

## General Information

### What Is LLI?

Sponsored by Northern Virginia Community College (NVCC), Lifetime Learning Institute of Northern Virginia (LLI/NOVA) is a non-profit, member-run organization dedicated to providing continuing educational opportunities to older adults of all backgrounds and income levels. LLI/NOVA is a member of the Elderhostel Institute Network (EIN) and benefits from the services EIN provides in program development.

LLI membership is especially attractive to individuals 50 years old or older (retired or semi-retired), who are interested in pursuing intellectual enrichment and enjoying social interaction with their peers.

### LLI

- is governed and financed by members
- is supported by member-led planning, administration, and instruction
- provides non-credit, non-degree courses
- offers educational, cultural, and social events
- recognizes physical and mental health are major elements of vital aging.

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**How Are the Courses Organized?**

Courses generally consist of one to ten 90-minute sessions, are informal, and frequently include group discussion. They are taught by outside faculty and by your fellow LLI members. Most courses are free to members, but some include assigned reading and purchase of a textbook, or require a small materials fee.

**When Are the Classes and Where?**

Classes are offered throughout the year, subdivided into Winter/Spring, Summer, and Fall semesters. They are typically held on weekdays between the hours of 10 a.m. and 3 p.m. The courses are held on the NVCC Annandale campus and off-campus in churches, community centers and other suitable locations.

**Benefits of Membership**

- Participation in courses and special interest groups throughout the year usually without charge.
- Participation in day and overnight trips at the special membership rate.
- Participation in the group overseas Study/Travel program.
- Attendance at social events such as the annual picnic, winter holiday luncheon and an appreciation event for faculty and volunteers.
- Monthly newsletter
- And hopefully, new friendships

**LLI / NOVA Membership Form**

Phone: (703) 503-0600 E-Mail: [llinova@juno.com](mailto:llinova@juno.com)

Title: Mr., Mrs., Ms., Dr., Other \_\_\_\_\_ (circle one)  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone Number(s): Home ( ) \_\_\_\_\_ Other ( ) \_\_\_\_\_  
 E-Mail Address \_\_\_\_\_  
*Please indicate if any information above differs from latest LLI Directory.*  
 Where did you hear about LLI? \_\_\_\_\_  
 Briefly tell us about your career, expertise, or skills \_\_\_\_\_

**Fee: \$110 per year for individual membership.** Checks should be made payable to **LLI /NOVA.**

Send to: LLI / NOVA  
 Building CG, Room 202  
 8333 Little River Turnpike  
 Annandale, VA 22003-3743

*As a general practice LLI does not refund membership dues. Under extenuating circumstances LLI will consider requests for refunds if they are made in writing within 30 days of joining the Institute.*

**Please also complete the following:**

Date \_\_\_\_\_  New  
 Amount Paid \_\_\_\_\_  Renewal  
 Check # \_\_\_\_\_

LLI is operated by volunteers. This is part of our education as well as an opportunity to meet other people and be involved. If you are willing to help in some area, please indicate in which area(s) below.

- Present a Course     Plan a Course     Coordinate a Course     Serve on the Board  
 Serve on a Committee     Help in the Office     Assist with A/V equipment  
 Assist with Travel Planning     Other \_\_\_\_\_

Would you like for someone to contact you to answer any questions or provide additional information? \_\_\_\_\_

If you have any questions about volunteer opportunities, contact the LLI Volunteer Coordinator, Phil Centini, at [barry.centini@verizon.net](mailto:barry.centini@verizon.net) or (703) 658-1545.

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### **How Do I Become a Member and What is the Cost?**

Complete the membership application form found on page 27 and mail with your check to the address shown. The current annual membership fee is \$100. The membership period is for 12 months beginning in the month in which dues are paid.

### **How Do I Register for Classes and Tours?**

Complete a class registration form found on pages 23 and 25, listing the courses you wish to attend *in order of preference*. Mail to the LLI office with a self-addressed stamped envelope and any applicable fees as soon as possible; *registration closes September 8, 2003*. Registration forms received after that date will be considered only if there are spaces remaining in the courses you select. Your registration form will be mailed back to you in your self-addressed envelope shortly after the closing date, but in advance of the first class, indicating whether you have been accepted, wait-listed, or whether the class has been canceled. As a courtesy to other LLI members, please call the LLI office at (703) 503-0600 if you find that you will not be able to attend a course after you have been accepted. This will give members on a waiting list an opportunity to attend.

Registration for trips should be submitted on the separate forms provided. Please remember to sign the "Assumption of Risk and Acknowledgment of Responsibility" statement.

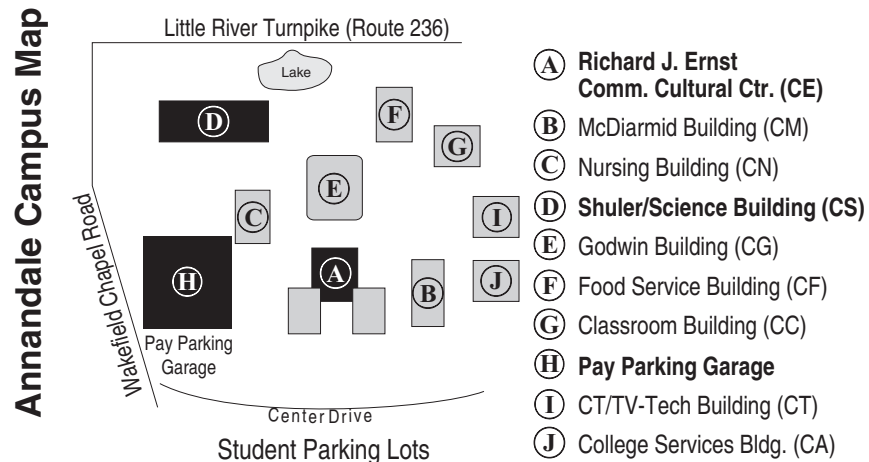
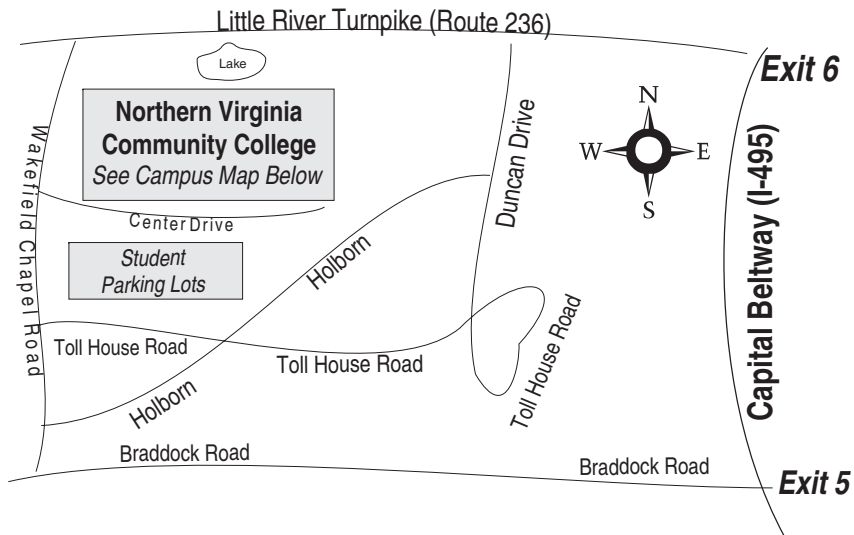
### **Monthly Forums**

Members and non-members are warmly welcomed as guests to attend the Monday Speakers Program and Open House forum. The forums are held monthly (except during the summer) on the first Monday at 10:00 a.m. in the Richard J. Ernst Community Cultural Center (see map on next page) on the NVCC Annandale Campus. For more information, call the LLI office (703) 503-0600, and also see information in the LLI monthly newsletter, Golden Gazette and other local publications. Persons attending these forums should park in the Cultural Center lot near the front of the Ernst Center. Look for temporary signs reading "LLI Parking."

