



WINTER 2017

January 18—March 9

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 6—\$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

NEW MEMBER COFFEE:

January 11, 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; Nancy I. Smith, Coordinator

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

**see new Beginning Spanish class - Thurs. @11:00 a.m.*

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

BEHIND THE HEADLINES

John Brummett, Instructor

Lively commentaries on state and national 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. *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 are strongly encouraged to bring pictures of personal interests to draw. You will learn drawing techniques, engage in a social event with others, and have fun! Bring paper, pencil, and eraser to class.

EXPERIENCED WATERCOLOR INSTRUCTION (3 hrs)

Judy Smithey, Instructor; Marietta Kehler, Coordinator

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

Enrollment limited to 22.

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

LITTLE ROCK SCHOOL TAKEOVER

Various presenters; Walter Nunn, Coordinator

This class on the takeover of the Little Rock public schools will cover 2014 to the present during which the State Board of Education replaced the elected school board with Johnny Key, the state commissioner of education, and replaced the superintendent twice.

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. Text—"Spanish Conversation" by Jean Yates (McGraw-Hill).

**see new Beginning Spanish class - Thurs. @11:00 a.m.*

WILLIAM FAULKNER: LIGHT IN AUGUST

Chuck Chappell, Ph.D., Instructor

Scholars of literature worldwide consider LIGHT IN AUGUST, published in 1932, to be one of William Faulkner's enduring masterpieces. Participants in the course should bring a copy of the *Vintage International* edition of the novel. This standard edition appears in a series of consecutive printings and is readily available from most book sellers and in libraries.

THE GLORIES OF BAROQUE MUSIC: BACH, HANDEL & FRIENDS

Nancy Fleming, Ph.D., Instructor

Handel's Messiah and *Canon in D* by Pachelbel are perennial listening favorites today, several centuries after they were composed. This class will explore the characteristics that make Baroque music so appealing, and introduce the major composers and genres of the period.

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

FROM FACTORY TO STORE

Glen Harrison, Instructor; Jody Musgrove, Coordinator

How products move through the transportation system from their source to your local retail store. Includes guest speakers from motor carrier, railroad, waterway, air cargo, distribution centers, and government sectors.

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| Jan 18 | Supply Chain Management, Motor Carrier, Rail— G. Harrison |
| Jan 25 | Motor Carrier— Shannon Newton, AR Trucking Association |
| Feb 1 | Rail —Brandon Morris, Union Pacific |
| Feb 8 | Inland Waterway, Air Cargo — G. Harrison |
| Feb 15 | Inland Waterway — Gene Higginbotham, AR Waterways Commission |
| Feb 22 | Air Cargo — Joe Parisi, FedEx |
| Mar 1 | Supply Chain Mngt.—Brett Gunn, Dillards |
| Mar 8 | Freight Transportation—Virginia Porta, AR Highway and Transportation Department |

GREAT BOOKS IN THE MORNING

William E. Moore, Instructor, Bob Moore, Coordinator

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

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

This class is repeated in the afternoon.

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

REGIONAL FOODS OF THE U.S.: WHY WE EAT WHAT WE EAT

Gerald Hanson, Ph.D., Instructor; Sandra Hanson, Coord.

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| Jan 18 | Introduction to Regional Foods of the U.S. |
| Jan 25 | Regional Foods: Some Examples |
| Feb 1 | Ethnic Food Heritage |
| Feb 8 | Mexican, Tex-Mex and Italian Ethnic Foods |
| Feb 15 | Greek, Japanese, Vietnamese Ethnic Foods; Eating Out in the South |
| Feb 22 | Eating Out in America- Rise of Fast Foods |
| Mar 1 | Fast Food and Quick Service – Adjusting to the Automobile |
| Mar 8 | A Hamburger – All American Fast Food |

MORE FRENCH FOR TRAVELERS

Sue Mistic and Sharon Sellars, Instructors

Join French *professeurs* Sharon Sellars and Sue Mistic for conversation and culture as they share practical travel-to-France tips while learning/reviewing conversational French using handouts, DVDs, Power Points, realia, and music. No textbook to purchase; no experience necessary. *Enrollment limited to 30.*

SPORTS TALK

Phil Wittman, Coordinator

Discussion of Razorback football/basketball and other topics with local radio & TV personalities and sports producers, Trey Mallett, Crag O'Neill, Steve Sullivan and others.

