



WINTER 2018

January 17—March 8

501-225-6073 / info@lifequestofarkansas.org

Classes held at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, AR 72221

REGISTRATION FEE: \$65 (by January 4)—\$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:

January 10, 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 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. *Limit 20.*

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

BASIC DRAWING (3 hrs.)

Bill Fulton, Instructor; Marietta Kehler, Coordinator

Beginners & experienced artists welcome! You will learn drawing techniques, engage in a social event with others, and have fun! The topics repeat, but the lessons change. Demos presented in each class. Bring paper, pencil, eraser and pictures of personal interests. *Limit 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 20.*

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

GREAT BOOKS A.M.

William E. Moore, Instructor

Read and discuss selections of great literature by classic and modern authors. *Limit 16. Materials fee = \$10. This class is repeated in the afternoon.*

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

MASTERS OF THE CLASSICAL STYLE

Nancy Fleming, Instructor; Elvon Lloyd, Coordinator

Haydn, Mozart, and Beethoven: Although they differed greatly in personality and career path, all of them made significant contributions to the 18th century Classical style. What are the elements of this style? How did their individual contributions differ? This course will explore the Classical style as expressed in the major genres of the period and will introduce participants to some of the music of these three great composers.

THE CASE OF THE WEST MEMPHIS THREE

Mara Leveritt, Instructor; Ann West, Coordinator

Using research from her book (and movie) *Devil's Knot*, reporter Mara Leveritt leads a careful examination of this infamous Arkansas crime. The class will examine the murders, investigation, trials, media, and startling release of the three convicted killers.

SPANISH - LEVEL II

Isabel Adams, Instructor; Shelley Wold, Coordinator

Learn new vocabulary, increase your conversational skills and comprehension, and know more about the culture of the Spanish-speaking countries. Purchase text via Amazon: "Spanish Conversation" by Jean Yates (McGraw-Hill).

OUR UNCONCIOUS LANGUAGE SKILLS

Bonnie Melchior, Instructor; Shelley Wold, Coord.

All of us have language skills we acquire unconsciously from our culture: what counts as a rude interruption and what doesn't; how direct should we be in requesting something; under what circumstances is a social lie appropriate; how does the same sentence change in meaning because of the listener's perception of the intention behind it? Also, why translation is not as simple as using the translation app on a smart phone. Let's explore our own language skills and savvy.

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

THE COLD WAR IN EUROPE

Garrett McAinsh, Instructor

Look at the personalities, interests, and values involved in the East-West struggle after World War II.

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

AMERICAN FOLK MUSIC: INSTRUCTOR FAVORITES

The LifeQuest Folkies: Joe Lombardi, Ralph McKenna, Micky Rigby, Rich Roy; Ralph McKenna, Coordinator

Since 2013, the LifeQuest Folkies have been sharing a passion for Americana-based tunes of the people, focusing on associated historical injustice, social controversy, and political consequences. This time around the class will be more individualized, as students will be invited to actively join "in the round" when appropriate.

GARDENING: PREPARING FOR SPRING

Various Presenters; Anne Parat, Coordinator

Get ready for spring with expert advice from Arkansas Master Gardeners:

- Jan 17 "Butterfly Gardening," **Cindy Franklin**
- Jan 24 "Bulbs & Irises," **Susan Rose**
- Jan 31 "Herbs," **Marcella Grimmett**
- Feb 7 "Pruning: Making the Cut," **Randy Forst**
- Feb 14 "Vertical Gardening," **Cori Fetters**
- Feb 21 "Attracting Birds," **Jane Gulley**
- Feb 28 "Native Plants," **Don Ford**
- Mar 7 "Keyhole & Raised Bed Gardening," **Valerie Smith and Chris Lalande**

FASCINATING ARKANSANS

Various Instructors; Dick Williams, Coordinator

Learn about some of our state's most colorful citizens from this group of dedicated lawyers & judges.

