

## April LLI Forum

**Wednesday, April 3, 2013, at 10 a.m.**  
**(Social Time at 9:30 a.m.)**

***Battling Cancer Causes a Long, Heavy, Lonely Strain on Patients and Their Families. Learn About an Organization That Provides an Array of Free Support Services.***

Our speaker, Sabine Gnesdiloff, is the Program Manager of **Life with Cancer Family Centers**, serving patients and their families in each of Inova's five hospitals and at its four-year-old multipurpose Dewberry Family Center, located near Inova Fairfax Hospital. The purpose of these centers is to enhance the quality of life of those affected by cancer by providing education, information and support.



*Sabine Gnesdiloff*

The Dewberry Family Center is the only health system affiliated resource of its kind in the Northern Virginia region. The Family Center features a cancer information center, comfortable classrooms, private and group counseling rooms, children's and adult art therapy studios, a large exercise room for classes specifically designed for cancer patients, a teen lounge, a reflection garden with a waterfall, and a large dine-in kitchen for healthy eating cooking demonstrations.

Many classes and programs are offered free of charge. Patients and caregivers choose from various levels and types of services offered, depending on their needs and specific types of cancer. For example, past, current, and upcoming Stem Cell and Bone Marrow Transplant patients will hear a research scientist from the National Cancer Institute discuss the latest findings about the effects of a transplant. A continuing class about employment issues for recovering patients is another example.

Sabine Gnesdiloff, one of the initial **Life with Cancer** staff members, has been with the organization since 1989. Previously, she was a social worker in the Neonatal Intensive Care Unit at Inova Fairfax Hospital. She holds a

*Continued on page 2*

## So Many Reasons to Wear Your LLI Badge!

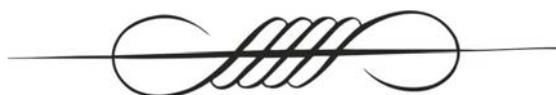
**D**o you remember the days before we had our LLI badges and lanyards? It wasn't always so easy to get to know people back then, or remember their names after meeting them once or twice. (We all forget sometimes!) Well, there are even more reasons to make sure you wear your badges these days.

Although it's not a pleasant subject, as we all know, many disturbing things have happened in our world in recent years, not the least of which is the December school shooting in Newtown, CT. As you also know, some of the classroom venues LLI uses have day care and/or schools on the premises. Some of our other classroom locations are actual residences with hundreds of people who live there. Understandably, those in charge of these facilities *want and need to know exactly who is in their buildings*. It has simply become a matter of *security*.

One of the residential facilities we use on a regular basis requested a year or so ago that all LLI members wear their badges whenever they are in the building. Unfortunately, not everyone is complying with this request, even though LLI members were made aware of it. More recently, a facility had to provide name tags for LLI members who were not wearing their badges. Not only is this an added expense to the facility, which could be passed on to us (and it's a bit of an embarrassment), but we run the risk of having the facility refuse to let us use their classroom space in the future.

It is imperative that we all wear our badges. Please think of the consequences if we don't. Also, put yourself in the position of the facilities managers who are just trying to ensure the safety of children and residents. They are doing their jobs, and we are making their jobs more difficult if we don't comply with this simple request.

If you have lost your badge, just contact Laura Charron in the LLI office and she will send you a new one. If you keep "forgetting" to wear it, here are two suggestions: women, carry your badges in your purse so you'll always have them, and men, keep them in your car or your wallet. Thank you!



# Calendar of Events

## April 2013

- 3 Forum
- 5 May newsletter deadline
- 12 Board meeting
- 15 May newsletter mailing

## May 2013

- 1 Forum
- 10 Board Meeting
- 10 June newsletter deadline
- 16 Maryland Paddleboat Cruise
- 20 June newsletter mailing

## June 2013

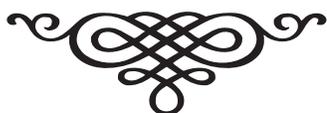
- 5 Forum
- 14 Board Meeting
- 4-23 Eastern Europe Riverboat cruise

## July 2013

- Retreat

## August 2013

- 9 September Newsletter Deadline
- 19 September newsletter Mailing



## IMPORTANT: Report Address / E-Mail / Phone Number Changes

Laura Charron, Administrator

To be assured of receiving important notices concerning classes and trips, **please remember** to notify the LLI office as soon as possible of a new e-mail address as well as a change in mailing address and/or telephone number. Notify the office by phone at (703) 503-0600, or e-mail at [llinova@juno.com](mailto:llinova@juno.com).

