



FALL 2018

September 19—November 8

501-225-6073 / info@lifequestofarkansas.org

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

REGISTRATION FEE: \$65 (until September 6, \$75 afterward)

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:

September 12, 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.

CHAIR YOGA

Karin Bara, Instructor

Chair yoga is terrific for anyone with limited mobility, heart disease, or other health issues. This class will focus on balance, flexibility, and stress management.

Limit of 25.

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.)

Tom Herrin, 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.

MOVIE MUSICALS

David Miller, Instructor

Join this popular NPR radio program host to view films from the 1940s featuring the prominent musical stars of the day. Movie excerpts will accompany full-length films with lively discussion.

AMERICAN NATIONS

David Dyer, Instructor

Author Colin Woodard proposes that the history of North America can be viewed through the histories of eleven cultural "nations." This class will explore that history and how these regions have interacted and still produce the dynamics of our current history.

OUR ENGLISH LANGUAGE: MISCONCEPTIONS AND MYSTERIES

Bonnie Melchior, Instructor; Shelley Wold, Coord.

What we think we know about our native language ain't necessarily so! Find out about dialects, our mania for correctness, the importance of metaphor and categories, how intentions change the meanings of sentences, and how children acquire language.

THE INTERWAR YEARS

Rick Leach, Instructor; Art Gillum, Coordinator

An exploration of the political, economic and cultural chaos in post-WWI Europe and the resort to authoritarianism that led to WWII.

LifeQuest offers a shuttle service on Wednesdays from 8:30 a.m. until 1:30 p.m. between Second Presbyterian Church and St. James United Methodist Church.

(Wednesday classes continued)

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

THE BALLETS RUSSES

Wayne Chapman, Instructor; Angela Sewall, Coordinator

The Ballets Russes is widely regarded as the most influential ballet company of the 20th century, as it promoted ground-breaking artistic collaborations among such artistic legends as Stravinsky, Debussy, Picasso, and Matisse. Explore their importance to 20th century art and examine the following ground breaking ballets: *The Firebird, Petrushka, Afternoon of a Faun, The Rite of Spring* and *Les Noces*.

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

BIRTH OF THE ATOMIC AGE

Various presenters; Dick Williams, Coordinator

Learn from this group of dedicated lawyers and judges about the development of nuclear weapons, the race for the atomic bomb, and wartime espionage.

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| Sept. 19 | American and British Spies for Russia—Dent Gitchel |
| Sept. 26 | Deciding to Make the Bomb—Bob Cabe |
| Oct. 3 | The Manhattan Project—Fred Ursery |
| Oct. 10 | German Efforts to Build the Bomb — Dick Williams |
| Oct. 17 | The Decision to Bomb Japan—Pat Goss |
| Oct. 24 | Origins (Neils Bohr & Enrico Fermi) - Bill Wilson |
| Oct. 31 | Los Alamos (Robert Oppenheimer) - Phil Kaplan |
| Nov. 8 | The Hydrogen Bomb—Pat Goss |

AMERICAN FOLK MUSIC

Ralph McKenna, Joe Lombardi, Rich Roy, and Micky Rigby, Instructors; Ralph McKenna, Coord.

The LifeQuest Folkies will explore some personal favorites this term: Hank Williams, Emmylou Harris, Gordon Lightfoot, etc. We'll chart the evolution of American folk music from poet Carl Sandburg's 1927 American Songbag, through Hank Williams' 1950s songs of our youth, through the politically-driven folk revival of the '60s, to contemporary performers. The class is participatory and concludes with our traditional "hootenanny."

ARMCHAIR TRAVELER: IRELAND

FOLLOW THE WALK OF THE IRISH STORYTELLER Angela Sewall, Instructor

Travel to faraway places without the hassle and expense! This term we'll cover the culture, politics, history and unique aspects of Ireland for travelers and for those who like to dream about traveling to the Emerald Isle.

SPORTS TALK WITH TREY MALLETT & FRIENDS

Various Presenters; Ralph McKenna, Coordinator

Trey Mallett has been in the TV business for more than ten years as a news producer for KARK4, sports producer, and on-air talent for Arkansas Sports Nation. Trey and other local radio & TV personalities and special guests will lead discussions of Arkansas sports in this lively, participatory class.