- Jan 17 "Isaac Murphy," **Bob Cabe**
- Jan 24 "John Clayton," **Dick Williams**
- Jan 31 "Albert Pike," **Dent Gitchel**
- Feb 7 "Chester Ashley," **Pat Goss**
- Feb 14 "Women's Emergency Committee," **Phil Kaplan**
- Feb 21 "John H. Johnson," **Fred Ursery**
- Feb 28 "Augustus Garland," **Bill Wilson**
- Mar 7 "Uriah Milton Rose," **Bob Brown**

BEING MUSLIM

Sophia Said, Instructor; Dick Williams, Coordinator

An overview of Islam will introduce the basic tenets of the faith and the tremendous diversity of cultures and customs of Muslims in America and around the globe. Jesus in Islam, status of women, violence & extremism, spirituality & Sufism, art & culture, relations with other faiths, Muslim community in Arkansas, and the statewide interfaith movement will be discussed among other topics, in order to provide a well-rounded introduction to one of the fastest growing religions in America.

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

A BROAD HISTORY OF HUMANITY... WHERE DID WE COME FROM? WHERE ARE WE GOING?

John Slater, M.D., Instructor; Sandra Hanson, Coord.

The fascinating science of our story: the formation of our home, the planet Earth, the advent of life and its evolution into various lifeforms leading to the eventual arrival of homo sapiens (that's us!). Then we'll take a look at what lies ahead.

MINI MEDICAL SCHOOL: PLACENTA, HEART EMBRYOLOGY AND CONGENITAL HEART DEFECTS

Bob Burns, Ph.D., UAMS, Instructor

Learn about the normal functional anatomy of the fetal heart, circulation and the changes that occur from birth to adulthood. We will cover some of the major heart defects children can be born with such as Tetralogy of Fallot (comedian Jimmy Kimmel's son's condition), holes in the heart, and other congenital defects.

12:00 p.m.—1:00 p.m.

Lunch & Learn in the Great Hall

Lunch is \$8 and reservations may be made in advance by Monday of each week. You are also welcome to bring a sack lunch and enjoy the program!

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

GAMES FOR FUN

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

ALMOST PRESIDENT: EIGHT CANDIDATES WHO CAME CLOSE TO THE TOP JOB

Jerry Senn, Instructor; Glenn Harrison, Coordinator

Eight people who won their party's nomination for president (a few of them more than once) yet never became president. Learn the background stories and events surrounding the almost-elections of Henry Clay, George McClellan, Samuel Tilden, William J. Bryan, Charles Evans Hughes, Al Smith, Thomas Dewey and Adlai Stevenson.

GREAT BOOKS P.M.

William E. Moore, Instructor

Read and discuss selections of great literature by classic and modern authors. *Limit 16. Materials fee = \$10. This class is also offered in the morning.*

THE BIG QUESTIONS: SCIENCE, THEOLOGY, PHILOSOPHY, ETHICS AND LOGIC

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

There are big questions in science, religion and theology, philosophy and ethics and logic, as well as their interactions and overlaps. This class tackles the BIG questions in life and encourages out-of-the-box thinking....WAY outside!

(Wednesday classes continued)
1:15 p.m. - 2:15 p.m.

MIND-BODY MEDITATION & GRATITUDE

Kristen Lippencott, MS, CMES, Corporate Health Promotion, Arkansas BlueCross BlueShield

Enjoy a guided relaxation and meditation, followed by a brief talk about gratitude and how to live in the space of gratitude more often and create strategies to implement gratitude to support the stresses of daily life. The class combines breath work, light yogic stretches, meditation and relaxation to energize the body and uplift the spirit. No experience required! Please bring a mat and wear comfortable clothing.
Limit 25.

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! *Limit 20.*

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 16.*

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

OIL PAINTING INSTRUCTION (3 hrs.)

