

In Memoriam



Julius Knox Singleton
 August 9, 1919 – September 3, 2007

Alan Mayer delivered the following eulogy at the Memorial Service at Vinson Hall on September 10, 2007:

Knox Singleton was a towering figure — literally and figuratively. He embraced ideas with a passion. He asked questions and sought answers about the mysteries of life. He was a persistent advocate, but never overbearing in pursuing causes he believed in. He was a thinker and a doer. He made things happen. He was a master of the gentle art of persuasion. During a lifetime of service, he received a number of prestigious awards. Despite his accomplishments, he was the most modest of men.

I first met Knox a little over eleven years ago when I responded to an ad announcing a new program called “Lifetime Learning Institute” starting up at the Annandale Campus of the Northern Virginia

Continued on page 4

Forum: Tuesday, October 9 Reliving Events of the Cold War

It was a searing event in the period known as the Cold War. On May 1, 1960, news was reported that U-2 pilot Francis Gary Powers had been shot down somewhere over the Soviet Union. His son Gary Powers, Jr., will speak to us about activities of the Cold War Museum he founded in 1996, currently a traveling exhibit, and of plans and progress toward building a permanent museum in Lorton, Virginia. Mr. Powers will remind us of powerful events we all lived through and the need to preserve this history for our children.

The Forum room is located on the 2nd level of the Ernst Cultural Center, NVCC-Annandale Campus. Join us for coffee, tea, and light refreshments at 9:30 a.m. The meeting will begin promptly at 10 a.m. Park in the parking garage, located on the lower level of Center Drive, for \$1/hour.

Please take a couple of minutes after each Forum to complete the evaluation forms on the program and to provide the Forum committee with your suggestions for future programs. You will find the forms on the table at each Forum meeting. The Forum committee does read your comments and considers your suggestions. We appreciate your input.

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Lunch Bunch

John Bogart bogartje@cox.net

After the Forum, we will lunch at **Ribster's Restaurant**, located at 7243 Little River Turnpike in Annandale, about two miles from NVCC. Ribster's specializes in baby back ribs, etc. In our previous visits, we have enjoyed great food at low or moderate cost.

Directions: From NOVA, turn right onto Little River Turnpike, cross the Beltway going toward Annandale. Ribster's is at the corner on the right before the CVS Pharmacy.

Calendar of Events

Membership Update

September

- 14 Board Meeting
- 14 Gourmands
- 19 Picnic
- 20 Walkabouts
- 23 Community Theater
- 25-28 Trip: Plantations, Jamestown's 400 Year Anniversary, Williamsburg, and Yorktown

October

- 4 Walkabouts
- 5 Current Events
- 9 Forum
- 10 Bridge
- 10 Gourmands
- 11 Supreme Court
- 12 Board Meeting
- 16 Nat'l. Gallery of Art
- 18 Book Club
- 18 Walkabouts
- 13-20 Trip: Cruise to Bermuda
- 21 Community Theater

November

- 1 Walkabouts
- 7 Forum
- 9 Board Meeting
- 15 Embassy Tour
- 15 Walkabouts
- 16 Arts & Smarts
- 16 Embassy Tour
- 29 Walkabouts

December

- No Forum
- 13 Walkabouts
- 14 Board Meeting
- 27 Walkabouts

Forum meetings are scheduled for various days, usually for either Tuesday or Wednesday. BOD meetings are scheduled for the 2nd Friday of each month except July.

Stay tuned for the Holiday Party coming in December.

Martha Siemering 703-569-2450
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Welcome! We hope you will participate in our classes and volunteer your time and talent.

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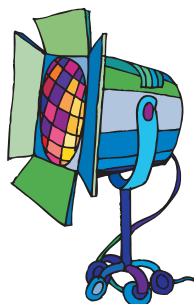
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Spotlight Minute

Libby Burger

The October Spotlight Minute features the Curriculum Committee members, an important group of LLI volunteers. They work year-round in an effort to provide us with a superior education program.



