



SPRING 2019

APRIL 3—MAY 23 | REGISTRATION OPENS MONDAY, MARCH 4

Lifelong Learning Classes

Registration Fee: \$65 | \$75 after March 21

Fee covers all Wednesday and Thursday classes for the 8-week term.

Some classes require an additional fee.

Classes held at Second Presbyterian Church, 600 Pleasant Valley Drive.

Digital Learning Classes

Registration Fee(s): Priced individually (see inside)

Classes held at the UAMS Reynolds Institute on Aging & Second Presbyterian Church.

501-225-6073 | lifequestofarkansas.org

New Member Coffee: Wednesday, March 27 | 9:30—10:30 a.m.

Lifelong Learning: Spring 2019

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. *Limit of 10.*

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

BEHIND THE HEADLINES

John Brummett, Instructor

Lively commentaries on state, national and 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, pencils, and pictures of personal interests. *Limit of 20.*

EXPERIENCED WATERCOLOR INSTRUCTION (3 hrs.)

Tom Herrin, Instructor; *Marietta Kehler, Coordinator*

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.*

IT'S ANCIENT HISTORY: ORIGINS

Rick Leach, Instructor; *Art Gillum, Coordinator*

Discover or renew your knowledge of how civilizations began in the geographic regions of Ancient Greece and the Republic of Rome. From the common people to the intellectual and political elites, we will survey Athenian democracy and republican Rome and how each inspired and influenced the founders of our own country.

WEDNESDAY CLASSES

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

INTRODUCTION TO THE DIGITAL WORLD

Charlie Frith, John Mize, Bill Owens, Instructors;

Charlie Frith, Coordinator

The 21st century is filled with a dizzying array of digital technologies from mobile devices, home entertainment and security systems, and constant upgrades in our Windows, Mac and Chromebook computers. Helping to make sense of it all is the purpose of this class and the expert LifeQuest Digital Learning instructors.

THE STORY OF THE ELEMENTS

David Dyer, Instructor

All those elements on the Periodic Table, like oxygen and carbon, californium and copper, and all the others. Where did they come from? Who discovered them? What do they do? How do they work? This class will examine the history of the elements and the growth of the science of chemistry (with a little physics thrown in just for fun). We will walk together through the growth of human knowledge about the building blocks of the Universe and find how our present knowledge of the physical world shapes the things we use and the way we live.

OSCAR WINNING SONGS

David Miller, Instructor

"It's a Blue World," "White Christmas," "Blues in the Night" -- which one won an Oscar? What makes an award-winning musical number and what voices made their Oscar debuts? Each week we'll listen to nominated songs and, in some cases, watch videos of the performances. Students are challenged to identify the winners.

GEOGRAPHY OF AUSTRALIA & NEW ZEALAND

Jerry Hanson, Instructor; *Sandra Hanson, Coord.*

Let's go "down under" and take a look at the geography, economies, climate, vegetation, and national identities of these two countries on the opposite side on the globe. How did the topographies of each country influence the settlement patterns and economies of each? Who are the natives of each country and how are they alike and dissimilar? What are the geological resources of each country and how does that create challenges and opportunities? Grab a map and a virtual walking stick to find out!

Lifelong Learning: Spring 2019

WEDNESDAY CLASSES

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

FAMOUS TRIALS

Various presenters; *Dick Williams, Coordinator*

From the trial of Socrates in ancient Greece through modern times, the ritual of a trial has fascinated us as a civilized version of warfare where the outcome remains in doubt until one side is declared the winner.

April 3	Socrates—Dent Gitchel
April 10	Boston Massacre—Bob Cabe
April 17	Salem Witchcraft Trials—Bob Brown
April 24	Oscar Wilde—Phil Kaplan
May 1	Aaron Burr—Dick Williams
May 8	Sir Thomas More—Bill Wilson
May 15	Nuremberg—Annabelle Tuck
May 22	Alger Hiss—Fred Ursery

HEALTHCARE MOVERS & SHAKERS

Various presenters; *Melanie Pilcher, Coordinator*

Come and meet some amazing individuals who are pursuing their dreams, passions, and interests to impact healthcare in Arkansas and beyond.

