

# Macedonian Ambassador to Speak at Open House

**R**epublic of Macedonia Ambassador Ljubica Z. Acevska is the first Ambassador to represent her country to the United States. Macedonia, a former Yugoslav Republic, is located in the Balkans and has common borders on the east with Bulgaria, on the south with Greece, west with Albania and north with Serbia. Skopje is its capital.

This is a unique opportunity for LLI members and guests to learn more about this fairly new Republic. Macedonia gained its independence in September 1991 from Yugoslavia. Macedonia, which is landlocked, is slightly larger than the state of Vermont with a 2 million population. Several transnational issues are being addressed, such as bilateral agreements with Bulgaria on nonrecognition of Macedonian



as a language distinct from Bulgarian, and resolving differences in delineating mutual borders between Macedonia, Serbia and Montenegro. Ambassador Acevska will present an overview of her Republic.

*News & Views*

The Lifetime Learning Institute of Northern Virginia ♦ c/o NVCC Continuing Education ♦ 8333 Little River Turnpike ♦ Annandale, Virginia 22003 ♦ Phone (703) 503-0600 ♦ FAX (703) 503-5350

## President's Corner

Hopefully, the Lifetime Learning Institute will always encourage its members to experience the highest overall level of daily living of which each is capable. It seems that a program to do this would incorporate three essential, somewhat distinctive but interrelated, components.

*First: increasing our knowledge and understanding of the mysterious universe and complex civilization of which we are a part, realizing that while we are finite in time and space, we are at the same time an integral and significant part of that which is infinite and eternal, benefitting from past generations and affecting future ones.*

*Second: enjoying the fellowship, acceptance and support of other members who are seeking the same growth and development through the educational and pleasurable activities in which we are engaged.*

*Third: voluntarily, lovingly and joyfully giving something of ourselves, and of all else that we have been given, to some of the millions who are less fortunate and need our help; and, at the same time, helping to preserve and beautify the wondrous world that is our home.*

*While all this may sound idealistic, it has been said that, "Ideals are like stars; you cannot touch them with your hands, but using them as your guide, they will lead you to your destination." May we be so guided!*

Knox Singleton



## LLI Board of Directors Election

LLI needs you to share your enthusiasm, energy, vision and ideas by becoming a candidate to run for a position on the LLI Board of Directors. There are five vacancies which need to be filled. Don't pass up this opportunity to step up and help shape and improve all aspects of **LLI activities**. Your participation is needed and your vote in upcoming election is essential. For further information please call any member of the nominating Committee.

Ted Krivoruchka (321-7682)  
 Richard Risk (578-9898)  
 Martha Klee (644-4931)  
 Laura Charron (281-6189)  
 Phil Reeves (441-5895)

# Richard J. Ernst Community Cultural Center Calendar for Spring 1999

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## **NVCC/Annandale Symphony Orchestra**

Friday, April 9, 8 p.m. — Theater

The NVCC/Annandale Symphony Orchestra together with the NVCC/Annandale Chorus and guest soloists will present a concert featuring some of the most beloved music of the operatic stage. Overtures, scenes, and arias from some of the world's greatest operas by Purcell, Handel, Mozart, Verdi, Bizet, Donizetti and Puccini will be performed, as well as works by contemporary artists. Admission: \$10 donation at the door. For more information, call (703) 323-3114.

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## **Old Dominion Depression Glass Show**

Saturday, April 10, 10 a.m.—5 p.m. *and*

Sunday, April 11, 10 a.m.—4 p.m. — Gymnasium

A kaleidoscope of colorful glassware will be displayed when the Old Dominion Depression Glass Club presents its show and sale of American-made glass, china, and pottery. Choose from thousands of exquisite examples of 1930's craftsmanship. Admission: \$3 general. For more information, call, (703) 941-4327.