### **Class Cancellations**

If there is inclement weather, LLI classes and other activities are canceled (**except for bus tours**) if the Fairfax County school system cancels school for the day, *regardless of the LLI class location and whether or not NVCC holds its regular college classes*. Listen for radio and TV announcements. LLI morning classes are canceled if the County announces a 2-hour delay in class openings. LLI afternoon classes are canceled if the County announces early dismissal. You will be notified of a schedule for "make-up" classes. For bus tours, please contact the tour leader (listed in the program booklet).

# NOVA Campus Maps



## LLI Course Registration Form

(please print all information)

Please enter your choices *IN PRIORITY ORDER* and mail completed form to:

Lifetime Learning Institute (Registration)  
 c/o Division of Continuing Education NVCC  
 8333 Little River Turnpike  
 Annandale, VA 22003

**ENCLOSE A SELF-ADDRESSED STAMPED ENVELOPE**

### Registration Request

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

LLI Member (Yes/No) \_\_\_\_\_ Date \_\_\_\_\_

I wish to register for the following LLI courses and activities. My choices are listed *IN PRIORITY ORDER*.

Priority	Course Number	Course Title	Action*
1			
2			
3			
4			
5			
6			
7			
8			

\* To be completed by LLI Office. A= registration accepted; C= course canceled owing to insufficient demand; W= waitlisted (you will be notified if space becomes available).

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## Directions to Class Locations — Fall 2003

**Annandale United Methodist Church**, 6935 Columbia Pike, Annandale.

*Directions from the Beltway*

East on Little River Turnpike (Route 236). Go through 6 traffic lights. Turn left onto John Marr Drive (next light after passing Giant Food on the left) Turn right at the next light, which is Columbia Pike. At the next light, which is at Gallows Road, you will see a small old white church on the right. Go beyond the traffic light and the small old white church and turn right into the parking lot. Enter the brick church through the main entrance and look for signs.

**Chapel Square Center**, 4401 Holborn Avenue, Annandale.

*Directions from Little River Turnpike*

Turn onto Wakefield Chapel Road and pass the NVCC campus to Toll House Road (third street on the left after passing the campus parking lot). Left onto Toll House Road to the first stop sign, Holborn Avenue. Left onto Holborn and go over a rise in the street. Chapel Square Center, a former elementary school, is on the left just beyond an athletic field. Park at the far end of the building or on Holborn Avenue. Enter through the main doors — Room 3 is the first room on the first left-hand corridor. Room 5 is the third room on this corridor.

*Directions from Braddock Road*

Turn onto Wakefield Chapel Road to the fourth right turn, Holborn Avenue. Continue on Holborn through the stop sign at Toll House Road. See directions above.

**Falls Church Presbyterian Church**, 225 East Broad Street, Falls Church.

*Directions from Beltway*

East on Arlington Blvd. (Route 50) to Route 7 West at Seven Corners. Proceed west on Route 7 (called Broad Street in the city of Falls Church). Go several blocks to North Fairfax Street. Turn right onto Fairfax St., then left into parking lot at the rear of the church. Enter door at back of the church.

**Goodwin House West**, 3440 South Jefferson Street, Falls Church (across Route 7, Leesburg Pike, from the Skyline Center complex).

*Since visitor parking is limited at Goodwin House West, you are encouraged to park behind the Giant Food Store located in the "Crossroads Place" Shopping Center.*

*Directions from Bailey's Crossroads (Intersection of Columbia Pike and Leesburg Pike)*

East on Route 7, Leesburg Pike; left at the traffic light at South Jefferson Street. South Jefferson Street is located between the "Crossroads Place" and "Leesburg Pike Plaza" shopping centers. Go to the first traffic light and turn left into the parking lot of the "Crossroads Place Shopping Center" where there are several stores, including Burlington Coat Factory and Giant Food. Drive to the left side of Giant Food; turn right at the corner of the store and park in one

of the spaces along a fence line. A gate with a "Private Property" sign will be unlocked. Go through the gate to the main entrance of Goodwin House West (a 12-story brick building). It is only a short walk!

**Greenspring Village**, 7440 Spring Village Drive, Springfield.

*Directions from Annandale*

At the intersection of Little River Turnpike and Backlick Road, go south on Backlick Road. Follow Backlick Road for approximately four miles to the sign for Franconia-Springfield Parkway Route 7900. Take the first right onto the Parkway, going west. At the first traffic light turn right onto Spring Village Drive. At the guard gate, inform the attendant that you are attending a "Lifetime Learning Institute" class. Proceed to the Village Square Parking Garage. Sign the guest register at the reception desk. The receptionist will give you directions to your classroom.

*Directions from Braddock Road*

From Kings Park Shopping Center drive south on Rolling Road for four miles to the Franconia-Springfield Parkway (Route 7900). Exit left at the second traffic light for the Parkway south. Continue one mile; turn left at the traffic light onto Spring Village Drive. At the guard gate, follow the directions above.

**Heatherwood Retirement Community**, 9642 Burke Lake Road, Burke, Va.

*Directions from Beltway*

Exit at Braddock Road (West). Pass Wakefield Chapel Road intersection to intersection with Burke Lake Road. As you approach the intersection bear into the far left left turn lanes. Turn left onto Burke Lake Road (Kings Park Shopping Center on right). Proceed through first intersection (Rolling Road) and continue on Burke Lake Road for approximately 2 mi. (5 traffic lights). Heatherwood is on the right.

*Directions from Springfield*

Travel west on Keene Mill Road past Rolling Road Turn right on Lee Chapel Road, then right on Burke Lake Road, Heatherwood is on the left.

**Little River United Church of Christ**, 8410 Little River Turnpike, Annandale.

*Directions from the Beltway*

West on Little River Turnpike (Route 236) to the second traffic light (you will see the NVCC campus on the left). Turn right at the light and follow the road to the church parking lot.

*Directions from Wakefield Chapel Road*

Turn right onto Little River Turnpike (Route 236) and get into the left lane. Turn left at the first traffic light and follow the road to the church parking lot.

## LLI Course Registration Form

(please print all information)

Please enter your choices *IN PRIORITY ORDER* and mail completed form to:

Lifetime Learning Institute (Registration)  
c/o Division of Continuing Education NVCC  
8333 Little River Turnpike  
Annandale, VA 22003

**ENCLOSE A SELF-ADDRESSED STAMPED ENVELOPE**

### Registration Request

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

LLI Member (Yes/No) \_\_\_\_\_ Date \_\_\_\_\_

I wish to register for the following LLI courses and activities. My choices are listed *IN PRIORITY ORDER*.

Priority	Course Number	Course Title	Action*
1			
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\* To be completed by LLI Office. A= registration accepted; C= course canceled owing to insufficient demand; W= waitlisted (you will be notified if space becomes available).

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**Mason District Government Center**, 6507 Columbia Pike, Annandale.

*Directions from the Beltway*

East on Little River Turnpike (Route 236). Turn left onto John Marr Drive (next light after passing Giant Food on the left). Turn right at the next light, which is Columbia Pike. Go through several traffic lights. Following the traffic light at the intersection with Whispering Lane, there is a sign in the median reading "Fairfax County Police Station." Proceed a short distance and turn right into the parking lot of the Center.