### LLI Board of Directors

<b>President:</b> Ed McKnight	<b>Members:</b> Ray Bednarsky 15 *,
<b>Vice President:</b> Charles Hulick	Louise Blakely 14, Phil Centini 15,
<b>Secretary:</b> Arlene Gribben	George Chalou 15, Arlene Gribben
<b>Treasurer:</b> Phil Runge	13, Pat Harrison 14, Bob Huley 13,
<b>Past President:</b> Paul Hopler	Merry Macke 13, Marianne
	Moerman 13, Peter Schwarzkopf
	13, Gina Trapp 13

\* year term ends

**Administrator:** Laura Charron

### Newsletter Staff

**Newsletter Editor:** Lynda Brittain 703-425-8240 [brittains@cox.net](mailto:brittains@cox.net)  
**Assistant Editor:** Bev Portman, 703-560-6740 [firse@juno.com](mailto:firse@juno.com)  
**Graphic Design/Desktop Publisher:** Alfred Brothers  
**Mailing Coordinators:** Bob and Merry Huley

© Lifetime Learning Institute 2011



## Members

Louise Blakely 703-451-2084  
[blakelylk@yahoo.com](mailto:blakelylk@yahoo.com)

**Welcome, New Members! We hope you will participate in our classes and volunteer your time and talent.**

### New Members

**Deborah Bair**, 11226 Harbor Ct., Reston VA 20191, (571) 217-8009, [dabair@gmail.com](mailto:dabair@gmail.com)

**Tricia Barnes**, 7418 Hogarth St., Springfield, VA 22151, (703) 354-0134, [tbarnesva@cox.net](mailto:tbarnesva@cox.net)

**Jona Wheeler**, 6543 Tartan Vista Drive, Alexandria, VA 22312, (703) 508-8859, [jonajw@gmail.com](mailto:jonajw@gmail.com)

### Update

**Doris Persh**, 7444 Spring Village Dr., Apt. 403, Springfield, VA 22150, (703) 644-0818, [pershj@aol.com](mailto:pershj@aol.com)



## April Forum

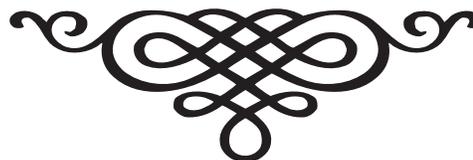
*Continued from page 1*

Master's in Social work from Catholic University and is a Licensed Clinical Social Worker and Certified Oncology Social Worker. Ms. Gnesdiloff developed and facilitated many of the groups and programs offered at **Life with Cancer**, and has a special interest in survivorship, complementary therapies, and bereavement. She is responsible for the clinical services and groups provided by the Life with Cancer staff, seeing the clinicians' role as supporting and empowering patients in their care and choices.

In addition to providing information about the **Life with Cancer** organization, Ms. Gnesdiloff will bring a medical associate to speak about the risks of various types of cancer and present information about some of the newest and most promising treatments.

While cancer is a difficult battle, this Forum will be both educational and uplifting,

**Please Note:** *Parking is in parking garage (\$2/hour). Parking in B and C lots is by permit only. If no garage parking slots are available, a \$12 daily permit for the B lot is available at the office to the right just inside the entry gate.*



## President's Message

**A**round the holidays, you heard a great deal about our Scholarship program and how much we would appreciate your financial support. In a nutshell, we offer two types of scholarships: leadership, which recognizes one or more outstanding student leaders for their contributions in fostering unity among a diverse student body **and** in volunteering for community service; and academic, which is awarded to one or more outstanding students who demonstrate both academic merit **and** financial need.