(Wednesday classes continued)

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

RECENT ADVANCES IN SCIENCE

Bill Melchior, Instructor

Let's explore several recent discoveries about how the world works: new techniques for seeing previously invisible aspects of the universe, of the human body, and of the molecules on which all life depends; novel improvements in diagnosis & treatment of illnesses; better ways to create and use energy; and increased computing power.

UNDERSTANDING THE BRAIN AND EMOTIONAL HEALTH

Various Presenters; Melanie Pilcher, Coordinator

Learn about the most common mental health issues and various therapy and management techniques. Eight interesting topics and even more fascinating speakers.

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| Sept. 19 | Thinking, Feeling, Doing, - Shannon Greenfield, Ph.D. CHI St. Vincent, Clinical Psychologist, Outpatient Behavioral Health |
| Sept. 26 | Mood Disorders - TBA |
| Oct. 3 | Defining Dementia - Mark Pippenger, M.D., UAMS Behavioral Neurologist |
| Oct. 10 | Psychotic Disorders - Lewis Krain, M.D., North Little Rock VA, Geriatric Psychiatrist |
| Oct. 17 | Anxiety Disorders - TBA |
| Oct. 24 | Brain-Body Fitness - Cody Sipe, Ph.D. Harding University, Assoc. Prof, Clinical Exercise Physiologist |
| Oct. 31 | Mindful Meditation & More - Denise Compton, Ph.D., UAMS Neuropsychologist |
| Nov. 8 | Healing and Growing - Shannon Greenfield, Ph.D. CHI St. Vincent, Clinical Psychologist, Outpatient Behavioral Health |

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

LUNCH & LEARN in the GREAT HALL

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

LIFE: BIOLOGY 101 AND BEYOND

Dr. Fred Silva, Instructor; Sandra Hanson, Coord.

This class will cover the definition and origins of life including symbiosis (we are multitudes!); evolution - how it works and the evidence; animal and plant intelligence; and the future for humans 2.0.

(Wednesday classes continued)

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

ZENTANGLE

Ann Filiatreau, Instructor

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. First four weeks are for beginners or a review of the basics; the last four weeks are just for fun! *Limit of 20.*

SLEEP: FASCINATING PAST, MYSTERIOUS PRESENT

Bill Rausch, Instructor

Trouble with sleep? Presidents, popes, paupers and plain ol' people may all suffer with sleep troubles equally. Sleeplessness recognizes no boundaries and does not discriminate between age, gender, race, or social status. Let's explore the history, culture, physiology and science of sleep and delve into the current crisis of sleep deprivation that so many of us share.

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. *Limit of 16.*

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

GAMES FOR FUN

Bridge, Scrabble, and Mah Jongg!
Join friends and play for fun. No instruction.

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. *Limit of 12.*

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

OIL PAINTING INSTRUCTION (3 hrs.)

Clarence Cash, Instructor; Anne Parat, Coord.

Oil painting instruction geared toward those with some experience. Come with medium size canvas, a tablecloth, and your supplies. A suggested supply list, available upon registration, will cost approximately \$50-\$75 and may be purchased on your own. *Limit of 20.*

THURSDAY CLASSES:

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

ANALYZING GLOBAL ISSUES

Ian King, Instructors; Art Gillum, Coordinator

In-depth analyses and discussions of the most important global issues of our time. The topics for discussion will be determined by class interest. Retired U.S. Ambassador, Alan Eastham, will be the guest presenter for the first two weeks.

THE REALM OF THE SACRED AND THE PROFANE: HOW THEY AFFECT OUR LIVES

Jody Musgrove, Instructor

Let's examine the Sacred World and its counterpart, the Profane, and how they influence our lives. Drawing on the disciplines of Geography, History, Religion, Philosophy, and Art, we will tour sites such as Rome, Jerusalem, Lourdes, Kyoto, Guadeloupe, etc. to develop a clearer awareness of how the Sacred can better our lives now and into the future. Special guest presenters: Rabbi Gene Levy and Anne Parat.

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

MAH JONGG FOR BEGINNERS ONLY (2 hrs.)

Ellen Lowitz, Instructor; Mary Ann Brown, Coordinator

Learn to play Mah Jongg! Please purchase your 2018 Mah Jongg card by contacting 212-246-3052 or www.nationalmahjonggleague.org. *Limit of 16.*

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 & Connie Wardell, Instructors

Join us to create three fully designed projects each week to give you 24 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.