LLI Board of Directors

President: Dick DiBuono

Vice President: Curt Kornblau

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deMember 09, Dick DiBuono 10,

Paul Hopler 08, Norma Hughes 09,

Bob Huley 10, Doug Johnson 09,

Curt Kornblau 08, Liddell McLeod 10,

Marianne Moerman 10, Barry Newman 10,

Don Reynolds 09, Phil Runge 08, Gina

Trapp 09, Mary Underwood 08

** year term ends*

Administrator: Laura Charron

Newsletter Staff

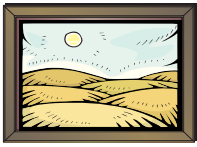
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Mailing Coordinators: Colletta Hammond and Kathy Hall

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Special Interest Groups



Arts & Smarts

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October 16: We go to the National Gallery of Art to tour the Edward Hopper Exhibition.

This exhibit is the first comprehensive survey of Edward Hopper's career to be seen outside of New York in more than 25 years. Hopper's work captures the realities of urban and rural American life and ranks among the most popular images of the 20th century. The exhibition reveals Hopper as a compelling creator of images produced with remarkable subtle and painterly effects in both oil and watercolor.

November 16: TBD



Bridge Group

Bob or Merry Huley 703-534-4819
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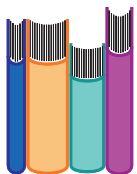
Due to scheduling conflicts at the Mason Government Center in October, we will play only once, on Wednesday, October 10, from

10 a.m. to 2 p.m. Location: Mason District Government Center at 6507 Columbia Pike in Annandale. Bring a bag lunch.

All levels of players are welcome in this very friendly game. You do not need a partner because we rotate partners, so you will play with everyone. We are particularly looking for new players or those who would like to brush up on their bridge skills. Please call, or e-mail me, if you would like to attend (or for more information), so we can provide sufficient card tables.

August Results

First, second, and third place finishers on August 8 were Arline Sachs, Mary Underwood, and Nate Rosenbaum. On August 22, the winners were Mary Underwood, Betty Pogerman, and Nelva Berend. Congratulations to all.



Favorite Books Club

Arlene Gribben 703-569-0357
arlenegribb@aol.com

Date: Thursday, October 18 from 11:30 a.m. to 1 p.m.

Join LLI's book club members as we discuss

The Ginger Tree by Oswald Wynd. This classic, bittersweet story set in the Far East tells of love and betrayal. In 1903, a young Scotswoman sails for China to marry her betrothed, a military attaché. Her life does not unfold as she had planned. The book reflects her strength and spirit in the face of terrifying odds.

Why not join us at the Mason District Governmental Center, located at 6507 Columbia Pike in Annandale and share your thoughts. You don't have to have read the book to enjoy the discussion.



Community Theater Group

Helen Clark 703-573-1671 Doug Johnson 571-282-3281

The Little Theater Group has been renamed the Community Theater Group. Helen and Doug have planned two

Sunday matinee theater events for LLI members, one for September and one for October. If you want to attend the events, call the theater directly, make your own reservations (ask for senior tickets), then let either Helen or Doug know that you will be attending the event.

Sunday, September 23 matinee: Sunshine Boys at the Little Theater of Alexandria, 600 Wolfe St., Alexandria: 703-683-5778. Senior tickets: \$16 - \$19.

Sunday, October 21 matinee: Providence Players at James Lee Community Center, 2855 Annandale Road, Falls Church 703-425-6782. Senior tickets: \$12.



Current Events Group

Shirley Lotz 703-978-2977
svlotz@cox.net

Date: Friday, October 5, 2007

Place: Mason District Governmental Center

Time: 10 a.m. to 11:30 a.m.

Topic: What are the appropriate Congressional actions to reduce global warming?

Energy efficiency? Alternative fuel sources? Carbon pricing?

Come if you want to share your ideas or learn more about current events. We want to give all who wish a chance to speak. After an hour, we choose the next topic. Then we have open discussion on current events of interest to anyone.

Directions: From Beltway, go east on Little River Turnpike (Route 236). Turn left onto John Marr Drive (light after passing Giant Food on left.) Turn right at next light, which is Columbia Pike. Go through several traffic lights. Following light at intersection with Whispering Lane, there is a sign on the median reading Fairfax County Police Station. Proceed a short distance and turn right at the sign for the George Mason District Government Center into the parking lot. We meet in the Small Conference Room.