April 3	To be determined
April 10	Blue Zones Research: Psychology, Anthropology, and a little Biology—Anne Goldberg, PhD & Jennifer Peszka, PhD, and students from Hendrix College
April 17	How Facebook & a Rare Cancer Changed My Life—Jerad Gardner, MD, UAMS
April 24	Alzheimer's Disease Research—Sue Griffin, PhD, UAMS
May 1	Death, Dying, and Diversity—Greg Adams, LCSW, ACSW, FT, AR Children's Hospital
May 8	Cancer Detecting Canines/Improving Warfighter Nutrition Project—Arny Ferrando, PhD, UAMS
May 15	Breast Cancer/AR Medical Marijuana Commission —Ronda Henry-Tillman, MD, UAMS
May 22	To be determined

WORLD RELIGIONS

Steve Teske, Instructor; *Elvon Lloyd, Coordinator*

In our class sessions on World Religions, we will consider some of the major religions including Hindu, Buddhist, Jewish, Christian, and Muslim beliefs and practices. We will also consider indigenous religions, new religious movements, and have a general discussion about what religion is and how best to compare, contrast, and study the religions of the world, old and new.

WEDNESDAY CLASSES

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

AMERICAN FOLK MUSIC EVOLVES

Various presenters; *Ralph McKenna, Coordinator*

Recent developments in Americana-based music: emerging artists, lesser-known masters of the craft, and contemporary works by established artists. A laid-back class atmosphere with class participation encouraged.

April 3	New music by old friends: Hank Williams, Utah Phillips, Steve Goodman, etc.
April 10	Persistent Legends: Bob Dylan, Steve Gillette, and Tom Paxton
April 17	Hoyt Axton
April 24	Blaze Foley and Kate Campbell, Townes van Zandt and the Acoustic Sounds Cafe
May 1	John Prine in 2019
May 8	Great Folk Artists: Let's Sing Along! Top Hits from the Folk Revival
May 15	Familiar Songs We Sing in the Shower
May 22	Hootenanny!

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

LUNCH & LEARN in the GREAT HALL

Various presenters

Lunch is \$8 and reservations are taken by **noon each Monday**. See insert for menu and program details. Sack lunches are welcomed!

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.*

SCIENCE, A REVIEW: WHAT IT IS, HOW IT'S DONE, AND WHAT WE'VE FOUND OUT

Fred Silva, Instructor; *Sandra Hanson, Coordinator*

April 3	Science: What, How, Why
April 10	Relationship of Science to Religion and Theology
April 17	The Science of Cosmology
April 24	The Science of Biology
May 1	The Science of Physics
May 8	The Science of Genetics and DNA
May 15	The Science of the Brain: Neuroscience
May 22	Other Sciences and Recap

Lifelong Learning: Spring 2019

WEDNESDAY CLASSES

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

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. 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 (1.5 hrs.)

Joy Jones & Tina Coffin, Instructors;

Shelley Wold, Coordinator

Everyone has lived an interesting life, although some times 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 and sharing class.

COMPASSION CULTIVATION TRAINING (1.5 hrs.)

Dent Gitchel, Jr. and June Stewart, Instructors,

Ann West, Coordinator

Compassion Cultivation Training™ (CCT) is a unique eight-week class developed by the Compassion and Altruism Research and Education (CCARE) at Stanford University. Attendance at the first class is critical, and participation each week is important as each class builds on information shared the previous week. The course consists of class lecture and discussion, guided meditations, group exercises, and on-line resources to use throughout the week. *Limit of 20.*

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

GAMES FOR FUN (2 hrs.)

No instructor—play for fun!

Bridge, Scrabble, and Mah Jongg (players need a current 2019 card). Some basic skills needed to have the most fun.

ANGEL WINGS (2 hrs.)

Wayne Chapman and Bob Boury, Instructors

Calling all would-be singers, dancers and orators! There is a part for you in this short theatrical production. If you'd like to try a bit of acting, dancing, singing, and improvisation, join us in this creative venture. Seven weeks of rehearsal will prepare the group for a lunch performance on May 22 around the theme of "being touched by an angel".

WEDNESDAY CLASSES

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

BEGINNING GREETING CARDS (2 hrs.)

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 papercrafting techniques by making two cards each week. Designed for beginners, but more experienced card makers are welcome! All supplies and materials provided. *Materials fee=\$25. Limit of 10.*

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

OIL PAINTING INSTRUCTION (3 hrs.)

Sean LeCrone, Instructor; 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.

U. S. FOREIGN POLICY

Alan Eastham, Instructor; Art Gillum, Coordinator

It's a small world, but a lot to talk about. Come learn and participate in this open-ended, participatory discussion based on current topics in the news.

THE VIETNAM WAR

Ian King, Instructor

Revisit the history and politics of that time period through the novel, *The Things They Carried* by Tim O'Brien. Plan to read and obtain the widely available book as some literary analysis, discussion, and creative writing will be included. *Limit of 16.*

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

BEGINNING MAH JONGG (2 hrs.)