Clarence Cash, Sharon Franke and Caren Garner, Instructors; Anne Parat, 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. *Limit 20.*

THURSDAY CLASSES:

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

U.S. FOREIGN POLICY

Alan Eastham, Instructor; Art Gillum, Coordinator

He's back! 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.



(Thursday classes continued)
9:00 a.m. - 10:50 a.m.

MAH JONGG FOR BEGINNERS ONLY (2 hrs.)

Ellen Lowitz, Instructor; Mary Ann Brown, Coord.

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

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.
Limit 20.

GREETING CARDS (3 hrs.)

Sandra Hanson & Connie Wardell, Instructors

"Thinking of you," that's the sentiment that a hand made greeting card carries with it. Join us to make birthday and thank you cards, valentine cards, note cards, gift enclosures and tags, sympathy cards and 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 to exercise the creative part of your brain. *Limit 12. Materials fee=\$25*

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

THE MEDITERRANEAN WORLD

Jerry Hanson, Instructor; Garrett McAinsh, Coord.

Explore the countries which border on the Mediterranean Sea. These countries have common characteristics as part of being in the Mediterranean World such as climate, topography, vegetation, demography, rural settlement patterns, and urban histories. Some of the countries have common language and religious histories as well.

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 25.*

COMEDY IN THE AGE OF REASON

Joan Gage & Barry Hardin, Instructors;

Shelley Wold, Coordinator

This class presents light and dark examples of the character Puck's famous line: "What fools these mortals be" in examinations of Richard Brinsley Sheridan's comedy of manners play, "The Rivals" and Voltaire's novella, "Candide". Students should provide their own copies.



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

GENEALOGY 101

Jeanne Rollberg, Instructor; Elvon Lloyd, Coordinator

This short course is an overview of online genealogy resources, strategies, and connections to help build family trees, build collaborative research, and explore genealogy travel. (Access to computers will enhance your experience.)

- 1) The Immigrants and the American Dream
 - 2) Jumpstart: Key Resources to Find Your Family
 - 3) Genealogy on Deadline: What Newspapers Reveal
 - 4) My Grandmother was a "B": Discovering Female Ancestors
 - 5) Fun with our Wanton and Wicked Ancestors
 - 6) State Archives/Lineage Societies
 - 7) End-of-Life Records Bring Ancestors to Life
 - 8) Genealogy Travel and Last Will and Testament
- Limit 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. *Limit 20.*

AMERICAN ZEALOTS / AMERICAN TERRORISTS

Kevin Jones, Instructor

As American as apple pie, from the Boston Tea Party to Nat Turner, the KKK and the Weather Underground, we will explore motives and methods of homegrown terrorism. Our culture has produced believers who embrace extreme viewpoints in pursuit of their values and political goals. We will review the actions of domestic zealots who exemplify their own brand of American terror.

11:00 a.m.—12:30 p.m.

THE DEKALOG

Philip Martin, Instructor; Ann West, Coordinator

Krzysztof Kieslowski (1941-1996) was Poland's best known master director, a compassionate teller of humanist stories during Poland's communist period. This 10-part television series is considered one of the twentieth century's greatest achievements in visual storytelling. Philip will screen and lead discussions into each hour long film.

(Thursday classes continued)
11:00 a.m.—12:30 p.m.

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 5 or newer recommended).

Limit 25.

WINTER NEWS

Three New Members Join Curriculum Committee

This winter, Glen Harrison, Kevin Jones, and Angela Sewall will join our Curriculum Committee, a group of 19 volunteers who plan and coordinate all of the classes for LifeQuest each term. It's a big job, and we are thrilled to add their talents to the LifeQuest curriculum.

We would like to extend a heartfelt thank you to Nancy Irving Smith for her 20 years of service on this committee!

Thank You

Inclement Weather Policy

If the Little Rock Schools are closed for any part of the day, LifeQuest programs and the office will be closed for the entire day.

Stay home and stay safe.

***Instructors Bios are available online at
lifequestofarkansas.org.***