Initially, we mailed solicitations to 293 households, representing 350 members. Some 200 households, who had not responded, received a second mailing. In total, we received more than \$10,000 from 116 of the 293 households, about 40% of the member households. And, thanks to the generosity of our members, I am pleased to report that for the first time in several years, we met our goal. Thank you one and all.

OK, we have the donations, what happens next? This is where the college plays a major role. With support from the Liberal Arts department and Student Services, availability of our scholarships is publicized: posters are placed around campus; an email is sent to each student on the Annandale campus notifying them of the scholarship availability and explaining how to apply; and various department heads are contacted recommending they encourage their stronger students to apply. Also, individual teachers who know about our offer seek out their better students and recommend they submit an application. Applications close the day after Spring Break, this year on March 18, 2013. From all this effort, we hope to get a number of highly qualified applicants.

Then the real work begins. Student Services provides copies of the applications to the members of the Scholarship Committee: Marie Conway, Helene Dennis, Merry Macke, Marianne Moerman, Stan Lichtman, Lorri Privitera, Conne Rubenstein, and me. Each person on the committee reviews all the applications; ranks them separately for the Academic and Leadership scholarships; and gives each application an independent score, with the highest score being first choice and so forth. The Committee then meets and selects which students will be interviewed based on combined highest scores. Student interviews will be scheduled during April; final selections will be made and individuals notified by the end of April. All this in time for you to meet the new winners at our June 5th Forum!

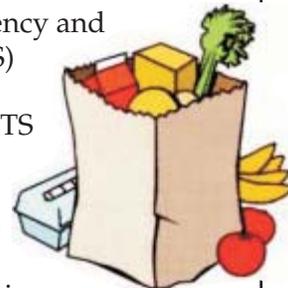
A lot of effort by many people goes into the Scholarship program. That effort provides an unbelievable amount of pride and satisfaction in the results. Next year, why don't you join us for this incredible experience? It all starts again in October!

*Ed McKnight*

## Community Outreach

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

Fairfax Area Christian Emergency and Transitional Services (FACETS) will receive our April food donations. For 25 years, FACETS has been opening doors by helping parents, their children, and individuals who suffer the effects of poverty in Fairfax County. FACETS envisions a day when everyone in Fairfax County has access to adequate and affordable housing and no one is homeless. They seek to engage and educate the community in providing long-term solutions and resources to break the cycle of poverty for our neighbors in need.



Current food pantry needs include: **pop-top soups and pastas; single-serve packs of crackers; peanut butter & jelly; canned tuna & chicken; granola bars/healthy snacks; cereal; canned fruits and vegetables; and spaghetti and sauce.** For more information about FACETS, see their website at [facetscares.org](http://facetscares.org) or call 703-865-4251 for information on volunteering. And, thanks for your generous donations. Paul and Bonnie Hopler will deliver the food donations.

*The food collection for the Koinonia Foundation, originally scheduled for March, has been re-scheduled for the June forum.*

## Volunteer Opportunities

LLI needs your help. Please evaluate these opportunities to contribute your time and energy; then choose one and join the fun! Contact the designated person for more information.

**Volunteer Coordinator:** Merry Macke, 703-451-3248, [merry.macke@verizon.net](mailto:merry.macke@verizon.net)

**Forum Greeter Coordinator:** Colletta Hammond, 703-866-6159, [mchammondh@aol.com](mailto:mchammondh@aol.com)

**Speaker Forum Committee:** Joseph Pincus, 703-569-0973, [joseph@pincus.org](mailto:joseph@pincus.org)

# Special Interest Groups



## LLI Arts & Smarts

Doug Johnson 703-628-3115  
llinovadoug@gmail.com

**Wednesday, March 27**, we will have a docent-led public tour of *Color, Line and Light French Drawings, Watercolors and Pastels from Delacroix to Signac* at the National Gallery of Art. The tour starts at noon, so please meet in the Rotunda, on the main floor of the West Building at 11:45 a.m. The tour will last about 50 minutes with lunch at their cafeteria afterwards. Please RSVP to Nancy Jerdan at [njerdanva@verizon.net](mailto:njerdanva@verizon.net) or 703-201-4324.



