

Y2K & LLI: A Beneficial Link

by George L. Staten

Just as we are getting used to writing '99 in place of '98 on letters and checks, we are now moving inexorably toward a tidal cypher change – real and symbolic. The millennial countdown has begun, and Y2K fever is sure to grow in the months to come.

With that introduction I would like to suggest that we lifetime learners usher in the new millennium with programs and activities designed to celebrate the event by acquainting ourselves with what was and venturing some predictions about what will be. For, history is but prologue to the next chapter in the continuing saga of human experience. Our generation is privileged to make the crossing from this millennium *and* the 20th century into the Third Millennium and the 21st century. Since we are this century's elders, who better than we to study, reflect, and celebrate the millennial issues as we lead our younger

contemporaries into the new era. But we need to get started before all the other certain copycats announce *their* Y2K activities.

Starting in September with our fall semester, I foresee our offering several multi-session courses surveying the last 1000 years (and the last 100 years in particular), pointing out and discussing the high points in the journey of humankind – the arts; medicine and health; science, technology, genetic engineering; history, politics, and struggle; law and government; exploration; and social advancement.

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News & Views

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Ambassador Antonio Oyarzabal to Speak at February 1 Open House

We are most fortunate to have as our speaker from the Embassy of Spain, the Ambassador Antonio Oyarzabal. Mr. Oyarzabal has had a most unusual and highly successful career. Born in Stockholm, Sweden in 1935, he completed law school and diplomatic training in Madrid and entered the Spanish Diplomatic Service in 1961. Since then he has held many important positions including provincial governorships, top level secretarial and directorial posts in Spanish offices and international organizations. He has served abroad in many positions, including posts as Ambassador to Ecuador, the Republic of Lithuania, Denmark and Japan before being appointed to the United States in June, 1996.

Mr. Oyarzabal has received numerous Spanish and foreign honors and awards. He is married to an American, the former Beatriz Lodge, and has six children.

The President's Corner

Writing this on 1999 New Years Day, my thoughts are focused on hopes that this will be a year when LLI will lead an ever increasing number of older adults to a greater fulfillment of their potential. I believe that everyone will agree that there is a tremendous resource yet to be realized among us, individually and collectively, in our interactive physical, intellectual and spiritual dimensions. Physically, according to the statistics, probably most of us would do well to practice better exercise and dietary habits; intellectually, learn something new every day; spiritually, come closer to meeting the most basic human need of all, that is, finding meaning and purpose in this solitary and finite life. Working together, each member contributing according to their individual time and talents, we can make great progress along this path. But since we are an all-volunteer organization, we will fall short of the possibilities unless each exercises the willpower and effort to make their contribution. Each of us is very unique, infinitely important person and dependent upon others in becoming all that we could become. Let this be a year when great happenings will occur for each of us!

Knox Singleton

Y2K & LLI

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For one, I should be willing to develop a 10- or 12-session survey course sweeping through the early centuries of the Second Millennium with a broad brush and tarrying a bit longer on the more significant events and movements in later centuries, most especially the 19th and 20th. Some of the other instructors and class leaders may wish to give a Y2K slant to their courses.

Aside from classroom programs, I envisage other activities playing a major role in LLI's millennial observance – field trips, video showings and discussions, member-written stories, essays, and poems to be published in a Y2K edition of *News and Views*, a sort of LLI millennium yearbook. Still other appropriate activities might include pageants, skits, and roundtable discussions before the membership audience, guests, and – yes – the press. All activities would culminate in an LLI Millennium Party to beat all parties (what do you say, Louise?). Let's think BIG. The turn of the millennium is indeed something special, something that very few generations get to celebrate. Only three out of 30 generations!

Such a comprehensive program would be as entertaining as it would be informative. But – more than that – it could well serve as a recruiting tool for adding new members, a community relations asset, and – through the release of news items and features – a promotional opportunity to put LLI on the map.

Maybe equally important is what a millennium-starred semester could do for us. It could provide a psychological boost, bringing us together in a common enterprise, with every one helping as best as she or he can. What do you say?

