



Member of
Road Scholar
Institute Network

News & Views

Volume 20 – Number 3

March 2016

March LLI Forum

**Wednesday, March 2, 2016, at 10 a.m.
(Social Time at 9:30 a.m.)**

FDA Expert Discusses Key Issues in Research and Development of Prescription and Over-the-Counter Drugs and Medical Devices.

The Food and Drug Administration (FDA) is always on the hot seat. Some patients and drug companies demand faster approval; critics point to serious health risks when drugs have been released too soon. Our speaker, Dr. John J. Whyte, MD and MPH, is an FDA leader and truly the doctor in the middle. He is the FDA's Director of Professional Affairs and Stakeholder Engagement at the Center for Drug Evaluation and Research. His office coordinates with health care professionals, pharmaceutical companies, patients, and patient advocates in the use of medicines. Dr. Whyte was on FDA's team to expedite new medicines during the global ebola crisis and he oversees the FDA's safe drug programs to prevent harm from errors and misuse of medications and other related problems.

Each year, says the FDA, hundreds of thousands of people die from adverse drug events and/or become addicted to pain-killer medications. How are the latest guidelines determined for the efficacy and safety of drugs, including those sold over-the-counter? What are some of the regulation and inspection processes for medical devices, cosmetics, animal feed, and veterinary products? What does FDA recommend as the safest painkiller medications for the seniors? What additional health issues is FDA looking into?

Continued on page 2



Dr. John J. Whyte

Save the Dates — Upcoming Trip Committee Events

Keep an eye out for more details on the following trips:

- **March 3, Thursday:** Afternoon "Meet Up" at the National Gallery of Art for lunch, tour, and lecture on the "*Bronze Beauty: National Gallery Hosts a Show of Metal Classics.*" Details regarding this event were sent via email to LLI members on January 25. The deadline for registering is Thursday, February 25. Contact Pat Harrison at (703) 550-7530 for additional information or if you have any questions.
- **March 7, Monday:** Philadelphia Flower Show — day trip leaving from the McLean Community Center sponsored by Excursionaire. Details were provided to members via email on January 25. To register, or for additional information, contact Maureen Cyron at Excursionaire, (703) 323-9040.



- **April 26, Tuesday:** Fredericksburg Garden Day Tour — details elsewhere in this newsletter.



- **Mid May:** Virginia Wine Tour & Lunch — details to follow.
- **August 17, Wednesday:** Matinee performance of "Oklahoma" at Riverside Dinner Theater. Limited ticket availability. Watch for further details.
- **Sept 30 - Oct 2, Friday — Sunday:** West Virginia train ride — details to be provided.

Calendar of Events



March 2016

- 2 Forum
- 3 National Gallery of Art
- 7 Philadelphia Flower Show
- 9 April newsletter deadline
- 11 Board meeting
- 21 April newsletter mailing

April 2016

- 6 Forum and Arts and Craft Exhibit
- 6 May newsletter deadline

- 8 Board meeting
- 18 May newsletter mailing
- 26 Fredericksburg Garden Day Tour

May 2016

- 4 Forum
- 11 June Newsletter deadline
- 13 Board Meeting
- 23 June newsletter mailing

June 2016

- 1 Forum
- 10 Board meeting



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

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 email address or a change in mailing address and/or telephone number. Notify the office by phone at 703-503-0600, or e-mail at llinova.admn@gmail.com.

LLI Board of Directors

- President:** George Chalou
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* year term ends

Administrator: Janice Viola

Newsletter Staff

- Newsletter Co-Editors:** Peg McCall, 703-532-1405, pegmcnews@juno.com and Bev Portman, 703-560-6740, firse@juno.com
Graphic Design/Desktop Publisher: Alfred Brothers
Mailing Coordinators: Bob and Merry Huley

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Members

Louise Blakely 703-451-2084
blakelylk001@gmail.com

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

New Members

Cynthia DiNardo, 7444 Spring Village Drive Apt 206, Springfield, VA, 22150-4458, (703) 852-5139, dinardoh@sbcglobal.net

Bonnie Idle, 6746 Blanche Drive, Lorton, VA 22079, (703) 339-6897, bonlynnidle@gmail.com

Robert Schwartz, 8401 Mountain Larkspur Drive, Lorton, VA, 22079, (703) 495-8039, (703) 200-8511, sparky42@cox.net

Updates

Tricia Barnes, tbarnesva@cox.net

Tess Ehrenberg, (h) (703) 538-0948, tnehrenberg@aol.com

Betty Ellerbee, ellerbetty@aol.com

Mark Rubinstein, rubinsteinmark3@gmail.com

Janice Smith, janicesmith5@hotmail.com

Merry Macke, merry.macke@gmail.com



March LLI Forum

Continued from page 1

Dr. Whyte completed his internal medicine residency at Duke University Medical Center and a Masters in Public Health at Harvard University. He has written extensively in the medical and lay press on health policy issues. His book, *Is This Normal? The Essential Guide to Middle Age and Beyond*, has won numerous awards. His most recent book, *AARP New American Diet: Lose Weight, Live Longer*, is a national best-seller. Before becoming a Director at FDA, Dr. Whyte served as the Chief Medical Expert and Vice-President, Health and Medical Education at Discovery Channel, where he developed educational programming that appeals to both a medical and general audience.