## LLI Bridge Group

Bob or Merry Huley, 703-534-4819  
or 703-489-9045 [roberthuley@cox.net](mailto:roberthuley@cox.net)

**Time:** 10:00 a.m. — 2:00 p.m.

**Location:** Mason District Governmental Center

**March Play Dates:** Wednesday, March 27

**April Play Dates:** Wednesday, April 10 and Thursday, April 25

**May Play Dates:** Thursday, May 9 and Wednesday, May 22

Bring a bag lunch. You do not need a partner because we rotate partners so you will play with everyone. We are always looking for new players, and all levels of players are welcome in this very friendly game. Please call or email me if you would like to attend (or for more information) so that we can provide sufficient card tables. We will also continue our mini-lessons after each game.

**Recent Results** — In our game on February 13, the top four players were: **Mary Underwood, Jack Acey, Victoria Blackman, and Merry Huley.** For the game on February 27, the top four were: **Janet Goodrich, Mary Underwood, Betty Pogerman, and Elaine Cherry.** Congratulations to all.

*Deadline for the May newsletter is Friday, April 5, 2013.*



## LLI Current Events Group

Marion Jacknow, 703-698-8702  
[mjacknow@aol.com](mailto:mjacknow@aol.com)

**Date/Time:** Friday, April 5, 10:00 — 11:30 a.m.

**Location:** Small Conference Room, Mason District Governmental Center

The Current Events Group meets monthly for interesting and educational discussions. Topics reflect the current social, political and worldly events surrounding the time of the meeting. Please join us to share your ideas and/or learn more about current events — whatever is your pleasure. For more information, please contact Marian Jacknow.



## LLI Favorite Books Club

Lynne Smaldone, 703-525-9623  
[smaldonega@hotmail.com](mailto:smaldonega@hotmail.com)

**Date/Time:** Thursday, April 18, 11:30 a.m. — 1:00 p.m.

**Location:** Braddock District Governmental Center (Supervisor's Meeting Room, on the back side of the King's Park Library)

Our April selection, *The Dovekeepers*, a novel by Alice Hoffman, is considered by some to be her masterpiece.

In 70 CE, 900 Jews held out for months against armies of Romans on a mountain in the Judean desert, Masada. Only two women and five children survived. Based on this tragic event, Hoffman weaves a tale of four women whose lives intersect during the desperate days of the siege. All are dovekeepers, and all are also harboring secrets about themselves — secrets that are gradually revealed.

Come join us! For further information, contact Lynn Smaldone.

Please remember to wear your name badges. It is the best way for new members to get to know others and a way for established members to meet, greet, and welcome new members.



## Financial Discussion Group

Doug Johnson, 703-628-3115  
llinovadoug@gmail.com

**Date/Time:** Friday, April 12, 1:30 p.m.

**Location:** Braddock District Governmental Center (Supervisor's Meeting Room, on the back side of the King's Park Library)

With the way events are changing, the topic is uncertain but I'm sure to think of something. So, come join us for a lively 1 1/2 hours of talk about all things pertaining to your financial well-being. For more information, please contact Doug Johnson.



## LLI French Conversation Group

Sally Reynolds, 703-866-3017  
saldonreyn@aol.com

**Date/Time:** Tuesdays, April 2 and April 16, 10:00 a.m. — noon

**Location:** Goodwin House, Media Room, 3440 S. Jefferson St., Falls Church

Under the expert guidance of AI Brothers, we will continue to increase our French language skills and also our appreciation of French culture with the program "French in Action." For more information, please contact Sally Reynolds.



## LLI Gourmands

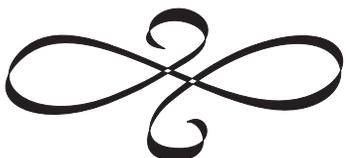
Mary Underwood, 703-329-8391  
maryunderwood29@verizon.net

**April Event:** Ireland's Four Provinces, 105 W. Broad St.,

Falls Church, (703) 324-8999, on **Wednesday, April 10**, at noon. Our March event was postponed due to the "snowquaster!" So we'll celebrate a late St. Patrick's Day. Please contact Bev Portman (703) 560-6740 or [firse@juno.com](mailto:firse@juno.com) by Friday, April 5, if you plan to attend.

