV personalities, sports producers, and other special guests.

### **LUNCH & LEARN**

**Noon to 1:00 p.m. in the Great Hall**

**See enclosed insert for menu and program details.**

**1:15 p.m.—2:15 p.m.**

### **RISE UP: EIGHT AMERICAN SUCCESS STORIES**

*Jerry Senn, Instructor*

- Analyze the success of eight Americans who overcame serious challenges and rose to prominence.
- Sept 13 Sam Houston: A failure as Tennessee Governor becomes the father of Texas.
  - Sept 20 Ulysses S. Grant: From mid-life failure to national hero.
  - Sept 27 Andrew Carnegie: A Scottish immigrant becomes the richest man in the world.
  - Oct 4 Booker T. Washington: From slavery to freedom, to college founder and leader
  - Oct 11 Henry Ford: Rises from rural 19th century past then decides to preserve it.
  - Oct 18 Franklin Roosevelt: Overcomes polio to lead the nation through depression and war.
  - Oct 25 Eleanor Roosevelt: From lonely orphan to "First Lady of the World."
  - Nov 1 Paul "Bear" Bryant: From Moro Bottom, Arkansas to football coach legend.

### **GAMES FOR FUN**

*No instructor*

Join with friends new and old to play all afternoon Bridge for Fun, Scrabble, and Mah Jongg!

(Wednesday classes continued )

1:15 p.m.—2:15 p.m.

### **GREAT BOOKS P.M.**

*William E. Moore, Instructor*

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

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

### **REALLY BIG QUESTIONS IN SCIENCE**

*Dr. Fred Silva, Instructor; Sandra Hanson, Coordinator*

From the Big Bang to “designer babies,” explore the breadth & depth of what science says about life’s most complex issues.

- Sept 13 The Universe(s); Origin(s) and the Big Bang(s)  
Sept 20 The Wonders of the Universe: the Dark Forces, Stars and Holes  
Sept 27 Searching and Meeting Extraterrestrials — Should we call them?  
Oct 4 The Origin of Life and the Future of Life  
Oct 11 Genetic Testing: Who had the information?  
Oct 18 Genetic Engineering: Designing Our Own Babies  
Oct 25 The Brain: What We Should Know  
Nov 1 The Mistakes Our Brain Makes

### **ZENTANGLE**

*Ann Filiatreau, Instructor*

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being. First four weeks are for beginners or a review of the basics; the last four weeks are just for fun!

*Enrollment limited to 20.*

1:15 p.m.—2:45 p.m.

### **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!

*Enrollment limited to 16.*

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

### **ACRYLIC / OIL PAINTING INSTRUCTION (3 hours)**

*Clarence Cash & Anne Parat, Instructors;*

*Anne Parat, Coordinator*

If you have always wanted to try your hand at painting on canvas or canvas board, now is your chance! Anne Parat will teach beginning landscape techniques in acrylic the first four weeks. Clarence Cash will continue with oil instruction the second four weeks. More experienced painters or those who prefer to create other projects are welcome to use class time as open studio.

*Enrollment limited to 16.*

## **THURSDAY CLASSES:**

9:00 a.m.—9:50 a.m.

### **INSIDE CITY HALL**

*Various presenters; Walter Nunn, Coordinator*

Get the inside scoop on what’s happening in your city. From parks and plans to policing and policy, you’ll hear directly from the decision-makers at the hub of Little Rock activity.

- Sept 14 Community Programs: Youth Master Plan  
Sept 21 Mayor’s Office, Mayor Mark Stodola  
Sept 28 Planning & Zoning  
Oct 5 Public Works with Housing & Neighborhoods, Code Enforcement, Sustainability & Recycling  
Oct 12 Little Rock Fire Department & MEMS  
Oct 19 Little Rock Police Department, 911 & Neighborhood Watch  
Oct 26 Parks & Recreation: Senior Activities  
Nov 2 Finance Department: Cent Committee

### **THE ARTISTS’ WAY**

*Ed Barham, Instructor*

Whether you’re a blocked artist, a “want-to-be artist” or a working artist with room to grow creatively, this proven process will promote new levels of creativity in your work & life. No prerequisite or ability required. All you need is a desire to explore more deeply the sources of creativity already within you, and a willingness to grow spiritually and creatively. Please acquire the book, The Artist’s Way—A Spiritual Path to Higher Creativity by Julia Cameron available from Amazon, Barnes & Nobles, and Wordsworth Books.

*Enrollment limited to 16.*

9:00 a.m.—10:50 a.m.

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

*Ellen Lowitz, Instructor; Mary Ann Brown, Coordinator*

Learn to play Mah Jongg! Plan to stay both hours for instruction and play-time. You may purchase your 2017 Mah Jongg card by contacting 212-246-3052 or [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org).