If you have any thoughts on this proposal, suggestions for its implementation, or some additional "brainy" ideas, please let me know. If there is enough enthusiasm, I'll take your ideas and comments and mold them into a coherent program for presentation to the Board of Directors in March. Thanks for your attention.

Program Personalities

To be added to the Faculty background section of the Winter/Spring Program for 1999 are the following instructors/class leaders:

RICHARD RISK, a native of Belleville, Illinois, is a graduate of the University of Missouri, where he received his Bachelor of Arts degree in Business Administration. After a tour in the Navy and a seven-year stint as a commercial banker, he changed careers and went on to become the Director of the Missouri Commission on Human Rights – a position of which he was justly proud. In 1970 he was Washington bound. There he worked with the Civil Rights Office of the Environmental Protection Agency. Later while at EPA he became responsible for the administration of grants. When Mr. Risk retired in 1995, he was ready to take on new challenges in the area of volunteerism: first, as the Director of Volunteer Services at NOVA (Alexandria Campus); and, more recently, as Vice-Chairman of the Commission on Aging for Northern Virginia. A charter member of LLI, he served on its Board of Directors and has been an enthusiastic supporter of our Institute.

CHARLOTTE SHAKOFSKY worked as Chief Editor in the Headquarters of the U.S. Army Audit Agency. She was also the speech writer for the Auditor General of the Army. Mrs. Shakofsky received her degree in History from the University of Missouri in St. Louis.

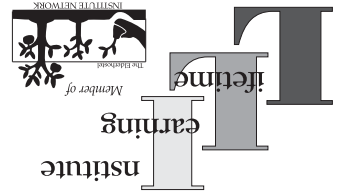
PEGGY TEETERS is a former army wife who has traveled to many countries and lived in Germany and Japan. She has used these backgrounds for her articles, children's stories, columns, books, and radio and TV scripts. She is a teacher as well as a writer with a B.S. degree from St. Norbert College in Wisconsin. She has taught for 20 years in the Arlington Adult Education Program and for seven years in the creative writing field for the University of Virginia. She is a member of the Society of Children's Book Writers and the Mystery Writers of America. She was listed in *Who's Who of American Women for 1970* and *Who's Who in America for 1994*. She is the mother of four sons and one daughter. Walker Publishers recently published her biography on Jules Verne for young adults, and Cloverdale came out with a novel for teenage girls featuring West Point called *Weekend Romance*. She is currently working on a book for the 10-14 age group called *Get Ready: Here Comes the 21st Century*, and has begun her first mystery for adults, featuring an army wife (West Point) called *Marked for Murder*.

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Baltic State Cruise

For those interested in exploring new areas, plan to join our NOVA group on a 12-day Eastern Baltic cruise stopping at: Helsinki, St. Petersburg, Tallinn, Riga, Kaliningrad, Gdynia, Warnermunde, Lübeck, Copenhagen and optional visits to Vilnius and Berlin. Tour dates are June 6–17, 1999. Cost is \$2,999 less 10% group discount. Price includes airfare from JFK, all meals aboard the M.S. Kristina Regina, lectures and entertainment. For a brochure on this tour, call John Bogart at 273-2547.

Birthday Greetings from the President

Lorin Goodrich reminds us that anyone celebrating his or her 80th birthday or higher is eligible to receive a special birthday card from the President of the United States. Contact the Greetings Office, Room 39, The White House, Washington, DC 20500, or call them at (202) 456-7610. Call about one month before the actual birthday.



LLI's Newsletter Needs Help

Two assistants are needed to help get *News & Views* to you in a timely manner each month. If you are interested, please call Martie Klee at 644-4931. Thanks.

Lunch Bunch

Our lunch on February 1 will take place at Torro Tapas in Shirlington Village, located in South Arlington. The restaurant features Spanish cuisine. John Bogart will have directions to the restaurant available at the Open House.

Team Teaching? A Break for Everyone

by George Staten

This semester nearly one third of the LLI program will be team led. Some former duets are getting together again, and some new ones are being formed. Among the latter are Marjorie Clark and Burt Greenstein, who are teaming up to present LONDON in what – we hope – will be part of a continuing course on world-class cities with stress on their history, dynamism, and allure.