Ellen Lowitz, Instructor;

Arlene Margolis and Mary Ann Brown, Coordinators

Learn to play Mah Jongg! Please purchase your 2019 Mah Jongg card by contacting 212-246-3052 or www.nationalmahjonggleague.org. *Limit of 24.*

Lifelong Learning: Spring 2019

THURSDAY CLASSES

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

WATER MEDIA (3 hrs.)

Joy Jones, Instructor; *Marietta Kehler, Coordinator*
Bring your choice of pencils, graphite, watercolor 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.

ANALYZING GLOBAL AFFAIRS

Ian King, Instructor

Utilizing academic analytical tools, we will attempt to dig deeper to understand some of the key global issues of our time that many news outlets currently afford us. Topics considered will be driven largely, if not entirely, by world events and class members' interests.

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. *Limit of 25.*

MOVIES AND SPORTS

Art English, Instructor

Sport movies reflect a part of Americana that is unique to our lives. Who hasn't experienced the thrill of hitting a home run or the more common agony of striking out? The wonders of those who can hit a baseball 450 feet or run a mile under four minutes amazes and inspires us. In our discussions, we will focus on some of the great sports moments and memories in film. Films like *Jim Thorpe: All American*, *The Greatest Game*, *Rocky*, *Pride of the Yankees*, or as a Red Sox fan, *Fever Pitch*, or perhaps the Ben Hogan story, *Follow the Sun*. There is a lot to choose from, so wear your sneakers!

THURSDAY CLASSES

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

THE ARKANSAS CRIMINAL JUSTICE SYSTEM

Dina Nash, Instructor

This class will provide a critique of the accomplishments and deficiencies in the Arkansas Department of Corrections by analyzing such topics as: Whom do we imprison and why? Which systems do it well? The Adult Corrections System in Arkansas: units, classification, and programs; The Juvenile Corrections System: units, approaches, future plans; Improving Courts and Sentencing: racial and gender bias; Programs for Substance Abuse and Mental Health Treatment; Probation & Parole and Other Options; Our Social System: Reforms for the Future.

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. *Limit of 25.*

LOST CITIES AND PALACES

Sandra Cone, Instructor; *Ann West, Coordinator*

Sandra Cone, educator, art historian and former cruise ship lecturer will share the mystery and history of lost cities and palaces that flourished in former civilizations. Amarna in ancient Egypt, Kyoto, the capital of ancient Japan, Pompeii buried in volcanic ash, and the ancient capital of the Mayan empire are a few of the places we will explore.

U.S. CONSTITUTION AND THE DECLARATION OF INDEPENDENCE

Larry Walton, Instructor; *Sandra Hanson, Coord.*

Take a fun and educational look at facts about our Constitution that you never considered or had forgotten from high school civics class. The course will not be political but will focus on what the Constitution says and doesn't say. Each student will receive a booklet containing the Constitution and the Declaration of Independence, either pro bono or with a \$1 donation collected in class.

Lifelong Learning: Spring 2019

THURSDAY CLASSES

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

ABSALOM, ABSALOM!

Chuck Chappell and Earl Ramsey, Instructors

Many readers of ABSALOM, ABSALOM!, the ninth novel published by William Faulkner, find the book to be the author's most daunting experiment in narration and at times a baffling mixture of facts and conjecture. Guest lecturers occasionally will join us as we undertake a collective adventure in attempting to solve the mysteries abounding in this globally acknowledged American literary masterpiece. Participants should gain access to the Vintage International edition of ABSALOM, ABSALOM!--The Corrected Text, which has been published continuously since 1990 with changes appearing only in the designs of the novel's covers.

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

WALKS IN THE PARKS (1.5 hrs.)

Dina Nash, Instructor

Enjoy spring in Arkansas! 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 is on your own. We'll start from Second Presbyterian Church on Week One. *Limit of 16.*

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

BEGINNING SCULPTING (2 hrs.)

John Deering, Instructor; Anne Parat, Coordinator
New to sculpting? No problem! This class will 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.*

SONGWRITING (2 hrs.)

Charlie Crow, Instructor; Ann West, Coordinator
Published singer/songwriter Charlie Crow offers an introductory song writing workshop for students of all ability levels. Explore the fundamental and creative aspects of songwriting, including musical genres, song structures, melodic development, collaboration and music technology. Prior musical training or experience is helpful, but not required. Charlie, who started the Central Arkansas Chapter of Nashville Songwriters Association International, has an eclectic approach to songwriting that includes country, Americana, Broadway-style ballads, jazz, pop and gospel, and he particularly enjoys writing satirical or humorous music.