Suggestions for future topics include:

What are the issues in Virginia's 2007 election?

Protecting America's food supply

Are we doing enough to integrate those of the Muslim faith into American society?

What will be the effect of the Virginia Commission's Report on the Virginia Tech Shooting on safety and gun issues and on mental health issues?



Gourmands

Sarah Bell and Mary Underwood

Sally Reynolds 703-352-7494 or Anne Austin 703-569-5994

On Wednesday, October 10 at 12 noon, join LLI for a gastronomic odyssey through Whole Foods Market at 4501 Market Commons Drive in Fair Lakes (703-222-2058). You will love touring and tasting at this Whole Foods' flagship store, the newest in the Washington, D.C. area. The store

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Deadline for November newsletter input: Friday, October 5.

If anyone would like to help with the newsletter, please contact Norma Jean Reck at 703-938-4612 or njreck@cs.com.

Knox Singleton: In Memoriam

Continued from page 1

Community College. My wife and I signed up for one of the sampler courses being offered. It didn't take long for Knox to chorale me into joining the board. There I met Helen Clark, Martie Klee, and others recruited by Knox to develop a program of learning for retired people. Earlier in the year, Knox had persuaded the president of the community college, Dick Ernst, to sponsor the program. Dick was impressed with the concept and readily agreed to help — with one caveat — LLI would have to do it on its own. We were given a small office on the campus and allowed to use some classrooms on a space available basis. Any faculty support had to be on a completely voluntary basis. Curricula, teachers, programs, office equipment, all were to be acquired by LLI. In other words, the college would give moral support but no money.

And, thus, LLI was born and started to grow. At its Tenth Anniversary Celebration last year, its accomplishments were documented and lauded at great length by government officials, community leaders, and its members. LLI is based on the concept that as people grow older, they need to continue to expand their knowledge, explore opportunities for study and travel, learn new skills, and promote physical well-being. And it was all started by Knox. Knox served as president for the first four years and then stepped aside to let others carry forward with the concept and the cause. In recognition of his leadership, Knox was named President Emeritus. He became the icon of the movement. A memorial bench with his name inscribed sits under a tree on the Annandale Campus. What an appropriate symbol: Students of all ages sitting under the tree of learning contemplating how to discover a better life.

Knox's one great passion was the promotion of what he called "vital aging." He wrote about it, taught classes on it, attended conferences examining it, and promoted it wherever he could find a listening audience. In fact, he was an acknowledged international expert on the subject. He was dedicated to improving the lives of an aging population. He preached the gospel of intellectual and spiritual growth. He emphasized the importance of physical well-being by exercise, diet, and good habits "Use it or lose it" was his advice. Challenge yourself. Make yourself useful. Help your fellow human beings — were all parts of his creed. In his soft-spoken manner, he was an evangelist for the aging.

Knox lived what he preached. Despite the inevitable infirmities that come with the aging process, he was active to the end. He was wise enough to recognize that as you grow older, you have to make adjustments. Thus, he and Marge sold their home and moved here to Vincent Hall some years ago. Several years ago, he decided that his motor skills

were not what they used to be and voluntarily gave up his driver's license. He was a realist who was not afraid to face the restrictions created by advancing age.

His body may have slowed down, but his mind did not. At the church we both attend, he volunteered to lead a discussion group of some of its members. Its purpose was to explore topical issues of the day and to promote better acquaintances among the church membership — and, of course, to preach the gospel of vital aging.

We will miss Knox. In his own way, he was a giant of his times, not willing to sit on the sidelines. He was eager to challenge the barriers that stand in the way of men and women looking for a more complete fulfillment of their lives. He practiced what he preached. In doing so, he made a difference in countless lives. For that, we are indebted to him.

To Marge and his family, we express our heartfelt condolences. We feel fortunate that our paths crossed at this period of our lives. We have benefitted from his friendship. We hope to emulate the example he has set before us. This community and the world beyond is a better place for his having walked among us.



Pictured above is the bench dedicated to J. Knox Singleton, founder and first president of LLI. The bench is being refurbished and will again sit in front of the CS building when construction there has been completed.

Another Embassy Tour!