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## **NVCC/Annandale Music Department "Talented Tenth" Concert**

Sunday, April 11, 4 p.m. — Theater

The music department at NVCC/Annandale, under the direction Herb Smith, will present a concert featuring NVCC students Admission: Suggested donations of \$10 adults, \$5 students and seniors. For more information, call (703) 323-3114

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## **Potomac Area Cat Enthusiasts**

Saturday, April 17, 10 a.m.—4 p.m. *and*

Sunday, April 18, 10 a.m.— 4 p.m. — Gymnasium

See rare and experimental breeds: Bengal Cats, Turkish Angora, and hairless Sphinx, as well as many beautiful household pets. Admission: \$5 general, \$3 seniors and children under 12. For more information, call (301) 589-0263.

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## **Virginia Ballet: "Alice in Wonderland"**

Saturday, April 17, 2 & 7 p.m. *and*

Sunday, April 18, 2 p.m. — Theater

The Virginia Ballet Company presents an encore presentation of this full-length ballet with choreography by Debra Shank. Admission: for tickets and other information, call (703) 321-8009

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## **Crossroads Dance Project**

Saturday, April 24, 8 p.m. — Theater

Dancers will interpret the intense and rhythmic melodies that reflect the multi-cultural heritage of America, blending and weaving them with modern dance movement and music. Once again an integral part of this performance will be live music. This program follows a superb review of their last performance, "seamlessly blended evening".."lush, moody style" (*The Washington Post*, 3/2/98). Admission: \$12 adults, \$10 students and seniors. For tickets and information, call (703) 435-1352.

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## **National Concert Band of America**

Sunday, April 25, 7:30 p.m. — Theater

The National Concert Band of America, which plays traditional band music, consists of 65 musicians, and was originally organized by retired military band members from the Washington area. Its mission is to preserve the tradition of concert band music in the United States that had its heyday during the first half of this century, with the bands of Sousa, Pryor, Goldman, and LaValle. Admission: Free. For more information, call (703) 978-3796.

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## **The Novan Players: "The Adventures of a Bear Called Paddington"**

Saturday, May 1, 11 a.m. & 3 p.m. *and*

Sunday, May 2, 11 a.m. & 3 p.m. — Theater

This charming two-hour play, adapted by Alfred Bradley from stories by Michael Bond, follows the exploits of the lovable bear, Paddington. Admission: Suggested \$5 donation. For additional information, call (703) 323-3372.

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## **Southern Living Cooking School**

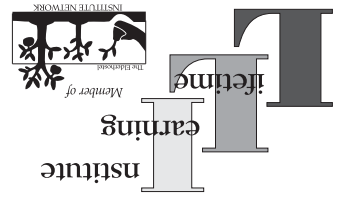
Thursday, May 6, Time to be announced,

Friday, May 7, Time to be announced, *and*

Saturday, May 8, TBA — Gymnasium

The Junior League of Northern Virginia is pleased to announce the return of the Southern Living Cooking School. The school will feature recipes from the newly published JLVN cookbook, *What Can I Bring?* Cookbooks will be available for purchase. Proceeds from the cooking school and cookbook sales will benefit homeless families and children in northern Virginia. Admission: for tickets and information, call (703) 893-0258, or visit the League's web site at <http://www.newsolution.com/jlvn>.

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## Lunch Bunch

Our lunch on April 5, following the open-house program, will take place at *Neighbor's Restaurant* in Vienna, a family-type restaurant with tasty (yet inexpensive) food. Specialties are their sandwiches and salad/buffet bar. Prices are around \$6.50. Participants should plan on being at *Neighbor's* at 12:15 p.m. The address is 262 Cedar Lane. The telephone number is (703) 698-8010.

## Course Changes

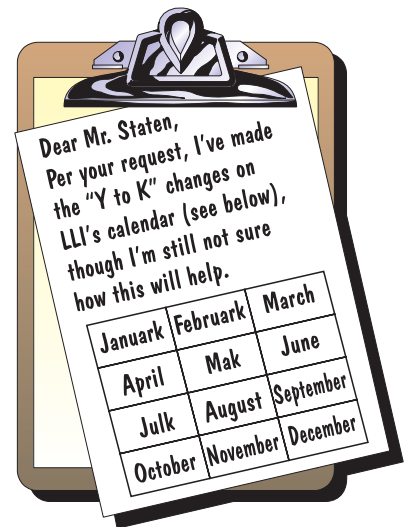
**Science Of Food** — LLI Course #8716: Change dates to May 12, 19, 25. Location of course is changed from Falls Church Presbyterian Church to Mason District Center.