**May Event:** Clyde's Willow Creek Farm, 42920 Broadlands Boulevard, Broadlands (Ashburn) VA, (571) 209-1200, Thursday, May 9, at noon. Please contact Mindy Rojahn at (703) 631-1304 or [mindyroj@cox.net](mailto:mindyroj@cox.net) by April 25 if you plan to attend.

**Recent Event:** In February, Gourmands dined at Pleasant in Falls Church, an event planned by Giovanna Prestigiacomio.



## LLI Photography Group

Buck Myers, 703-532-3726  
[hbm@hbmphoto.com](mailto:hbm@hbmphoto.com)

**Date/Time:** Friday, April 19, 10:00 a.m. - 12:00 p.m.

**Location:** Braddock District Governmental Center (Supervisor's Meeting Room, on the back side of the King's Park Library)

Members have a wide range of photographic abilities and interests and share a common desire to hone existing skills or learn new ones. Meetings center on a specific topic, area of interest or theme decided by the group. Recent meetings have focused on getting the most out of your camera, editing and organizing techniques for digital pictures. *Meetings also include lessons from the "Fundamentals of Photography" course which is part of the curriculum offered by The Great Courses. Each lesson is presented as a video and includes a small assignment to practice the information taught which we review at the following meeting.* Come join the group if you have an interest in photography. New members are always welcome.

For further information, please contact Buck Myers.



## LLI Walkabouts

Merry Macke, 703-451-3248, cell phone:  
978-505-9506 [merry.macke@verizon.net](mailto:merry.macke@verizon.net)

**Date/Time:** First and third Fridays at noon — ***if the temperature is below freezing or the roads are icy, the walk will be cancelled.***

**March 29 Rutherford Park.**

Close by. From Braddock Rd., go north on Guinea Rd. The park is on the left; we'll cross Guinea Rd., walking east.

**April 5 Americana Park** is located just west of the Beltway, I-495, on the south side of Rte. 236 (Little River Turnpike). If you are driving east toward Annandale on Rte. 236, on top of the hill just before I-495, turn right onto Pineridge, then take an immediate left onto the road that parallels Rte. 236, Accotink Parkway (there may not be a street sign at the corner). Park by the baseball field/kiosk. If you are driving west toward Fairfax, make a U-turn at Lake Blvd., then turn right onto Pineridge and follow the same directions as above.

**April 19** Walk around **Lake Braddock** by Lake Braddock High School. From Braddock Rd., take Burke Lake Rd. past the high school. Take a right on Lake Braddock Drive; follow the road around to Wallingford Dr., turn right and park. We'll meet at the corner.

For more information, please contact Merry Macke.

## Course Catalog Additions and Corrections

**13W18P: The War of 1812** — The sixth and final session of this course will be held on March 26 instead of April 2. The time and place remain the same. In summary, this course will meet at 1:30 pm at The Woodlands Theater on Tuesdays, February 19, 26, March 5, 12, 19, and 26.

**13W40P: Native Plants for Sustainable Gardens** — This course, originally scheduled for Thursday, March 14, will now be held on Thursday, March 28. The time and location remain the same.

**13W24A: Making an American** — Class dates have changed to Tuesdays, April 2, 9, and 16. The location remains unchanged.

**13W10A: Lincoln's Rival: Stephen A. Douglas — Additional Session Available**

Those who were wait-listed for the original session of this course are encouraged to attend a second offering of the same class, scheduled for Tuesday, May 21, 10:00 a.m. to 11:30 a.m., in Seminar Rooms C & D, Ernst Cultural Center, NOVA Annandale Campus.

### Course Title: A Time to Celebrate

Rabbi Bruce Aft will teach a course for LLI this spring on the message in Mitch Albom's latest book, *The Time Keeper*. Rabbi Aft will read excerpts from the book and discussion will focus on the true meaning of time and on what is really important about the limited time we have here on earth. We become overwhelmed by the "noise" in our world which sometimes keeps us from looking at how special time can be, as well as the importance of communication in understanding each other.

No registration is required and course size is unlimited, so feel free to attend.