Louise Sousk 703-323-9144 louisesousk@verizon.net

Trip #3 for an Embassy Tour date has been established. Embassy Tour #3 is scheduled for Thursday, November 15, 2007. We will visit the embassies of Russia, Sweden, and Indonesia. However, due to embassy constraints, a substitute to an embassy may take place at the last minute.

The \$40 cost for members and \$50 for non-members includes lunch with a beautiful view of the Potomac River. Registrations forms are available at the Forum meetings or by calling Louise or the LLI office 703-503-0600.

Community Outreach Food Program

Betty Lee Thatcher and Carol Weber 703-354-8154
caroljeanweber@hotmail.com

LINK is the designated recipient of the LLI food donations to be collected at the October 9 Forum. LINK is a cooperative ministry linking the churches in the Herndon/Sterling areas. It provides emergency food, furniture, and holiday baskets to those in need in the Herndon, Sterling, and Ashburn communities. Each church shares in the administration and ministry of this community service. Volunteers organize and deliver food to the recipients on a weekly basis.

Currently, LINK is in need of the following items: hot or cold cereal, spaghetti sauce, dry pasta, jams and jellies, peanut butter, and canned fruit.

Beverly Harris will deliver the LLI food donations.

Thank you for your generous donations.

Thank You for Your Food Donations at August Forum

Bev Portman

On behalf of Food for Others, I would like to thank all of the LLI members who so generously donated food at the August 28 Forum. August is that time of year when many food banks are extremely low on donations because groups such as schools, scout troops, and church youth groups who donate at other times of the year don't meet during the summer. We all think of fall as the food donation season, but the needs are generally greater during the summer because children who rely on meals provided at school during the school year aren't able to get those free meals when school is not in session.

When contributions are received at the Food for Others warehouse on Prosperity Avenue, they are weighed and a receipt is issued to the donor stating the total weight that was contributed. LLI members donated a total of 200 pounds of food at the August Forum, an outstanding reflection of your generosity. All the members of the community who will benefit from that food thank you for your thoughtfulness.

Editor's Note: Bev, who volunteers at Food for Others, said in an accompanying note that she was really impressed with not only the quantity of donations, but also the quality of the donations. Almost all the items were the nutritious kind used to prepare boxes of emergency food for the needy.

We're Not Mum About Our Thanks to the Picnic Committee

Bonnie Hopler, Coordinator



Thanks to the volunteers who so willingly planned and hosted our wonderful picnic at Fort Hunt Park. Picnic committee members were Arlene Gribben, Clint and Kathy Hall, Colletta Hammond, Ginny Hoke, Bob and Merry Huley, Doug and Leona Johnson, Marianne

Moerman, Giovanna Prestigiacomio, Don and Sally Reynolds, Gina Trapp, Salli Wise, and Peggy Wright, led by Bonnie Hopler.

The volunteers who greeted you were Libby Burge, Elaine Cherry, Bette Jensen, and Martie Klee. Behind the cameras, recording the picnic for the newsletter and the LLI archives, were Norma Jean Reck and Don Reynolds.

LLI's next special event is the Holiday Party in December. Stay tuned.

Special Interest Groups

Continued from page 3

features an amazing array of foods from which to choose, such as: Seafood Shack, Sushi, Grilled Cheese Bar, Smokehouse, Route 66 Bistro ("comfort food"), International Hot Bars (food from India, China, Thailand, and Caribbean), Fresh-Baked Pizzas, Homemade Gelato. Select and pay for what you want, then meet at the tables set up for LLI in the Osteria.

Glasses of wine are also available from the Enoteca, the wine-tasting venue.

Please let Sally or Anne know if you plan to attend by October 5. Bring your appetite and a sense of adventure. To explore before you go (and find recipes), check out the Web site at wholefoodsmarket.com/stores/fairlakes.

Directions: Take Route 66 to exit 55, the Fairfax County Parkway (Rte. 7100) North. Turn right (East) onto Fair Lakes Parkway. Follow it to East Market Shopping Center. Whole Foods is next to Kohl's and Dick's Sporting Goods.