Another new team, Richard Risk and Charlotte Shakofsky, will guide a nine-session discussion group (whose agenda is Defining Our Role in a Changing World) in a search for responses and solutions to major problems facing the United States in the years ahead. Yereth Knowles and George Staten will host a session on NEW YORK CITY, where they both grew up in the 30s and where they have studied and lived many times since. George in the third and final session of *The World's Great Cities* course will join with an as yet unnamed guest to talk on BERLIN, where he lived for five years and has visited often. Perhaps in the fall semester LLI will be able to continue this series – presenting Paris, Rome, etc.

Yereth and George are taking a former act of theirs a decade further this semester when they discuss the 60s, reprising their 50s

presentation, with a three-session course called Reliving the Sixties. Short talks, lively discussion, video tapes and sound recordings promise to make this LLI look-back thought-provoking, nostalgic, and entertaining.

In this coming semester Martie Klee and George will continue their Forgotten, Remote, and Vanishing Cultures course, offering all *new* material. Alternating talks and musical interludes will focus on cultures little known in the West.

Al Brothers and George are teaming up again in the Story of Language – a redux of an earlier well-attended course. This five-session presentation will introduce descriptive linguistics including how languages developed, the relationship of languages as well as the history of the English language.

These two associates are also jointly offering two additional classes: Beginner's French and Beginner's German. They will also be useful for those who have studied either of them before and have largely forgotten what they learned. An inexpensive text book will be recommended, costing no more than \$12. We need at least five participants for either course to be constituted.

See the **LLI Winter/Spring Program 1999** for more details on these courses.

Team-led classes seem to be becoming more popular. Team teaching provides for greater discussion, more relaxation through a change of voices and gestures, and a break for the instructors.

Excellent Free Manual on Healthy Aging

by Knox Singleton

According to Senator John Glenn, the scientists and doctors at the National Institute on Aging of the National Institutes of Health have collaborated to produce a top-notch book, *Exercise: A Guide from the National Institute on Aging*. This 100-page manual contains valuable information about how exercise and proper nutrition are crucial for staying healthy as we age and provides useful tips on establishing and maintaining a regular exercise program. The manual is available free by calling NIA on their Toll Free Information line: (800) 222-2225.

New Year's Resolution

by Knox Singleton

I WILL DO MORE

- I will do more than belong — I will participate
- I will do more than care — I will help
- I will do more than believe — I will practice
- I will do more than be fair — I will be kind
- I will do more than forgive — I will love
- I will do more than earn — I will enrich
- I will do more than teach — I will serve
- I will do more than live — I will grow
- I will do more than be friendly — I will be a friend

Senior Safety Tips for Not Becoming a Victim

Louise Sousk shares with us a six-part series of tips for seniors. A different set of tips will appear in the next five newsletters.

Tips Around The Home

- Have dead bolt locks
- Do not have your name and address on the mailbox (only have your address)
- Keep the outside well lit — use motion detector lights
- Your garage door opener should turn on the lights
- Have motion detector lights in the driveway
- Have well-trimmed hedges, if you have them around the yard — the bigger they are, the easier it is for someone to hide
- Have a peep hole in the door
- If you don't want to answer the door, then don't
- If you do answer the door, and you are alone and become uncomfortable, then refer to another (imaginary) person who is not available (in the bathroom, *etc.*)
- Do not have your name on your answering machine
- Your answering machine message should state that your are away from the phone or busy, not that you are out of the house
- If you feel uncomfortable about who is at the door, then call 911 — do not answer it
- Ask for ID of any person who comes to your door whom you do not recognize.

Study/Travel Getting Ready To Go

by Alan Mayer

Fifteen adventurous LLI'ers have signed up with Go Ahead Vacations to tour Spain this coming May. This will entitle the members to a group discount which will reduce the base cost to under \$1700 for a two week tour. The trip leaves for Madrid on May 13th and returns from Barcelona on May 26th. There is still chance that vacancies may occur. Anyone interested in signing up should call Alan Mayer (354-0239) as soon as possible.