**Meadowlark Botanical Gardens** located on Beulah Road, Vienna.

*Directions from the Beltway (I 495 toward Baltimore)*

Exit onto Route 123 South (Chain Bridge Road.); pass Tyson's Corner Center on your left and Tyson's II on your right. Continue on Rt. 123 to the intersection with Old Courthouse Road (traffic light), and turn right. **Immediately** move into the **left** lane and then turn left at the next traffic light where Old Courthouse Rd. turns left. Continue on Old Courthouse Rd. for 2.3 miles to a four-way stop sign and intersection with Beulah Rd. Proceed straight ahead (which is now Beulah Rd.) for 0.8 miles to Meadowlark Gardens on your left; turn into Meadowlark Court and parking lot.

**NVCC Campus Buildings** (Refer to campus map on p. iv.)

Parking for all Campus Classes and Activities: **PLEASE PARK IN THE LOT RESERVED FOR THE CULTURAL CENTER (THE LOT WITH THE ARM-TYPE GATES)**. If the gate is closed, push the button in the yellow box for entry. You will receive a token at the class to be used for exiting.

**Ernst Community Cultural Center (CE)**, also called the NVCC Cultural Center, Annandale Campus, building marked "1" on the map. The Forum is the large open space (with fireplace) on the mezzanine level. Seminar Rooms are on the mezzanine level adjacent to the Forum.

**NVCC Food Service Building (CF)**, marked "6" on the map, Chestnut Hill Room. Enter on plaza level. Turn left through the Faculty Dining Room.

**NVCC McDiarmid Building (CM)**, marked "2" on the map.

**NVCC Nursing Building (CN)**, marked "3" on the map.

**NVCC Shuler/Science Building (CS)**, marked "4" on the map. The LLI office is in this building (Room 238).

**St. Matthew's United Methodist Church**, 8617 Little River Turnpike, Annandale.

*Directions from the Beltway*

West on Little River Turnpike (Route 236). Pass the NVCC campus and Wakefield Chapel Rd. (second and third traffic lights). Take the next left (which does not have a traffic light) onto Wakefield Drive;

immediately turn right and then left into the church parking lot. Park in spaces near the left-hand side of the church since you will be entering the building through a basement door on the left side.

*Directions from Braddock Road going East*

Turn left onto Wakefield Chapel Road. Continue for approximately 1.3 miles (passing NVCC on the right) and turn left onto Virginia Avenue. At the stop sign turn right onto Wakefield Drive and then turn left into the church parking lot.

**Vienna Community Center**, 120 Cherry Street SE, Vienna. Located one block south of Vienna's main street, Maple Avenue (Route 123), at the corner of Park and Cherry Streets.

*Directions from the Beltway*

Take Route 123 south toward Vienna. Pass Tysons Corner and Tysons Galleria Shopping Centers, intersection with Rt. 7, and several blocks later, the Westwood Country Club on your right. After several blocks through the business area of Vienna, turn left at Park Street. The community center is about 1 1/2 blocks down on the right. Parking is available on the Park Street side of the building and in the front of the building, which can be accessed from Cherry Street (turn right just past the community center to get to the Cherry Street lot).

**Wild Bird Center**, Alexandria Commons Shopping Center, Alexandria.

*Directions from the Beltway (Route 495)*

Take the Beltway to Telegraph Road North. From Telegraph Road, move into the center (or left) lane and follow the signs to Route 236 (Duke Street) West. On Duke Street, move into the center lane and proceed through two (2) traffic signals. At the third traffic signal, turn right into the parking lot of The Alexandria Commons Shopping Center. The Wild Bird Center, a store, is on your right and is the place from which we depart (in carpool or "caravan" style) for Huntley Meadows Park.

## LLI Tour Registration Form

### Assumption of Risk and Acknowledgement of Responsibility

This Assumption and Acknowledgement must be signed and is a prerequisite for participation. The tours of the Lifetime Learning Institute of Northern Virginia require walking and the physical capability to access sites that may have structural obstacles. By participating, I assume the risks inherent in this tour and agree to hold LLI, its Board of Directors, Administrator, volunteers, and other agents harmless from any and all claims from bodily injury and/or property damage that result from my participation in this tour, or my inability to full participate.

Further, I understand that, should I require personal assistance to participate in this tour, I am responsible for securing such assistance. That responsibility includes registering a person with LLI who can and will be totally responsible for providing all assistance. I will register the person by having him or her sign below. I also understand that LLI reserves the right to deny a request to participate in this tour if, as determined by LLI, such participation would impede the tour's operation or diminish the enjoyment of other participants.

Participant Signature \_\_\_\_\_

Emergency Contact No. \_\_\_\_\_

Participant Signature \_\_\_\_\_

Emergency Contact No. \_\_\_\_\_

Tour Title: Woodrow Wilson House and Georgetown Park Tour #: DT 12-04

Date of Day Trip: Thursday, December 4, 2003

Tour Fee: Members: \$30 Nonmembers: \$40

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Number of reservations: \_\_\_\_\_ Total Cost: \_\_\_\_\_

Checks should be made payable to LLI / NOVA. Please send to:

Lifetime Learning Institute  
c/o Div. of Continuing Ed., NVCC  
8333 Little River Turnpike  
Annandale, VA 22003

*For Office Use Only*

Am't Paid: \_\_\_\_\_

Check #: \_\_\_\_\_

**TO BE REGISTERED:**

1. Each person must sign the waiver of liability.
2. Enclose a check in payment for this trip only.
3. Enclose a self-addressed, stamped envelope for this trip only.

**Fees & Information:** Louise Souk (703) 323-9144

**Reservations & Payment:** Payment of fee is required at time of registration. Reservations are accepted on a first-served basis.

**Refunds & Cancellations:** Refunds will be made if notice is received at least 4 days before tour date, less any non-refundable deposits made by LLI unless your place can be filled by someone else. After that date, refunds will be made only if the place can be filled. LLI follows Fairfax County School closings.

**Notification:** A few days prior to the trip, you should receive a confirmation in the mail in your self-addressed stamped envelope. If you do not receive this, please call Louise Souk (703) 323-9144 to verify your registration.

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# **LLI Fall 2003 Program**

**Note:** All programs are free to members unless otherwise specified. **Morning** courses have the suffix A; **afternoon** courses have the suffix P.  
See full addresses of class locations starting on page v.

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## **KICKOFF MEETING**

The meeting is planned to introduce LLI's fall program to members and prospective members, and serves as a general invitation to join us for this program. All LLI members, their friends, and other interested persons are warmly invited to attend. Light refreshments will be served starting at 9:30 a.m.

**Date & Time:** Monday, Sept. 8, 10:00 – 11:30 a.m.

**Place:** Ernst Cultural Center (CE) (Forum Room), NVCC Annandale Campus

## *Monday Mornings*

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### **MONDAY SPEAKERS PROGRAM AND OPEN HOUSE**

This is a continuing program of lectures on various topics, held usually on the first Monday of the month. Following the presentation there will be brief announcements and a chance for members, friends, and the speaker to socialize. See LLI newsletter for details. Light refreshments are served starting at 9:30 a.m.

**Dates & Time:** Mondays, Oct. 6; Nov. 3, 10:00 – 11:30 a.m.

**Place:** Ernst Cultural Center (CE) (Forum Room), NVCC Annandale Campus

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### **MONDAY LUNCHEON GROUP**

Members and friends enjoy socializing at a restaurant after each Monday speakers program. The luncheons begin shortly after noon at various restaurants in the surrounding area. Participants may meet at the Cultural Center after the program or go directly to the designated restaurant. Directions to each restaurant will be provided at the Forum meeting and in the newsletter. The cost, including tax and tip, averages less than \$12.00.

**Host:** John Bogart (703) 273-2547

**Course 3F01A DOWNSIZING (2 Sessions)**

Moving into smaller quarters requires “letting go” of many things, careful planning and organization. Experts in the field of relocation and reorganization can show seniors how to accomplish downsizing and relocation with relative ease.