**Dates & Time:** Wednesdays, April 17, May 1; 2:30 p.m. — 4:00 p.m. (**Note class time and that there is no class on April 24.**)

**Place:** Greenspring Village, Village Square (Accotink Room) — (See Winter/Spring 2013 course catalog for directions.)

**LLI Coordinator:** Ellen Gale (703) 569-3370

**Leader: RABBI BRUCE AFT**, spiritual leader at Adat Reyim Synagogue since 1991. He is a graduate of the Reconstructionist Rabbinical College, Philadelphia and has worked with March of the Living since 1992, and B'nai Brith Youth Organization since 1985. He is involved in teen dialogue groups at George Mason University's Institute for Conflict Analysis and Resolution. In past years, Rabbi Aft has taught several courses for LLI.

## LLI's Friendship Connection

Pat Harrison, 703-550-7530, [pjharris80@msn.com](mailto:pjharris80@msn.com)

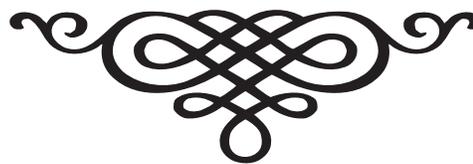


One of the benefits of LLI membership is making friends. We like to show support for fellow members by sending a card to anyone who is ill or has suffered a loss. If you would like a card sent to an LLI member or spouse on behalf of the LLI membership, please contact Pat Harrison. Be sure to include sufficient information so an appropriate card can be selected.

## Humor Corner

Lastly, consider the following:

Today is the oldest you've ever been, yet the youngest you'll ever be. So — ENJOY THIS DAY WHILE IT LASTS !



## Membership Renewal Reminder

The mailing label on each newsletter includes your membership renewal date. You must renew and be a member in good standing in order to register for courses and to participate in LLI's many other activities. Complete the membership form (last page in the current course catalog), check "renewal," indicate any new information, and mail it to the LLI office with a check in the amount of \$110 for each person wishing to continue membership with LLI.

Please print clearly to help ensure that your information is entered correctly. **It is important to include the form with your check, for ease in crediting your membership renewal in our database.**



## Cancellations Due to Inclement Weather

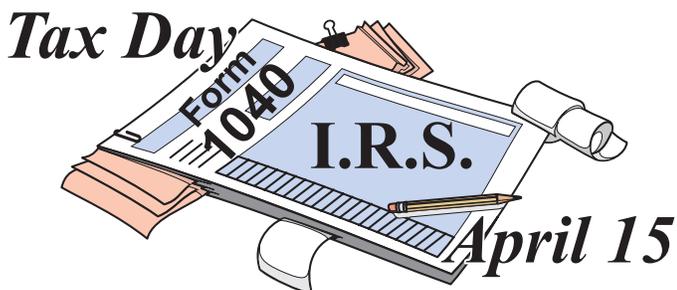
If the Fairfax County Public Schools (FCPS) cancel school for the day due to inclement weather, all LLI classes, special interest groups (SIGs), and Forums are cancelled regardless of location. LLI morning activities are cancelled if the FCPS announces a 2-hour delay in class openings; LLI afternoon activities are cancelled if the FCPS announces early dismissal. Trips and social events will take place unless cancelled at the leaders' directions.

### Reminder

Our monthly newsletter is generally available on the LLI website earlier than you will receive it through the mail. In light of recent extended delivery delays by the Postal Service, you may want to keep <http://lli.nova.org> in mind. Any pictures and/or graphics will also be in color on the website.

## Did You Know?

As a member of LLI you have a wonderful Northern Virginia Community College library at your disposal. The library is located on the third floor of the Godwin Building just up the ramp from the Richard J. Ernest Community and Cultural Center. To use the library you simply sign up for a Community Patron card by showing a picture ID. You then can charge out a limit of three books for three weeks and take them home. Also you can renew books online for an additional period. If you have LLI classes on the campus, this resource would be very convenient. Go to <http://www.nvcc.edu/library> for more information.