LLI Members Visit Area Museums

by Louise Sousk

In September, 30 LLI members toured the David Lloyd Kreeger Museum in Washington. The Kreeger home, a study in art itself, was built expressly to display the Kreeger's diverse collection of paintings and sculptures and to accommodate small concerts. A Kreeger docent escorted the group through the museum, offering information and anecdotes about the collection of modern art and impressionistic works. A smaller number of LLI members braved pouring rain in November BUT a rainbow was sighted, then sun and blue skies turned the warm temperatures into a splendid day. Our private tour of the "Impressionists in Winter Exhibition" at the Phillips Collection, highlighted interesting features of more than 60 paintings. This limited-time show of a collection of winter landscape paintings by French impressionists has never before been gathered in one place, so it was a rare treat for LLI folks. After lunch, the group was bused to the National Geographic Explorers Hall where they browsed through many interesting displays and short videos on their way to the special jade exhibit. The exquisitely carved vases, snuff boxes, and figurines are from the Ch'ing Dynasty (1644-1911) and are a brilliant display of unique art objects.



Reminder From the Registration Committee

There has been a date change on two of the Winter-Spring courses: **Course #8705, Great Books**, changed from February 9 to February 15; **Course #8719, Executive Office**, changed from April 21 & 28 to April 14 & 21.

Remember: Registration for classes is due no later than January 25. Membership Committee Marjorie Clark reminds us that memberships are available for \$50, which covers Spring and Summer classes.

Membership list corrections:

Jane Jones — 2727 Carter Farm Ct., vice Carter Palm Ct.
Bill & Lorraine Phillips — zip code 23303, vice 22203
Tito & Grace DeLuzuriaga — 631-1127, vice 631-7727



"Tito" Luzuriaga in his laurel crown and toga, at the end of the slow procession to the stage, uses his cell phone to call an associate to say that he will be late at his office in the Forum. He gives his telephone number as Roman IX XI.

"ROMAN HOLIDAY"

Keeps Folks Laughing

The Forum in the Ernst Cultural Center on the NVCC Annandale campus was the setting December 8th for a three-part presentation based on LLI's nine-session "Roman Civilization" course taught by George Staten. George opened the event with an oral snapshot of 1200 years of Roman History, which was followed by a video clip of life in the imperial court. Then the fun began. An irreverent and improvisational skit of life in middle-class Rome was performed by members of George's informative and enjoyable class. *De Nobis Fabula*

Narratur ("People Just Like Us") was written and directed by our own talented George. Cast and crew were LLI members Helen Clark, Grace DeLuzuriaga, "Tito" DeLuzuriaga, Laura Charron, Marjorie Clark, Nan Liner, Joan Kierce, Barbara Neale, and Martie Klee. LLI instructor and newsletter designer Al Brothers designed the attractive program for the show and helped with the video and sound. LLI Board Member Phil Reeves and LLI Financial Auditor Richard Risk, manned the lights. Tasty "Roman Dishes" were created, co-ordinated and served by Leah Porzel with the assistance of other class members, which gave an added authenticity to the event. More than 65 members and guests were present at the gala presentation. Fun was had by all. We will keep you posted on the play's Tony Award announcement!



Cast of "People Just Like Us" are (l. to r.) Marjorie Clark, Barbara Neale, Nan Liner, Laura Charron, Martie Klee, "Tito" Luzuriaga and his wife Grace, Helen Clark, and Joan Kierce. Seated is George Staten, writer/director, who supplied the off-stage voice. He's wearing his laurel crown — askew!



Leading the solemn processional to the stage, to which music lent an air of ritual, is Helen Clark — holding a fluorescent light stick — followed by Martie Klee and Barbara Neale, who was placard bearer for the skit.



Show's Over! Cast members (l. to r.) Laura Charron, Marjorie Clark, "Tito" Luzuriaga, Martie Klee, Grace Luzuriaga, and Helen Clark respond to audience questions, chat, and relax following the curtain call.