**Oct. 20:** *Downsizing with Care* – the how, what and when to downsizing, organizing and disposing of the excess.

**Oct. 27:** *Relocating* – what and how much to take, where does it all go?

**Dates & Time:** Mondays, Oct. 20, 27, 10:00 – 11:30 a.m.

**Place:** St. Matthew’s United Methodist Church (Room 306), Annandale

**Class Size:** Min. 10, Max. 25

**Leaders:** Jean Marie King (571) 236-3915 and Sue Ruppel

**LLI Coordinator:** Norma Hughes (703) 960-6279

## Monday Afternoons

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**Course 3F02P SYMPHONIC SENSATIONS (2 Sessions)**

William Hudson, music director and conductor of the Fairfax Symphony Orchestra, presents works of composers to be featured in three of the FSO’s fall concerts. He provides insights to the composers’ music and their personal backgrounds through discussion and use of CDs.

**Sept. 15:** Beethoven – Symphony No. 9 and more

**Oct. 6:** Composers Barber, Haydn and others

**Dates & Time:** Mondays, Sept. 15; Oct. 6, 1:30 – 3:00 p.m.

**Place:** Little River United Church of Christ (Choir Room), Annandale

**Class Size:** Min. 20, Max. 50

**Leader:** William Hudson

**LLI Coordinator:** Lorin Goodrich (703) 425-9574

**Course 3F03P ELEANOR ROOSEVELT (5 Sessions)**

No matter what their politics, Eleanor Roosevelt managed to evoke strong emotional responses in those with whom she interacted. Follow the life of this intriguing woman from her shy childhood of economic privilege to her role as champion for the disenfranchised on the world stage.

**Dates & Time:** Mondays, Oct. 27; Nov. 3, 10, 17, 24, 1:30 – 3:00 p.m.

**Place:** Ernst Cultural Center (CE) (Seminar Rooms A, B, C), NVCC, Annandale Campus. **October 27 session will be held in the NVCC, Nursing Building (CN), Room 117.**

**Class Size:** Min. 15, Max. 60

**Leader:** Mary O’Day (703) 680-6330

**LLI Coordinator:** Virginia Fernbach (703) 751-8369

**ARLINE SACHS**, former Associate Professor of Computer Information Systems at NVCC; co-hosts twice-monthly TV show on genealogy; has authored many published articles and given numerous talks on genealogy worldwide; former president, Jewish Genealogy Society of Greater Washington; former board member, International Association of Jewish Genealogy Societies; in July, 2003, published a book about her great-great-grandfather and life in 19th century Germany.

**LISA SCRUGGS**, B.S. in Dietetics, Univ. of California, Davis; tea consultant, caterer, author, and lecturer; studied to become a tea consultant with John and Paul Harney of *Harney and Sons Fine Teas* in Connecticut; founded and is president of The Afternoon Tea Society, a tea aficionados club in Northern Virginia; teaches adult education classes on tea at NVCC.

**LIZ SNIVELY**, editor of LLI’s newsletter; member of LLI Board of Directors; enjoys a keen interest in birdwatching and theater.

**LOUISE SOUSK**, retired public school teacher; contributing member of LLI since the steering committee formed; served on the board for four years; since 1998, plans and leads day and overnight trips for LLI members; organized a Charter Elderhostel for LLI; regularly teaches an LLI basket class.

**Dr. CARL STEINER**, professor emeritus, George Washington University; expert in Germanic Studies and Culture; has published three books and numerous articles.

**SUE SWIFT**, Master’s in Biochemistry; worked with computers for 23 years; continues to have an interest in all scientific fields.

**KEITH TOMLINSON**, interpretive naturalist and Administrator, Meadowlark Botanical Gardens; previously, Education Specialist in Natural Science at Bishop Museum, Honolulu; studied botanical gardens in the Americas, Asia, Europe and the Pacific; wrote several popular and technical articles dealing with conservation, environmental education, and plant diversity; worked as a natural science consultant on several books, including the Smithsonian Institution’s Guide to Natural America; leads several summer trips annually for the Smithsonian Associates.

**PROF. MICHAEL HESLOP:** MS, University of West Indies, MS, Iowa State University.

**Psychology Department**

**PROF. DONALD DEVERS:** B.A. University of Hawaii; M. equivalent, Catholic University

**PROF. KATHY LLOYD:** B.A. Smith College; M.Ed. Loyola College; M.S. Howard University

**DR. ERIC SHIRAEV:** B.A., Ph.D. Leningrad University

**PROF. JUDITH VAJDA:** B.A and M.A. George Washington University

**DR. DARLENE VAN EVERY:** B.A. Parker College; M.A. Catholic University; D.A. George Mason University

**Art/English Department**

**PROF. TOM HARDY:** See page 16.

**MARY O'DAY,** BA in history/government, Westminster College, PA; MS in guidance and counseling, Edinboro College, PA; certificate in administration from SUNY, Fredonia; certificate in program development and evaluation from SUNY, Albany; retired educator and long-time advocate for women's issues; background in American history and psychology; extensive research in psychology at Edinboro College and St. Bonaventure University, NY.

**SARAH PARKS,** graduate of George Mason Law School and the Georgetown University Law Center; attorney at Custom Estate Planning in Annandale; writes for Fairfax County's Golden Gazette and teaches estate planning for FCPS Department of Adult Education.

**RICHARD RISK,** graduate, University of Missouri; originally from Illinois; resident of Virginia since 1971; retired, US Environmental Protection Agency; served on the Fairfax Area Commission on Aging since 1966; at LLI, taught Science for Nonscientists, led a discussion group on U.S. Foreign Policy and conducts an ongoing series of poetry classes

**JOHN RYBICKI,** BS, Clarkson College of Technology; MA, University of Arkansas; MS, George Washington University; diplomas in Theological Studies, Virginia Theological Seminary and the Antiochian Orthodox Church; studied at St. George's College, Jerusalem; currently enrolled in the St. John of Damascus School of Theology, Balamand University; lectured at the Benedictine Pastoral Center, LRI at George Mason University, LLI at NVCC, the Jewish Community Center of Northern Virginia and in local churches; serves as consultant to the Missile Defense Agency.

## Tuesday Mornings

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**Course 3F04A TRUSTY TRAVEL TIPS (1 Session)**

A prepared traveler knows more than what and how to pack. He or she also knows how to approach the various components of travel with common sense, good humor and an independent spirit of adventure. Learn how to travel safely and discover useful tips (including how to pack smartly) to help you enjoy the adventures and avoid the pitfalls. For both experienced and inexperienced travelers.

**Dates & Time:** Tuesday, Sept. 23, 10:00 – 11:30 a.m.

**Place:** Chapel Square Center (Room 3), Annandale

**Class Size:** Min. 8, Max. 30

**Leader:** Robin Dail (703) 216-3012 and Donny Mawyer

**LLI Coordinator:** Sally Reynolds (703) 352-7494

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**Course 3F05A SENIOR EXERCISE (8 Sessions)**

This basic program for seniors helps increase flexibility, strength, and muscle tone. There is a warm-up, stretching, mild to moderate aerobic activity, and relaxation. Wear comfortable clothing, appropriate footwear, and bring a mat to class.

Check with your physician about your ability to participate in group exercise. A liability waiver is required prior to participation.