Walkabouts

Liddell McLeod 703-698-8366
Liddell_mcl@cox.net

We walk from 12 noon to 1 p.m. on the following Thursdays:

October 4 and 18
November 1 and 15 and 29
December 13 and 27

Contact Liddell for locations.

Fairfax Community Concerts Set to Begin

Elaine Bogart 703- 273-2547 or
Helen Clark 703-573-1671

The four-concert series that The Fairfax Community Concerts Association has planned for its 2007-08 season features nationally recognized musical performers. The series is being offered at the special rate to LLI members of \$40 for adults and \$20 for students. The concerts are held at 3 p.m. on Sunday afternoons at Oakton High School, conveniently located on Sutton Road close to Route 66, Route 50, Route 123, and Lee Highway. Treat yourself to relaxing musical interludes and consider sharing or giving the series as a gift to a family member or special friend.

The concert series includes:

- Sept. 30, 2007:** *On Broadway* — A Broadway song review.
- Nov. 11, 2007:** *California Guitar Trio* — A group of virtuoso artists.
- Mar. 16, 2008:** *Iona* — A leading Celtic group.
- Apr. 27, 2008:** *Tom Cunningham Orchestra* — A big band.

Study Travel Programs

Doug Johnson 703-628-3115

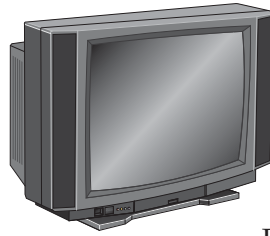
A trip planning group has begun studying options for an LLI trip to Southern Italy and Sicily for 2008. It will focus on places in Sicily, such as Palermo, Monreale, Corleone, Agrigento/Valley of the Temples, Piazza Armerina, Taormina, and Mt. Etna. It will probably include places along the Amalfi Coast, such as Sorrento, Pompeii, Capri, and Positano, either as part of the main trip or pre- or post-trip extensions. The parameters are 14 days, plus or minus travel, in either April/May or September time frame. We need to get an initial sense from LLI members concerning the trip. (1) Are you interested in going? (2) What is your timing preference: April/May or September?

Let either Bob Huley or Doug Johnson know your thoughts. Check with them about any spaces for the 2008 Alaska trip that may be available.

Correction: Deposit for the N.Y.C. Trip September 23–26, 2008, is \$250, not \$200.

Planning Ahead

TV Sets Are Going Digital



Have you noticed the warning label on TV sets that say that it will need a “converter box” in 2009 because of a switch to digital broadcasting? The Federal Communications Commission has mandated the sticker notice because on

February 17, 2009, TV

broadcasters will turn off their analog over-the-air broadcasts, the kind you tune into with rabbit antennas. The converter boxes should be available in January 2008. It’s being recommended that if you are getting a new TV, look for one that has a built-in digital tuner, also known as an ATSC. Sets that only have an analog tuner, also known as an NTSC receiver, are being phased out of stores.

To find out more about digital conversion, visit the special Web site set up by the FCC at www.dtv.gov.

Organizing Your Vital Information

Do you have your family records organized? Have you consolidated all your important records so that the people who may have to access them are informed about them and know where to find them quickly? In his article for the *Senior Beacon* “Read this if I’m dead—info to keep handy,” Humberto Cruz tells about the information that he keeps and regularly updates in his ongoing document “Read This If I Am Dead.” He lists all his accounts and assets, which include his home, credit cards, insurance policies, and any passwords needed to access them. He identifies individuals and organizations to be contacted such as professional advisers and Social Security Administration. He tells where all his important documents are, for example, birth certificates, insurance policies, wills, living trusts, healthcare proxies, and final wishes for funerals. He also includes personal farewells to his loved ones.

Cruz says that “fill-in-the-blank” books or software programs designed to organize important information are available for purchase. He was most impressed with a free “Family Records Organizer” CD-ROM from T. Rowe Price. It is easy-to-use, interactive, educational, and comprehensive. You don’t have to be a T. Rowe Price customer to get it free. Go to www.troweprice.com/getorganized to order one online or call 800-538-2706.