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

EARLY HOLLYWOOD: THE PRODUCERS

Various Instructors; Dick Williams, Coordinator

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| Jan 18 | D.W. Griffith (His Life) - Dick Williams |
| Jan 25 | D.W. Griffith (Birth of a Nation) |
| Feb 1 | Adolph Zukor - Pat Goss |
| Feb 8 | Samuel Goldwyn - Annabelle Imber Tuck |
| Feb 15 | Warner Brothers - Phil Kaplan |
| Feb 22 | Broncho Billy Anderson - Fred Ursery |
| Mar 1 | William Fox - Dent Gitchel |
| Mar 8 | Cecil B. DeMille - Bob Brown |

MINI MEDICAL SCHOOL: NORMAL & ABNORMAL FUNCTIONAL ANATOMY

Bob Burns, Ph.D., UAMS, Instructor

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| Jan 18 | Brain, Cranial & Spinal Nerves |
| Jan 25 | Eye 1 |
| Feb 1 | Eye 2 |
| Feb 8 | Eye 3 |
| Feb 15 | Ear 1 |
| Feb 22 | Ear 2 |
| Mar 1 | Embryology and Teratology |
| Mar 8 | Development of the Neck and Face |

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

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

From trilobites to gigabytes---the fascinating story of the formation of the earth, the lifeforms that came before us, and the arrival of homo sapiens and a look at what lies ahead.

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| Jan 18 | The formation of our home: the earth |
| Jan 25 | Beginning of life on earth |
| Feb 1 | Progression of life on earth |
| Feb 8 | Here comes homo sapiens (that's us!) |
| Feb 15 | Ascent of mankind |
| Feb 22 | What does our future look like? |
| Mar 1 | Evolution: What is it? How does it work? |
| Mar 8 | Our similarities to other animals...and more |

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

LUNCH PROGRAMS

Phil Wittman, Coordinator

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| Jan 18 | Bob Boyd with Nan Renaud |
| Jan 25 | Herb Sanderson, AARP |
| Feb 1 | Tom Cox, piano performance |
| Feb 8 | Nikolai DiPippa, Clinton School of Public Service |
| Feb 15 | Dr. Rosalie Otters, UALR |
| Feb 22 | ASO String Quartet |
| Mar 1 | Tell Your Story Class Presentation |
| Mar 8 | Mayor Mark Stodola |

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

GAMES FOR FUN

Bridge for Fun, Scrabble, and Mah Jongg!

(Wednesday classes continued)

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

ZENTANGLE

Ann Filiatreau, Instructor

First four weeks are for beginners or a review of the basics; the last four weeks are just for fun!

GENEALOGY ON DEADLINE AND UNCOVERING OUR ANCESTORS' AMERICAN DREAMS

Jeanne Rollberg, Genealogy Specialist, Instructor;
Elvon Lloyd, Coordinator

The American Dream inspired our ancestors to take all the risks as they built America. Honor them by researching the darlings and demons in your family trees.

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.

GREAT BOOKS IN THE AFTERNOON

William E. Moore, Instructor, Bob Moore, Coordinator

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

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

This class is also offered in the morning.

HISTORY SAMPLER III

Jerry Senn, retired high school and college teacher, Instructor

Each week a selected topic from United States and/or Arkansas history will be analyzed and discussed:

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| Jan 18 | Hamilton and Jefferson: Cabinet Rivals |
| Jan 25 | Hamilton and Burr: Deadly Rivals |
| Feb 1 | Frederick Douglas: From Runaway Slave to Moral Leader |
| Feb 8 | Grading a Documents-Based Essay Question |
| Feb 15 | 1919: A Very Bad Year |
| Feb 22 | Warren Harding: From Dark Horse to President |
| Mar 1 | The Evolution of American College Football |
| Mar 8 | John F. Kennedy in Arkansas: October 3, 1963 |

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

OIL PAINTING INSTRUCTION (3 hrs)

Bob Savary, Instructor; Nancy I. Smith, 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. *Enrollment limited to 16.*

THURSDAY CLASSES:

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

MOVIES WITH PHILIP MARTIN

Philip Martin, Instructor; Ann West, Coordinator

Philip Martin, journalist for the Arkansas Democrat Gazette, returns to share movie insights and comments on academy awards nominations, movies, actors, and other topics related to the movie industry.