**Dates & Time:** Tuesdays, Oct. 7, 14, 21, 28; Nov. 4, 11, 18, 25, 10:00 – 11:30 a.m.

**Place:** Heatherwood Retirement Community, 9642 Burke Lake Road, Burke

**Class Size:** Min. 6, Max. 22

**Leader:** Trudy Hynes (703) 644-0672

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**Course 3F06A WESTERN CIVILIZATION: WHENCE and WHITHER (4 Sessions)**

**I.** The Beginnings

**II.** Formative Years

**III.** The Promise

**IV.** New Beginnings or Decline?

**Dates & Time:** Tuesdays, Oct. 7, 14, 21, 28, 10:00 – 11:30 a.m.

**Place:** St. Matthew's United Methodist Church (Room 304), Annandale

**Class Size:** Min. 12, Max. 25

**Leader:** Dr. Carl Steiner (703) 569-1640

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**Course 3F07A THE BIBLICAL PROPHETS (4 Sessions)**

The Hebrew prophets left an enduring message on Judaism and Christianity. Their emphasis on a caring God who demands justice created an ethical system that still forms the

basis of life today. Learn about the life and teachings of Isaiah, Jeremiah, Ezekiel, Amos, Hosea and other major prophets.

**Dates & Time:** Tuesdays, Oct. 14, 21; Nov. 4, 11, 10:00 – 11:30 a.m.  
**Place:** Greenspring Village, (Village Square Theatre), Springfield  
**Class Size:** Max. 15  
**Leader:** Rabbi Arnold Fink

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**Course 3F08A EXPLORING VIRGINIA STATE GOVERNMENT (4 Sessions)**

Review Virginia State government, including organization of the Executive, Legislative and Judicial branches. Discuss how a bill becomes a law, how lobbyists operate, and issues facing the 2004 General Assembly. Invited speakers include a key Delegate and/or Senator and long-time lobbyist in Richmond. Take a one-day field trip to Richmond (date to be determined) to observe committees in action, meet Delegates and Senators, tour the Capitol and observe a Session of the House and Senate. The course leader is a former Delegate in the Virginia House.

**Dates & Time:** Scheduled in 2004, Tuesdays, Jan. 6, 13\*, 20, 27, 10:00 – 11:30 a.m.  
\*Jan. 13 Session will be 1:30 – 3:00 p.m.  
**Place:** Chapel Square Center (Room 3), Annandale  
**Class Size:** Min. 10, Max. 25  
**Leader:** Alan Mayer (703) 354-0239

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## Tuesday Afternoons

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**Course 3F09P HISTORY OF THE ART SONG (3 Sessions)**

Most composers of instrumental music also wrote works for the voice — Schubert, Schumann, Brahms, Mahler, Berlioz, Fauré, DuParc, Debussy, Poulenc, Ives, and others. They used great poems for the lyrics. This general, relaxed introduction to the art song includes some background history of this music, the composers and the poems they used as lyrics. We listen to a sampling of art songs from medieval times to the 20th century.

**Dates & Time:** Tuesdays, Sept. 23, 30; Oct. 7, 1:30 – 3:00 p.m.  
**Place:** Ernst Cultural Center (CE) (Seminar Rooms A, B), NVCC, Annandale Campus  
**Class Size:** Min. 10, Max. 30  
**Leader:** Ferne Beyer (703) 455-6999

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**Course 3F10P LLI FESTIVAL OF FOREIGN FILMS (4 Sessions)**

A popular program in its tenth season featuring movies from around the world. As in other years, most of the movies shown have been nominated or won the Academy Award in the Best Foreign Language Film, Best Directing, or Best Screen

program at NVCC to lead senior exercise; has led classes at senior centers and assisted care facilities.

**JEAN-MARIE KING** and **SUZANNE RUPPLE**, consultants with Ann O'Neill, Inc., providing relocation and reorganization services to assist seniors and the disabled assess and manage an alternative living space; organize household and personal items; and assess household contents and identify unwanted or surplus items.

**YERETH KNOWLES**, BA and Master's in political science, University of Wisconsin; Ph.D. in political development, International Institute, University of Geneva, Switzerland; professor of political science at Inter-American University, San German, Puerto Rico (1960-79); visiting professor of Latin American studies at George Mason University (1980-92); traveled and lived in Puerto Rico, Grenada, Holland, Switzerland, China and South/Central America; publications include "History of Caribbean Organizations," fiction, and a novel, "The Town is Aaron."

**RUTH KRAUSHAAR**, Home Economics degree from Pratt Institute; studied at the Universal School of Handicrafts, New York; taught mixed media crafts and needle arts in Arlington, Alexandria, and Fairfax Adult Education and Recreation programs; has exhibited in local libraries, Alexandria City Hall, Sully Plantation and Ann Hathaway Gallery (Folger Shakespeare Library).

**WAYNE KRUMWIEDE**, BA in Business, University of Maryland's University College; retired with more than 21 years military service in budget and finance, followed by civilian budget positions with the District Government and Coast Guard; currently a real estate agent; participates in numerous volunteer positions.

**ALAN MAYER**, BS in business administration, University of Maryland; Master's in urban planning, University of Virginia; served for 10 years as a Member, Virginia House of Delegates; retired from the Central Intelligence Agency (1950-1980).

**NVCC FACULTY** (additional background information will be available to course participants)

### History Department

**DR. JAMES WALL:** BS, Tennessee Technological Univ., Ph.D., Univ. of Tennessee

### Economics Department

**PROF. BARBARA BROGAN:** BA, State Univ. New York, Stony Brook, MA, North Carolina State University.

# Faculty

**MARILYN BERNARD**, originally from upstate New York; taught in elementary school in Fairfax County; became a school librarian; since retirement, is an avid reader of mysteries.

**FERNE BEYER**, received a degree in El. Ed. from Hofstra University; studied voice in N.Y.C. for ten years and has sung over 40 works of the oratorio with various choruses. She has a wide knowledge of and has sung many of the great works of *Lieder* and French *mélodie* plus other art songs.

**AL BROTHERS**, Merrimack College, North Andover, MA; University of New Hampshire, Dover, NH; German major, French minor; taught English at the Berlitz School of Languages and the Inlingua *Sprachenschule* in Pforzheim, Germany; accredited German/English translator, certified by the *Industrie- und Handelskammer* in Wiesbaden; well versed in Germanic, Romance and Slavic languages; knowledgeable in major dialects of High German, English and Portuguese.

**ROBYN DAIL** and **DONNIE MAWYER**, more than 20 years combined experience with the American Automobile Association and extensive travel experience; currently with AAA Mid-Atlantic as District Manager, Northern Virginia and D.C., and Travel Services Trainer, respectively.

**RABBI ARNOLD FINK**, Rabbi Emeritus of Congregation Beth El in Alexandria; educated at Princeton, Hebrew Union College and Temple University; taught courses in Jewish history and thought and encouraged interfaith dialogue and understanding throughout the metropolitan area.

**Professor TOM HARDY**, AB in English, Georgetown University; MA in English, University of North Carolina, Chapel Hill; second MA in Art History, George Washington University; native Washingtonian; NVCC instructor for 30 years.

**WILLIAM HUDSON**, Bachelor of Music, Philadelphia Conservatory of Music; BA, University of Pennsylvania; Master of Music, Yale University; with the Fairfax Symphony Orchestra (FSO) for over 30 years; conducted performances at the Kennedy Center and Wolf Trap; established a summer residency at the Shenandoah Valley Music Festival where the FSO is “orchestra-in-residence.”

**TRUDY HYNES**, educated at Mass. General Hospital and Boston College School of Nursing; retired (1987) as an R.N; later trained in a volunteer

Play category. All films are in a foreign language with English subtitles.

- October 14:** *Musíme si pomáhat (Divided We Fall)*, 2000, Czech Republic; in Czech & German, 117 min.
- October 21:** *Pauline en Paulette (Pauline and Paulette)*, 2001, Belgium; in Flemish, 78 min.
- October 28:** *Bella Martha (Mostly Martha)*, 2001, Germany; in German, 105 min.
- November 4:** *Hable con ella (Talk to Her)*, 2002, Spain; in Spanish, 112 min.