THE TRUMP EFFECT: THE MIDTERMS, THE COURTS, AND DEMOCRATIC NORMS

Art English, Instructor

President Trump has significantly influenced the American political system. What will the mid-term elections reveal, what effect will the court appointments have, and how enduring might the "Trump Effect" be? By analyzing the upcoming mid-term elections, the battle over the Supreme Court, and how our democratic norms are changing, perhaps a degree of discernment, if not contentment, may be achieved.

(Thursday classes continued)

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

CHRISTIAN ART & ARCHITECTURE

Sandra Cone, Instructor; Ann West, Coordinator

An examination of Christian art and architecture from inception to modern day. Focus will be on the development of theology and its influence on church architecture, manuscripts, and images of the Virgin Mary and Jesus Christ.

REAL POSSIBILITIES FOR AGING IN ARKANSAS

Various presenters; AARP, Coordinator

- Sept. 20 What You Didn't Know About AARP
- Sept. 27 Prepare to be a Caregiver
- Oct. 4 AARP Livable Communities
- Oct. 11 Utilities: We All Pay for Them
- Oct. 18 The AARP Fraud Watch Network
- Oct. 25 Ballot Issues: What to Watch for this Fall
- Nov. 1 Prescription Drug Costs: What is the deal?
- Nov. 8 Health and Wellness: How to stay healthy and live better as you age.

FUNDAMENTALS OF FICTION WRITING

Ian King and Bill Rausch, Instructors

Beyond innate imaginative talent and a flare for the use of words, fiction writing can still be taught to a significant degree. This class will introduce you to the basic guidelines of writing good fiction. Students are requested to access a copy of "Last Night at the Lobster" by Stewart O'Nan (Penguin Books 2007) ISBN: 978-0-14-311442-0
Limit of 12.

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, Coordinator

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

IRISH LITERATURE

Joan Gage and Barry Hardin, Instructors;

Shelley Wold, Coordinator

The class will read, examine, and discuss the works of three Irish 'rebels': "The Playboy of the Western World" by John Millington Synge; "A Portrait of the Artist as a Young Man" by James Joyce; and selected poems by William Butler Yeats. Please come with your own copies of Synge's play and Joyce's novel.

ANTEBELLUM ARKANSAS

Steve Teske, Instructor; Elvon Lloyd, Coord.

More than hoop skirts and riverboats, this dramatic time period includes an infamous knife fight on the Legislative floor, the Trail of Tears, the Mexican War, and the events that led to Arkansas becoming the 25th state. Let's explore life in Arkansas prior to the Civil War, including historic events, politics, culture, ways of life, and significant individuals.

(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 20.

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

COMPASSION CULTIVATION TRAINING

Dent Gitchel, Jr., Instr.; Ann West, Coord.

Compassion Cultivation Training™ (CCT) is an eight-week evidence-based compassion cultivation training developed at Stanford University under the guidance of Thupten Jinpa, a Tibetan Buddhist scholar and chief translator for his Holiness the Dalai Lama. Included are guided meditations and group discussion. Regular attendance is expected.
Limit of 20.

IPADS & IPHONES

Charlie Frith and John Mize, Instructors

Designed for the absolute beginner, this class will be completely hands-on with demonstrations and detailed instructions. Bring iPhone or iPad to class (iPhone 5s or newer recommended). *Limit of 25.*

12:30 p.m. - 2:00 p.m.

WALKS IN THE PARKS

Dina Nash, Instructor

Enjoy fall in Arkansas! Pack a lunch and explore our city's beautiful area parks and trails. Hikes are 20-30 minutes and are considered light to moderate in difficulty. Transportation is on your own. We'll carpool from Second Presbyterian Church on Week One. *Limit of 16.*

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

BEGINNING SONGWRITING

Bob Boury, Instructor; Angela Sewall, Coord.

For beginners who like poetry, lyrics and popular songs. The course is for non-musicians, just creative folks who want to experiment with words and melodies.

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

BEGINNING SCULPTING (2 hours)

John Deering, Instructor; Anne Parat, Coord.

You know his cartoons, but did you know he could sculpt? John will show you his creative process and teach the basic steps to create your own small works in clay. You will need to pick up a \$40 supply kit at Art Outfitters, 917 West 7th St. in downtown Little Rock. *Limit of 20.*