DIGITAL LEARNING CLASSES

CLASS LOCATION:

**SECOND PRESBYTERIAN CHURCH,
600 PLEASANT VALLEY DRIVE, ROOM 64**

EVERYTHING YOU WANTED TO KNOW ABOUT YOUR IPAD/IPHONE

*April 9—25, (6) 1.5 hour classes
Tuesdays and Thursdays, 1:30-3:00 p.m.*

Charlie Frith, Instructor

This course will teach you everything you need to know about your iPhone or iPad. The course meets twice a week for three weeks. Each session lasts one and one-half hours. Items covered will include device geography, setting up and using your iPhone/iPad, texting and typing on your iPhone/iPad, email, e-readers, camera, Safari, Photo app, etc. Attendees must be able to download iOS 11 on their iPad or iPhone to attend the class which means iPhones must be at least a 5S or newer. Includes a manual.

Limit of 16. Fee: \$60

ONLINE BANKING AND SHOPPING WORKSHOP

*May 14, (1) 2 hr. workshop
Tuesday, May 14, 1:00-3:00 p.m.*

Bill Owens, Instructor

Learn how to shop online safely, how to use strong passwords, bank online safely, set up an online bank account, transfer money between accounts, reconcile your account, credit card alerts, using credit or debit and more. Includes a detailed hand-out.

Limit of 16. Fee: \$25

CLASS LOCATION:

**UAMS REYNOLDS INSTITUTE ON AGING
629 JACK STEPHENS DRIVE, ROOM 2156**

COMPUTER BASICS

*April 1—17, (6) 2 hr. classes
Mondays and Wednesdays, 10:00 a.m.-12:00 p.m.*

Bill Singley, Instructor

This is a basic introduction to computers for those who do not have previous experience. How to turn on the computer, beginning keyboarding, learning finger motions with mouse operations, point and click, minimize, restore, and close. Students get computer hands-on time in using e-mail and an introduction to the Internet. Includes a manual. *Limit of 8. Fee: \$60*

Slice of Life: Spring 2019

News & Updates

SAVE THE DATE: "LIFEQUEST GIVES DAY" IS APRIL 4

LifeQuest will host our second annual "LifeQuest Gives Day," an all-day giving event designed to promote a spirit of giving in support of our mission to provide lifelong learning. From 8:00 a.m. until 5:00 p.m. on Thursday, April 4, on-line donations and donations made in person in the LifeQuest office will be matched dollar-for-dollar!

DEDICATED SERVICE AWARDS

LifeQuest will honor volunteers, Marcie Smith and Ann West, with our *Dedicated Service Award* on Wednesday, April 10 during our lunch program at noon in the Great Hall. Lunch tickets are \$8 and may be purchased by calling the office at 225-6073.



WITH GRATITUDE

LifeQuest recently received two grants made possible by The Philip R. Jonsson Foundation and the Arkansas Community Health & Education Foundation. Due to the generosity of these organizations, we were able to purchase a variety of much needed audio visual equipment, such as laptops, overhead projectors, a/v carts, and microphones as well as provide our shuttle service for another year. Thank you!

VAMOS A ESPANA!

Join LifeQuest as we partner with Collette Travel for an excursion to Spain November 9—19, 2019. There is nothing like Spain in the fall which is an excellent time to explore the rich history, culture, and food of this wonderful country. Learn more during an informational meeting at 1:00 p.m. on March 12 at Second Presbyterian Church.

WE LOVINGLY REMEMBER: Sharon Goble, Jane McCain, Buddy Rotenberry, Sally Streett, and Walter Walker

MEMORIALS & HONORARIA

Making a gift to LifeQuest is a special way to honor someone you love or admire. Please visit lifequestofarkansas.org to see a list of recent tribute gifts.

DATES TO REMEMBER

Summer Registration Opens: June 3
Summer Term: July 10—August 1
Fall Term: September 18—November 17

LIFEQUEST SHUTTLE

LifeQuest offers a complimentary shuttle service on Wednesdays from 8:30 a.m. until 1:30 p.m. between Second Presbyterian Church and St. James United Methodist Church during each of our 8-week terms. Look for the shuttle pick-up sign in the upper parking lot of St. James close to the I-430 overpass.



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SPRING 2019



Don't forget about the
shuttle on Wednesdays.
See details inside!



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Registration is available online at lifequestofarkansas.org. All major credit cards accepted.
Dorothy P. Sitton Scholarships are available to assist with registration fees.
Call the LifeQuest office at 225-6073 to apply.