**Dates & Time:** Tuesdays, Oct. 14, 21, 28; Nov. 4, 1:30 – 3:00 p.m.

**Place:** Goodwin House West (Auditorium), Falls Church

**Class Size:** Unlimited

**Leader:** Al Brothers (703) 820-3732

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## Course 3F11P MAKE A BASKET (3 Sessions)

Make a very practical wall basket! Using a 10" by 14" D handle, this 10" wide, 5" deep wall basket will hold mail, magazines, catalogs and other needed items. It can also serve as a seasonal door decoration by draping artificial flowers, holly or autumn pumpkins and fall leaves to create a festive look. Materials Cost: \$12. Enclose a check made payable to Louise Souk with your registration.

**Dates & Time:** Tuesdays, Oct. 28; Nov. 4, 18, 1:00 – 4:00 p.m. (**Note class time**)

**Place:** Little River United Church of Christ (Social Hall), Annandale

**Class Size:** Min. 4, Max. 8

**Leader:** Louise Souk (703) 323-9144

## Wednesday Mornings

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### Course 3F12A STUDY TRAVEL VIII, PHASE 1 (2 Sessions)

In the spring or summer, 2004, a group of LLI'ers will travel together to a foreign destination. In Phase 1, select where and when we travel and which tour company to use. In Phase 2 (spring 2004), study the various places we plan to visit, followed by the trip (Phase 3). Our 8th year for this popular program; past trips include Portugal, Scandinavia, Italy, France, Spain and Central Europe.

**Dates & Time:** Wednesdays, Sept. 24, Oct. 1, 10:00 – 11:30 a.m.

**Place:** Chapel Square Center (Room 3), Annandale

**Class Size:** Unlimited

**Leader:** Alan Mayer (703) 354-0239

**Course 3F13A THE JOY OF TEA (1 Session)**

Learn and experience the latest health benefits of both green and black teas. Learn why tea is in a revival in this country, not only for its social and stress-reducing benefits but also for its many healthful properties. We will conduct tea-tastings and learn the brewing secrets for making the perfect cup of tea every time! **Please bring your favorite teacup to class.**

**Dates & Time:** Wednesday, Oct. 22, 10:00 – 11:30 a.m.

**Place:** Ernst Cultural Center (CE) (Seminar Rooms A, B), NVCC, Annandale Campus

**Class Size:** Min. 15, Max. 50

**Leader:** Lisa Scruggs (703) 873-9553

**LLI Coordinator:** Mary Virginia Baynes (703) 451-6387

**Course 3F14A APOCRYPHA AND THE GOSPELS (4 Sessions)**

Learn about the biblical-era texts that didn't make it into the Bible; includes the other 66 Gospels.

**Dates & Time:** Wednesdays, Nov. 5, 12, 19; Dec. 3, 10:00 – 11:30 a.m.

**Place:** Little River United Church of Christ (Choir Room), Annandale

**Class Size:** Min. 10, Max. 40

**Leader:** John Rybicki (703) 391-7305

## Wednesday Afternoons

**Course 3F15P LET'S READ A PLAY! (3 Sessions)**

Previous acting experience not required. No memorizing lines, cues, or blocking. Lots of fun – no pressure. We read one play over the three weeks. At the first class, we'll cast roles and distribute scripts, so it's important that participants commit to attending all three Sessions.

**Dates & Time:** Wednesdays, Sept. 17, 24; Oct. 1, 1:30 – 3:00 p.m.

**Place:** Ernst Cultural Center (CE) (Seminar Rooms A, B), NVCC, Annandale Campus

**Class Size:** Min. 12; Max. 15

**Leaders:** Marilyn Bernard (703) 569-4995 and Liz Snively (703) 683-6426

**Course 3F16P WILLS AND TRUSTS (4 Sessions)**

Learn about basic estate planning issues and concepts. *This is a repeat of the course given in Spring 2003.*

**Sept. 24:** Financial and medical powers of attorney

**Oct. 1:** The probate process and its avoidance

**Oct. 8:** The use of wills and trusts

**Oct. 15:** Records necessary to settle an estate

**Dates & Time:** Wednesdays, Sept. 24; Oct. 1, 8, 15, 1:30 – 3:00 p.m.

**Fall Reading:**

**September:** *Undaunted Courage* by Stephen Ambrose

**October:** *The No.1 Ladies Detective Agency* by Alexander McCall Smith

**November:** *The Great Gatsby* by F. Scott Fitzgerald

**December:** NO BOOK.

**Dates & Time:** Third Thursday of the month, 11:30 a.m.–1:30 p.m. (You may bring a bag lunch)

**Place:** Mason District Government Center, Annandale

**Coordinator:** Nan Liner (703) 824-9762; e-mail: NOL8@juno.com

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**GERMAN CONVERSATION AND DISCUSSION**

This group meets monthly on the second Monday to provide an opportunity to converse in German and practice our German language skills. Specific dates and further details will be given in the LLI newsletter, or contact Arline Sachs (see below).

**Date & Time:** Second Monday of the month, 1:30 – 3:00 p.m.

**Place:** Food Service Building, (CF), Chestnut Hill Room; NVCC Annandale Campus

**Coordinator:** Arline Sachs (703) 971-2092; e-mail: sachs@nova.org

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**LLI SINGERS**

This group meets to sing for the joy and fun of it. Professional training is not a requirement. Bring a snack lunch if you like. For more information, call Martie Klee (see below).

**Date & Time:** Every other Tuesday, 11:30 a.m. – 1:00 p.m.

**Place:** Little River United Church of Christ

**Coordinator:** Martie Klee (703) 644-4931; e-mail: marthaklee@earthlink.net

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**THEATRE GROUP**

The Theatre Group, open to all LLI members, attends plays and musicals that are available at the numerous venues in the Washington metropolitan area. Call Helen Clark (703) 573-1671 or the LLI office (703) 503-0600 for further information.

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**TRAVEL CLUB**

The Travel Club maintains a list of places with the time of year that our members would like to travel. When 12 people have a common interest, we will get them together to select the tour, followed by a study phase, before taking the tour. To join the club, e-mail Sidney Sachs at [sachs@nova.org](mailto:sachs@nova.org) with your information or see him at the LLI monthly Forum.

## Special Interest Groups

### BRIDGE GROUP

The LLI Bridge Group meets twice monthly, 10 a.m. – 2 p.m. (Bring a bag lunch). Because meeting dates can be confirmed with the Government Center only one month in advance, please call coordinators Bob or Gladys Bucklew (see below) before you plan to attend to insure we have a Room for that day. Your call not only confirms the meeting date for you but also enables us to obtain sufficient card tables for attendees. All are welcome. Note that if there are “extra” people, bridge play is rotated (four hands per game) among all present. Also, most of our players are “singles”; you do not need a partner to attend.

**Dates & Time:** Second and fourth Wednesdays, 10:00 a.m. – 2 p.m. (bring a bag lunch)

**Place:** Mason District Government Center, Annandale

**Coordinators:** Bob and Gladys Bucklew (703) 631-7889

### DISCUSSION GROUP

The LLI Discussion Group meets monthly to provide an opportunity to discuss topics of current interest in an open forum. At the end of each meeting, the Group selects a topic for the following meeting. We then seek a volunteer to be the Resource Person for the selected topic; that person gives a 10-15 minute opening summary for the topic at the next meeting. After the opening presentation, the meeting is open for everyone to present his or her thoughts on the topic. All LLI members are welcome at all meetings. Information on upcoming meetings can be found in LLI’s newsletter. Contact Sue Swift (see below) for further information.