The weeks and months pass, the 21st century and 3rd millennium near, but I have yet to hear, alas, what LLI's role will be. (*But let's try to come up with something better than the calendar below.*)

## LLI Board Meetings

The LLI Board of Directors meets on the second Friday of every month. These meetings are open to any LLI member who wishes to attend. If you are interested in attending, please call the LLI office (703) 503-0600 for information on location of the meeting.



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## **Capital Wind Symphony: Pops**

### **Concert**

Sunday, May 16, 7:30 p.m. — Theater

The Light Cavalry Overture, Broadway hits, marches and more will be performed in this concert, conducted by George Etheridge. Admission: \$10 general, \$6 students and seniors. For more information, call (703) 243-4385.

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## **Good Vibrations Dancers**

Friday, May 21, 8 p.m. — Theater

The Good Vibrations Dancers will present an adult tap/jazz variety show with guest artists from the Fairfax City Park and Recreation Department. Admission: Free. For more information, call (703) 385-7858.

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## **Wakefield Chorale**

Saturday, May 22, 7 p.m. — Theater

This mixed choral group of 70 singers will present a program consisting of show tunes, patriotic numbers, gospel tunes, and popular songs. Admission: \$1 donation. For more information, call (703) 978-6030.

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## *Welcome New Members!*

*(as of March 1)*

Fran Ayers — Yetta Forman

Audrey Moore — Jo Regis

Louise Shambaugh — Martha Tate



## **Senior Safety**

*Continuing our series on Senior Safety tips from Louise Sousk, we focus on **Car and Travel Safety**.*

- plan your route and let other know it
- choose the safest and best lit route, do not choose it based on convenience or time
- fuel in a familiar, well-lit area
- keep your doors locked
- have your door key ready as you walk to your car
- have your house key ready as you leave your car
- park in only well lit areas
- stop so you can see the pavement under the tires of the car in front of you
- keep a "help needed, call the police" sign that can be displayed from inside the car
- check your car before each and every trip
- if stranded, do not open the door for anyone
- if someone comes, then open the window 1 inch and ask him or her to contact the police
- keep a charged cell phone with you
- when traveling, know your destination and try to arrive before dark
- when traveling, let someone else know your destination, approximate time of arrival and contact that person when you arrive
- before you park your car, notice your surroundings

## **Live Happier Being More Productive**

*A century ago, Robert Louis Stevenson devised a number of rules to help people live happier, more productive lives. These rules may be a century old, but they are still excellent guidelines:*

- Make up your mind to be happy — learn to find pleasure in simple things.
- Make the best of circumstances. No one has everything, and everyone has something of sorrow.
- Don't take yourself too seriously.
- Don't let your neighbors set your standards - be yourself.
- Do things you enjoy doing, but stay out of debt.
- Don't borrow trouble. Imaginary things are harder to bear than actual ones.
- Since hate poisons the soul, do not cherish enmities and grudges. Avoid people who make you unhappy.
- Have many interests. If you can't travel, read about places.
- Don't hold postmortems or spend time brooding over sorrows and mistakes.
- Don't be the one who never gets over things.
- Keep busy at something. A very busy person never has time to be unhappy.

### **LLI Board of Directors**

**President:** Knox Singleton  
**Vice President:** Alan Mayer  
**Secretary:** Gordon Hamlet  
**Treasurer:** John Barringer

**Members:** Laura Charron,  
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Lorin Goodrich, Ted  
Krivoruchka, Martha Klee,  
Jean Packard, Philip Reeves,  
Ann Rourke, Louise Sousk,  
George Staten