U.S. FOREIGN POLICY

Alan Eastham, Retired U.S. Ambassador and current Hendrix Professor; Instructor; Art Gillum, Coordinator

An 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.

MAH JONGG FOR BEGINNERS ONLY (2 hrs)

Ellen Lowitz, Instructor; Mary Ann Brown, Coordinator

Learn to play Mah Jongg! Please purchase your 2017 Mah Jongg card by contacting 212-246-3052 or www.nationalmahjonggleague.org.

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.*

GREETING CARDS (3 hrs)

Sandra Hanson & Connie Wardell, Instructors

"Especially for you," that's the sentiment of handmade greeting card. Join us to make birthday & thank you cards, note cards, gift enclosures & 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.

Materials fee = \$25 Enrollment limited to 12.

10:00 - 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.*

ENGLAND ENTERS THE 20th CENTURY

Garrett McAinsh, Ph.D., Instructor

Explore the Suffragette movement, World War I, the Birth of England's Welfare State, and much more.

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

WOMEN IN ART

Robyn Barrow, Instructor; Jody Musgrove, Coordinator

Can you name a great female artist? In this course we will analyze the contribution of women to the art world since the Middle Ages. It's a story of scandal: of queens & patrons, saints & warriors, geniuses & activists. We'll explore the untold history of art through the work of notable figures like Artemisia Gentileschi, Georgia O'Keefe, Judy Chicago and many more.

COPING WITH CANCER

Mazin Safar M.D., Instructor; Jody Musgrove, Coord.

This practicing Oncologist at UAMS and the Little Rock VA will address different issues and provide practical guidance to help people handle the difficult challenges that a cancer diagnosis can present.

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| Jan 19 | Introduction to Cancer as a Disease and as an Experience |
| Jan 26 | Cancer Terms |
| Feb 2 | Handling the Diagnosis |
| Feb 9 | Navigating the Medical System - How to get the best from your doctor |
| Feb 16 | Side Effects of Cancer Therapies |
| Feb 23 | Cancer Research Today |
| Mar 2 | New Cancer Therapies |
| Mar 9 | Stories of Human Struggle with Cancer & Audience Special Requests |

10:00 a.m.—11:50

BEGINNING BRIDGE (2 hrs)

Virginia Young and Dick Chapman, Instructors

Come learn how to play American's favorite card to game! Learn from materials by The American Contract Bridge League, the sanctioned group dedicated to playing, teaching, & promoting bridge. Instruction the first hour; play-time the second hour.

Enrollment limited to 24 \$15 materials fee

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

WHAT'S ON YOUR MIND?

Bob Alexander, Moderator Emeritus; Art Gillum, Coord.

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

BEGINNING SPANISH

Izumi Liss, Instructor; Charlie Frith, Coordinator

Interested in learning how to speak Spanish but have little or no background? Join us for an introduction to Spanish basics. No book or materials required.

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 20.*

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

CONSCIENCE AND CONSEQUENCES: SPEAKING TRUTH TO POWER

Kevin Jones and John Kilgore, Instructors;

Walter Nunn, Coordinator

Each day we have the chance to pause and reflect on our values, both the superficial, and the deeply held...and their costs. We will review some ethical choices people have made—some famous, some not as well known — the costs they paid, and how these actions have shaped our culture. Examples will be drawn from political, athletic and spiritual events.

Instructors Bios are now available online at lifequestofarkansas.org

LUNCH MENU—\$8

January 18

Cheese Tortellini w/ Marinara
Caesar Salad
Garlic Bread
Caramel-Pecan Cookie

February 15

Beef Stroganoff with Noodles
Homemade Roll
French Green Beans
Cherry Pie

January 25

1/2 Turkey Sand. on Marble
Cheese Soup
Pickle
Pear & Walnut Crisp

February 22

Chicken Enchilada Casserole
Green Salad with Avocado
Corn Muffin
Lemon Bar

February 1

Quiche Lorraine
Orange & Onion Salad
Blueberry Muffin
Brownie

March 1

Minestrone Soup
Cheesy Bread, Fresh Fruit
White-Chocolate Macadamia
Cookie

February 8

White Chili
Southwest Salad with Ranch
Cornbread
Blackberry Cobbler

March 8

Chicken Artichoke Casserole
Baby Carrots
Pumpnickel Roll
Chocolate Cake

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