**Dates & Time:** First Friday of the month, 10:00 – 11:30 a.m. (The group will not meet in January)

**Place:** Ernst Cultural Center, NVCC Annandale Campus

**Coordinator:** Sue Swift (703) 698-8159

### FAVORITE BOOKS CLUB

The Favorite Books Club meets monthly to discuss books of the group’s choosing. Book selections for the fall will be published in the LLI newsletter. The group is encouraged to bring book suggestions to each meeting for selection purposes. We try to select only those books available in paperback and ones with lasting literary quality or interest. Please contact Nan Liner (see below) for further information.

**Place:** St. Matthew’s United Methodist Church (Room 304), Annandale

**Class Size:** Min. 10, Max. 25

**Leader:** Sarah Parks (703) 426-1854

**LLI Coordinator:** Alan Mayer (703) 354-0239

### Course 3F17P HISTORY OF IMMIGRATION TO THE UNITED STATES (9 Sessions)

Trace the many ethnic and religious groups that came to this country from all around the world. Examine what caused large migration flows; how each group was perceived by earlier citizens; how each group adapted to the new country; and how the new immigrants were treated (and/or the political backlash and prejudice). Learn about the social and political effect of the new group’s arrival, and why and how each group was or was not absorbed into the “melting pot.” Review the government’s early immigration and exclusion laws and later response to war refugees.

**Suggested reading:** *A Nation of Strangers* by Ellis Close, *Arguing Immigration* by Nicolas Mills, *Coming to America* by Roger Daniels, *The Essential Immigrant* by Dan Lacey.

**Dates & Time:** Wednesdays, Oct. 1, 8, 15, 22, 29; Nov. 5, 12, 19; Dec. 3, 1:00 – 2:30 p.m. (**Note class time**)

**Place:** Little River United Church of Christ (Room 8), Annandale

**Class Size:** Min. 12, Max. 28

**Leader:** Yereth Knowles (703) 912-3371

### Course 3F18P ADVANCE HEALTH CARE DIRECTIVE WORKSHOP (1 Session)

*This is a repeat of the course given in Spring 2003.* An Advance Health Care Directive is a legal document that gives you the ability to prepare for possible incompetence by making some choices now concerning “pull the plug” issues. This document allows you to appoint a trusted relative or friend to make medical decisions for you in the event that you are unable to make those decisions for yourself. The workshop will provide a lecture on the use of health directives, including discussion of some of the issues raised by the directives. After the lecture, each participant may complete an Advance Health Care Directive document, with witnessing and notarization available. **NOTE: The workshop is limited to 12 participants. Pre-registration is required so that preliminary materials can be mailed to participants. Materials cost is \$8.00 per person. Please enclose a check payable to Sarah Parks with the registration form.**

**Date & Time:** Wednesday, Oct. 22, 1:30 – 3:00 p.m.

**Place:** St. Matthew’s United Methodist Church (Room 304), Annandale

**Class Size:** Min. 5, Max. 12

**Leader:** Sarah Parks (703) 426-1854

**LLI Coordinator:** Alan Mayer (703) 354-0239

**Course 3F19P MAKE A BASKET (3 Sessions)**

For description and cost, see **Course 3F11P** under *Tuesday Afternoons*.

**Dates & Time:** Wednesdays, Oct. 22, 29; Nov. 5, 1:00 – 4:00 p.m. (*Note class time*)

**Place:** Little River United Church of Christ (Social Hall), Annandale

**Class Size:** Min. 4, Max. 8

**Leader:** Louise Sousk (703) 323-9144

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## Thursday Mornings

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**Course 3F20A MEXICO: A HISTORIC OVERVIEW (8 Sessions)**

Starting with the election victory of Vincente Fox over the traditional “revolutionary” party (PRI) and a summary of recent political history, review the cultural roots: the importance of indigenous people, their language and culture; the Aztec Empire; and incursion of Europeans. Discuss the lasting effects on modern Mexico and on the political culture of the country. Study effects of institutions from the Spanish Conquistadors to modern Mexico, concluding with 19th and 20th century changes.

Suggested reading: *Distant Neighbors* by Alan Riding, *Democracy in Mexico* by Pablo Gonzales Casanova, *The Politics of Oil* by George Grayson.

**Dates & Time:** Thursdays, Sept. 18, 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 11:00 a.m. – 12:30 p.m. (*Note class time*)

**Place:** Greenspring Village (Village Square Class Room), Springfield

**Class Size:** Max. 12

**Leader:** Yereth Knowles (703) 912-3371

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**Course 3F21A POETRY (4 Sessions)**

Participants read or recite their favorite poems. This is an opportunity to put joy and fun into your life. Learn about some of the contemporary poetry being published, and get reacquainted with our favorite classic poems.

**Dates & Time:** Thursdays, Oct. 2, 9, 16, 23, 10:00 – 11:30 a.m.

**Place:** Little River United Church of Christ (Room 8), Annandale

**Class Size:** Min. 8, Max. 15

**Leader:** Richard Risk (703) 578-9898

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**Course 3F22A GENEALOGY (6 Sessions)**

Learn the basics of how to begin researching your family history. Topics include interviewing; using web-based databases; and using local resources, including the Fairfax County Library, the Family History Center of the Mormon Church, the Archives, and the Library of Congress. Discuss

## Day Trips

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**DT12-04**

**WOODROW WILSON HOUSE & GEORGETOWN PARK HOLIDAY SHOPPING**

Start the holidays by visiting the Woodrow Wilson House; see it decorated for Christmas as it was in President Wilson’s time. After leaving the White House, the former President lived in this house during the final three years of his life. It is Washington, DC’s only Presidential museum. Furnished as it was in Wilson’s time, the 1915 Georgian revival townhouse just off Embassy Row is a living textbook of modern American life in the 1920’s, from sound records to silent films, from flapper dresses to zinc sinks. After Wilson’s death the house, its furnishings, and the varied memorabilia of his life were carefully preserved by his widow, Edith Bolling Wilson. Upon her death in 1961 the house and its contents were bequeathed to the National Trust for Historic Preservation. Included in the contents are elaborate gifts of state from around the world, objects from the White House, important materials from Wilson’s presidency, family items, and personal objects.

After spending the morning at Wilson House, we will stop at the Ellipse to see the National Christmas tree and, weather permitting, will stroll along the other 50 decorated trees. Then we’re on our way to The Shops at Georgetown Park for some holiday shopping and lunch on your own. Georgetown Park, a Victorian-style mall, has a variety of restaurants and food specialty stores, including Clyde’s, Dean and Deluca, Benihana, and the Canal Walk Café Food Court. While in Georgetown the Georgetown Connection is available to tour other parts of this neighborhood.

**Date:** Thursday, December 4, 2003. Cost is \$30 for members, \$40 for non-members. Please submit a check made payable to LLI with your registration. Be sure to sign the “Assumption of Risk and Acknowledgment of Responsibility” statement and include a self-addressed, stamped envelope. Bus leaves from the Little River United Church of Christ, 8410 Little River Turnpike, Annandale, at 9:00 a.m. and returns at approximately 4:00 pm. Please arrive 15 minutes prior to departure. Park in the center of the parking lot.