President's Corner

From the LLI Scrapbook

There is much good news. First, all Forum meetings in 2008 will continue to be held in the Forum room at the Ernst Cultural Center, not in the Center's Theater as previously planned. We are grateful to Dr. Robert Vaughan, NVCC's Director of Continuing Education, for granting us the continued use of the Forum. Watch each month's issue of *News & Views* or our LLI web site [<http://lli.nova.org>] for the dates of those meetings.

Speaking of Forums, 186 members and guests attended the 28 August Forum to hear WETA's Sally Callahan and her associate Mark Jones talk about Ken Burns' upcoming WWII TV documentary series. Monica Mohindra, a Project Specialist from the Library of Congress, spoke about its program to capture first-hand accounts from WWII veterans. The presentation was well received, and the attendance was one of the highest we have had in some time.

The Community Service Committee, headed by Betty Lee Thatcher and Carol Weber, reports that members contributed a very generous amount of food items that was donated to Food for Others, which serves the needs in Northern Virginia. Thanks to all of you who contributed so generously.

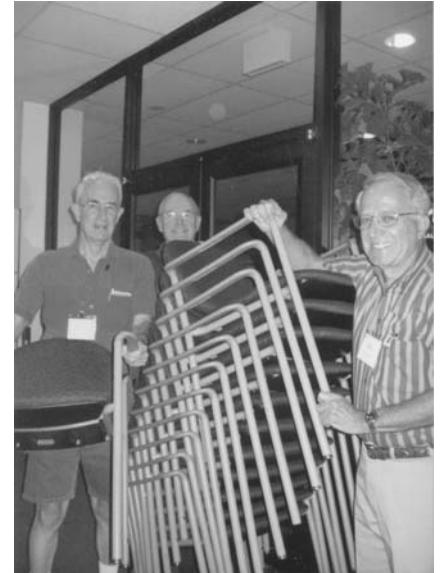
Finally, all registrations for fall courses, site visits, and trips were mailed to the members this week. Many thanks go to our administrator Laura Charron and her team of volunteers for expeditiously completing this large task. Remember, if you receive your registration form showing the letter 'A' against the course(s) for which you registered, you are approved to attend. If you received the letter 'W', you are wait-listed and may not attend, unless later contacted by the course coordinator telling you that you may do so.

I'll see you at the Forum on Tuesday, October 9!

Dick DiBuono



Betty Lee Thatcher, waiting for Bev Portman to pick up and deliver the generous contributions collected at the Forum for Food for Others.



More chairs, please! Included among the 187 attendees at the August Forum were many veterans who were recognized and thanked for their service to our country.



A few Forum attendees as they watch the clips on The War that were shown at the Forum.

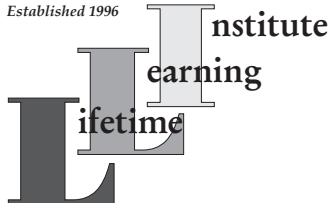


Monica, Mark, and Pat Callahan, presenters for The War at the August Forum, invited LLI to contribute their stories for both WETA's ongoing educational project and the Library of Congress's Veteran History Project, authorized by Congress.



Walkabouts Group at Eakin Park on September 6.

Established 1996



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Please Deliver by
September 24, 2007**

LLI Forum and Board Meetings Schedule Aug. 2007 – Dec. 2008

Please note that the day for Forum meetings varies.
Board of Director meetings are held on the 2nd
Friday of the month.

Forums

Tues., October 9
Wed., November 7
No Forum in December
Wed., January 2
Tues., February 5
Tues., March 4
Tues., April 1
Tues., May 6
Mon., June 2
No Forum July or August
Tues., September 2
Tues., October 7
Wed., November 5
No Forum in December

B.o.D. Meetings

October 12
November 9
December 14
January 11
February 8
March 14
April 11
May 9
June 13
July Planning Retreat
September 12
October 10
November 14
December 12

Reminders

- **Renew your membership. Send your check together with an updated, completed membership form to LLI office.**
- **Complete the Forum evaluation forms and suggest topics / speakers for future programs.**
- **Go to WETA.org/War to Share your story about WWII, either written or verbally.**
- **Go to Explore the stories to read the WWII stories that people have shared**
- **Go to www.loc.gov/vets to contribute your WWII story to Veteran History Project that the Library of Congress staff is collecting.**