## Wouldn't You Like to Know?

How does the LLI Scholarship Committee function? What does the Financial Discussion Group talk about every month? Maybe you would like to know more about how the LLI Bridge Group functions. If you like to work with numbers, would you care to learn how the Budget and Finance Committee comes up with our annual budget? What is the commitment required to be a member of the Board of Directors? What does it take to be a Board member?

Get the answers to these questions as well as what goes on in other LLI Special Interest Groups (SIGs) and committees at the **May "Information Fair"**, which will be held just prior to the May 1 Forum (9 a.m.-10 a.m.) and again immediately after the Forum. Representatives of many LLI activities will be present to talk with you and answer your questions. This informal event is a great opportunity for you to wander from table to table learning more about what goes on in LLI. Please come a little early and plan to spend some time talking with the table representatives to find out *things you would like to know*.

**RAFFLE TICKETS:** While attending the "Fair," pick up a raffle ticket or two for a chance to win a gift basket or have your parking fee paid for the day. You must be present to win.



You are eligible for a ticket if you:  
(1) Are a new member who has joined LLI since Aug 2012 (Membership Table); (2) Bring a guest to the May Forum (Membership

Table); (2) Bring snacks to the May Forum or sign up to bring snacks to a future Forum (Hospitality Table); (3) Sign up to join a SIG or Committee while attending the "Fair" (SIG/Committee Table); (4) Bring four or more items to donate at the Community Service table or bring eight items and get two tickets (Community Service Table).

Do more things, get more tickets! The drawing will be held after the Forum. Remember, you must be present to win!



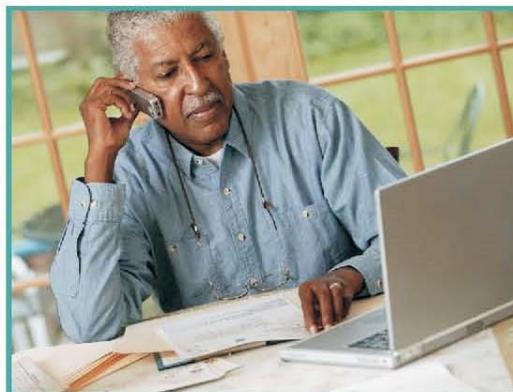
**Federal  
Communications  
Commission**



## **Digital Literacy for Seniors: How the Internet Can Benefit Older Americans**

### **The Federal Communications Commission Invites Area Seniors to Attend Workshop on Digital Literacy**

- Learn about the importance of computers in today's world.
- Learn how Broadband (a high speed Internet connection) can benefit you!
- Learn how to stay safe and protect your personal information while using the Internet.
- Interactive demonstrations and learning!



**When:** April 24, 2013

**Time:** 9:30am—12:00pm

**Where:** FCC  
445 12th St., S.W.  
Washington, D.C.

**RSVP to attend:**  
202-418-2372

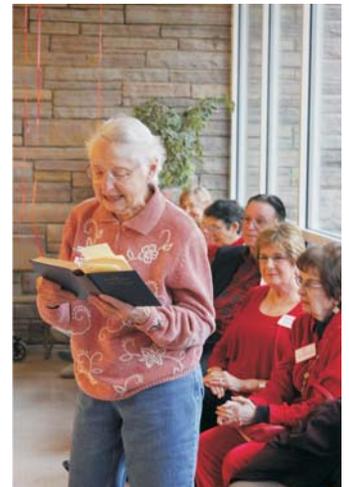
Federal Communications Commission  
445 12th Street, SW  
Washington, D.C. 20554

# From the LLI Scrapbook

2013  
*Valentine's Day  
Party hosted  
by the  
LLI Poetry Class*



*Richard Risk, poetry class leader*



Established 1996



**Lifetime Learning Institute of Northern Virginia**

c/o Provost Office CG 202  
8333 Little River Turnpike  
Annandale, Virginia 22003-3743  
Phone / FAX (703) 503-0600  
E-Mail: [llinova@juno.com](mailto:llinova@juno.com)

NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
Permit No. 2192  
Merrifield, VA

**Change Service Requested**

**Time Sensitive Material  
Please Deliver by  
April 23, 2013**

**Look at the date on this label.  
Is it time to send your dues?**