**Leaders:** Anne Austin (703) 569-5994 and Louise Sousk (703) 323-9144

## Various Days

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### Course 3F30P PSYCHOLOGY PRESENTATIONS BY NVCC FACULTY

(5 Sessions)

**Oct. 14:** Social Psychology: conformity and attitudes (*Prof. Judith Vajda*)

**Oct. 21:** Abnormal Psychology: an overview of disorders and treatments (*Prof. Kathy Lloyd*)

**Nov. 20:** Personality in Middle and Late Adulthood (*Prof. Don Devers*)

**Dec. 4:** Age, Life Stages and How We See the World (*Prof. Eric Shiraev*)

**Dec. 9:** Aging: What to Expect and How to Cope With Change (*Prof. Darlene VanEvery*)

**Dates & Time:** Tuesdays, Oct. 14, 21, Dec. 9; Thursdays, Nov. 20; Dec. 4, **TIME all days: 2:00 – 3:30 p.m.**

**Place:** Nursing Building (CN), (Room 117), NVCC, Annandale Campus.

**Class Size:** Min. 20, Max. 60

**LLI Coordinator:** Lorin Goodrich (703) 425-9574

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### Course 3F31A AARP DRIVERS SAFETY PROGRAM (2 Sessions)

This classroom refresher course is for experienced motorists age 50 and older. Learn about the normal, age-related changes that interfere with vision, hearing, and physical strength that typically influence driving ability and attitudes. Discover the impact of medications when driving, as well as their effect when mixed with alcohol prior to driving. These problems are what lead to the typical traffic violations committed by older drivers, including failure to yield the right-of-way, improper left turns, incorrect lane changing, passing, and entering and leaving expressways. At the end of the course, each person who attends both Sessions receives a certificate that can be sent to your car insurance carrier for a discount on your insurance. Cost is \$10 per person. Please enclose a check payable to AARP with your registration.

**Dates & Time:** Monday and Tuesday, Nov. 17 and 18, 10 a.m. – 3:00 p.m. (one-hour lunch break at 12 noon; participants provide their own lunch)

**Place:** Goodwin House West (Top of the West), Alexandria

**Class Size:** Min. 15, Max. 25

**Leader:** Wayne Krumwiede (703) 998-0251

recording your data manually, using a computer program, and saving your source materials. Time is also available for individual help.

**Dates & Time:** Thursdays, Oct. 2, 9, 16, 23, 30; Nov. 6, 10:00 – 11:30 a.m.

**Place:** St. Matthew's United Methodist Church (Room 304); (Room 306 on Oct. 9 and 16), Annandale

**Class Size:** Min. 10, Max. 25

**Leader:** Arline Sachs (703) 971-2092

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### Course 3F23A BIRD WALKS (3 Sessions)

Join us for a bird walk in Fairfax County's Huntley Meadows Park, Alexandria. Since this is a wetlands area, we may see great blue herons, egrets, and various species of ducks, to say nothing of turtles and beavers. Bring binoculars if you have them and wear comfortable walking shoes. **NOTE:** We meet at the Wild Bird Center, 3113 Duke St., Alexandria (in the shopping center with Giant, across the street from CVS) and carpool the short drive to Huntley Meadows.

**Dates & Time:** Thursdays, Oct. 16, 23, 30. Meet at 8:45 a.m. (at location above), depart at 9:00 a.m. and return by Noon.

**Class Size:** Max. 15

**Leader:** Ken Moore, owner of the Wild Bird Center, Alexandria

**LLI Coordinator:** Liz Snively (703) 683-6426

## Thursday Afternoons

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### Course 3F24P NEEDLEPOINT (3 Sessions)

Have you ever desired to feel free of stress? Then relax and learn to make a sampler of many different needlepoint stitches. When finished, your project can be used as a small bag, eyeglass case, pincushion, bookmark, etc. It's fun, practical and interesting to create your very own design. Cost of supplies is \$15.00. Enclose a check payable to Ruth Kraushaar with your registration.

**Dates & Time:** Thursdays, Sept. 18, 25; Oct. 2, 1:30 – 3:00 p.m.

**Place:** Call the leader for directions to location in Annandale

**Class Size:** Min. 6, Max. 10

**Leader:** Ruth Kraushaar (703) 256-2230

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### Course 3F25P ONWARD TO THE PACIFIC – LEWIS & CLARK BLAZE A NEW TRAIL (1 Session)

2003 marks the 200th anniversary of the famous Lewis & Clark Expedition. President Thomas Jefferson charges Merriwether Lewis and William Clark with finding a practical land-water route to the Pacific. NVCC's Dr. James Wall

describes the challenges faced over a three-year period and the contributions the Expedition made to settle the frontier.

**Dates & Time:** Thursday, Sept. 25, 1:30 – 3:00 p.m.

**Place:** Ernst Cultural Center (CE) (Seminar Rooms A, B), NVCC, Annandale Campus

**Class Size:** Min. 20, Max. 60

**Leader:** Dr. James Wall, NVCC

**LLI Coordinator:** Lorin Goodrich (703) 425-9574

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**Course 3F26P ECONOMICS PRESENTATIONS BY NVCC FACULTY**

*(2 Sessions)*

NVCC faculty members present current issues affecting the economy.

**Oct. 2:** “The Federal Reserve and Its Influence on the Economy” (Prof. Barbara Brogan)

The Federal Reserve System, under the leadership of Chairman Alan Greenspan since 1987, has significantly influenced the U.S. economy. Prof. Brogan discusses the policies and powers of the Federal Reserve, particularly its ability to influence interest rates.

**Nov. 20:** “The World Trade Organization – A Promoter of Free Trade or Fair Trade?” (Prof. Michael Heslop)

The WTO is the only global international organization dealing with the rules of trade between nations. Its effect on the economies of the Caribbean Islands will be evaluated during this session.

**Dates & Time:** Thursdays, Oct. 2; Nov. 20, 1:30 – 3:00 p.m.

**Place:** Ernst Cultural Center (CE) (Seminar Rooms B, C, D), NVCC, Annandale Campus

**Class Size:** Min. 20, Max. 60

**LLI Coordinator:** Lorin Goodrich (703) 425-9574

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**Course 3F27P WHY PEOPLE BELIEVE WEIRD THINGS** *(3 Sessions)*

Based on Michael Shermer’s book of the same title (subtitled “Pseudo-science, Superstitions, and Other Confusions of Our Times”), revised 2002. “Why do so many people believe in mind readings, past life regression therapy, abductions by extraterrestrials and ghosts? What has led to the rise of scientific creationism and the belief that the Holocaust never happened? Why are psychics so popular these days?” Discover the answers to these questions and more.

**Dates & Time:** Thursdays, Nov. 6, 13, 20, 1:30 – 3:00 p.m.

**Place:** Vienna Community Center, Vienna

**Class Size:** Max. 15

**Leader:** Richard Risk (703) 578-9898

## Friday Mornings

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**Course 3F28A GARDEN TOUR AND LECTURE: THE FOREST IN TRANSITION** *(1 Session)*

Take a fall hike through Meadowlark Botanical Gardens and learn how our eastern deciduous forest gets ready for winter. Discuss the process of color change in leaves and how next year’s buds are protected from cold temperatures. Examine how the gardens ornamental collections are prepared for winter. Our walk also features the conifer garden — an island of color and texture year around. (**NOTE:** In case of rain, the tour will be conducted indoors at the Atrium and the Visitor Center. The usual entrance fee to the gardens is waived for class participants.)

**Date & Time:** Friday, Oct. 24, 10:00 a.m. – 12 noon

**Place:** Meadowlark Botanical Gardens Atrium, Vienna

**Group Size:** Min. 10, Max. 50

**Leader:** Keith Tomlinson (703) 255-3631, Ext. 2

**LLI Coordinator:** Curt Kornblau (703) 938-1575

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## Friday Afternoons

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**Course 3F29P FOUR GREAT CITIES OF THE WESTERN WORLD** *(4 Sessions)*

Prof. Tom Hardy continues his popular course on art and architecture of the world as we study four more great European cities.

**Sept. 26:** Naples

**Oct. 3:** Bologna

**Oct. 10:** London

**Oct. 17:** Vienna

**Dates & Time:** Fridays, Sept. 26; Oct. 3, 10, 17, 1:00 – 2:30 p.m. (**Note the class time**)

**Place:** McDiarmid Bldg. (Room CM 215), NVCC Annandale Campus

**Class Size:** Min. 15, Max. 65

**Leader:** Professor Tom Hardy (703) 323-3479

**LLI Coordinator:** Curt Kornblau (703) 938-1575