*Enrollment limited to 16.*

9:00 a.m.—11:50 a.m.

### **GREETING CARDS (3 hrs)**

*Sandra Hanson and Connie Wardell, Instructors;*

*Sandra Hanson, Coordinator*

“Especially for you” is the sentiment that a handmade greeting card conveys. Join us to make Christmas cards, birthday & thank you cards, sympathy cards & 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 and creativity.

*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.*

### **WATERCOLOR FOR BEGINNERS (3 hrs)**

*Shirley Brainard, Instructor; Marietta Kehler, Coordinator*  
Have you ever wanted to paint in watercolor but didn't know how to start? Then this class is for you! No drawing skills required. Bring your creativity and plan to have fun painting and mixing colors. A complete list of supplies will be provided upon enrollment. (Approx. cost for complete list = \$60.00 + shipping). *Enrollment limited to 12.*

10:00 a.m.—10:50 a.m.

### **LITERATURE AND POLITICS**

*Ian King, Instructor; Garrett McAinsh, Coordinator*  
Given the political turmoil that has descended on many countries in the last few years, what can imaginative literature teach us about politics today? We might have read these books before, but a fresh look at George Orwell's 1984, Aldous Huxley's Brave New World, and Tim O'Brien's The Things They Carried will offer us many new insights into the nature of politics past, present and future. Be ready for a wild ride! Plan to acquire these books on your own and be ready to discuss. *Enrollment limited to 16.*

### **ADVOCACY 101: BECOMING A CHANGE AGENT**

*Various Presenters; AARP Arkansas, Coordinator*  
How does advocacy impact policy? Advocacy experts from grassroots, legal, professional lobbyists, non-profits, membership & government organizations will discuss how they work to shape the policy-making process.

Sept 14	What is Advocacy? AARP
Sept 21	Grassroots—AARP Family Council
Sept 28	Legal—Attorney General's Office
Oct 5	Professional—Mitchell, Blackstock, Ivers & Sneddon; Impact Management
Oct 12	Non-Profit—CareLink; Easter Seals
Oct 19	Membership—Arkansas Trial Lawyers Assoc.; Arkansas Hospital Association
Oct 26	Government—AR Fnd. for Medical Care
Nov 2	Summary and Action Steps: AARP

### **AMERICAN DREAM GENEALOGY**

*Jeanne Rollberg, Genealogy Specialist, American Dream Genealogy and Research, Instructor*  
Learn how to: use basic genealogy databases, use newspapers to learn about ancestors, find hard-to-discover female ancestors and "black sheep," and use social media to make distant family connections. Genealogy preservation, Arkansas resources, and genealogy travel will also be included. Access to computers at home or the library will be helpful in doing research. *Enrollment limited to 25.*

(Thursday classes continued)  
10:00 a.m.—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. *Enrollment limited to 25.*

11:00 a.m.—11:50 a.m.

### **WHAT'S ON YOUR MIND?**

*Ron Winters, Moderator; Art Gillum, Coordinator*  
Not your typical teacher-led class, but a completely unstructured, moderator-led discussion of many different 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. *Enrollment limit 20.*

### **CONSTITUTION OF THE UNITED STATES OF AMERICA**

*Larry Walton, Instructor; Sandra Hanson, Coordinator*  
Take a fun and educational look at facts about our Constitution that you have never considered or have forgotten. This course will NOT be political, but will focus on what the Constitution does and does not say. Each student will receive a booklet containing the Constitution and Declaration of Independence for a \$1 donation.

11:00 a.m.—12:30 p.m.

### **BEGINNING BRIDGE (1.5 hrs)**

*Virginia Young & Richard Kalkbrenner, Instructors*  
Learn how to play America's favorite card game. Course will cover bidding, play and defense. Instruction the first half, practice and play the second half. *Enrollment limited to 28.*

### **TIPS & TRICKS FOR IPHONES & IPADS (1.5 hrs)**

*Charlie Frith & John Mize, Instructors; Walter Nunn, Coord.*  
Designed for the absolute beginner, this class will be completely hands-on with demonstrations and detailed instructions. Participants need to bring with them their own iPhones (iPhone 5 or newer recommended) or iPads. *Enrollment limited to 25.*

12:30 p.m. on Thursdays

### **WALKS IN THE PARKS (1.5 hrs) MEETS OFF-SITE**

*Dina Nash, Facilitator*  
Enjoy autumn in Arkansas! Meet at various Little Rock area parks. Pack a lunch and explore our city's beautiful parks and trails. Hikes are 20-30 minutes and are considered light to moderate in difficulty. Transportation on your own. *Enrollment limited to 18.*