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

President's Message

This is a short but wise saying:

*Yesterday is history.
Tomorrow is a mystery.
And today?
Today is a gift.
That's why we call it
The present.*

Babatunde Olatunji

I started this newsletter with the above quote because today is our gift. Let us take advantage of it.

Recently we obtained something that was owed to LLI. In a previous newsletter, I stated that LLI was going to small claims court to recover \$3,453.00 from the company that did not fulfill its contract to us. I am happy to report that we received a cashier's check for that amount on January 28 and our treasurer, Chuck Hulick, deposited the check the following day.

We are now in the process of looking for a professional to help our organization come into the 21st century. We would like to computerize more of our information in order to make our lives easier.

Our organization continues to grow and we now have around 350 members.

George Chalou, President

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.



Community Outreach

Carol Weber, caroljeanweber@hotmail.com
Marianne Moerman, marianne.c.moerman@gmail.com

Our March food collection will be going to St. Mary of Sorrows Church in Fairfax. This will be only the second time we have donated to this pantry. Their food pantry not only serves neighbors in need but also contributes to nine other groups, including Christ House, FISH, United Christian Ministries, and Catholic Charities. Current needs are: canned tuna or chicken or any good source of protein; mayonnaise; canned fruits; canned chili, stews or soups; syrup; laundry detergent; toothpaste; and body soaps. They are NOT currently in need of canned veggies. Mary Lu and Ray Bednarsky will deliver our donations this month.



According to AARP, more than 10 million Americans 50 and older are at risk of going hungry, forced to skip meals, buy poor-quality food or choose between paying for medicines or groceries. Our donations are a small way of making a difference to many in our own community. Thank you.

NVCC Newsletter

The Northern Virginia Community College, Annandale Campus, issues an electronic community newsletter. Goals of the newsletter include providing information regarding activities and events on campus and addressing community concerns. If you would like to receive this newsletter, send your request with your email address to rhill@nvcc.edu.

Keep Your Membership Directory Current

Please remember to retain your LLI Handbook and Membership Directory and note in it the Members information that is provided each month on Page 2 of the newsletter. This will help keep your directory up to date with changes that occur between the annual directory issuance dates.

Special Interest Groups



LLI Bridge Group

Bob or Merry Huley, 703-534-4819 or
703-489-9045 roberthuley@cox.net

Time: 10:00 a.m. — 2:00 p.m.

Location: Mason District Governmental Center,
6507 Columbia Pike

In March, we will play on Thursday, **March 17**, and **Thursday, March 31** (**Note: Both these dates are changes!**). In April, we plan to play on **Wednesday, April 13**, and **Thursday, April 21**. 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 (703-534-4819), or email me (roberthuley@cox.net), if you would like to attend (or for more information) so that we can provide sufficient card tables.

Recent Results —

The top four players at the January 14 game were **Mindy Rojahn, Arline Sachs, Jessica Burmester, and Raymond Burmester** and **Janet Goodrich (tied)**; for our game on January 20, the top four were **Jessica Burmester, Merry Huley, June Chalou, and Bob Huley**; and finally for our game on February 10, the top four players were **Ferne Beyer, Carole Compton, Raymond Burmester, and Bob Huley**. Congratulations to all and let's have another great year of Bridge!



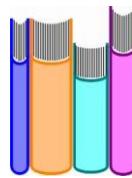
LLI Current Events Discussion Group

Peter Schwarzkopf 703-998-0769
pschwarzkopf@verizon.net

Date/Time: Fridays, March 4, April 1, May 6, June 3 and July 8 (2nd Friday because of July 4th holiday weekend), 10:00 a.m. — 11:30 a.m.

Location: Small Conference Room, Mason District Governmental Center, 6507 Columbia Pike

The Current Events Discussion Group meets the first Friday of each month 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.



LLI Favorite Books Club

Lynne Smaldone, 703-525-9623
smaldonega@hotmail.com

Date/Time: Thursday, March 17, 11:30 a.m. — 1:00 p.m.

Location: Braddock District Governmental Center, 9002 Burke Lake Road (Supervisor's Meeting Room, on the backside of King's Park Library)

Our selection this month is *I Am Malala*, by Malala Yousafzai, the youngest person ever to win the Nobel Peace Prize. A young girl living in the Swat Valley of Pakistan, Malala was only 11 when she took on the Taliban, demanding that girls be given full access to school. Her campaign led to a blog for the BBC, a New York Times documentary, and a Pakistani peace prize. In October 2012, Taliban assassins attacked Malala, then 15, on her way home from school, shooting her in the head. Miraculously, she survived.

Come join us to learn more about this remarkable young woman!



Financial Discussion Group

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

Date/Time: Fridays in 2016: **March 11, April 8, and May 13**, 1:30 — 3:00 p.m.

Location: Braddock District Governmental Center, 9002 Burke Lake Road (in back of the King's Park Library)

Come join your fellow LLIers as we try to figure out the market's financial matters and discuss our options. Hope to see you there.

Please remember to wear your name badge as this is now a requirement for many facilities where classes are scheduled. It is also the best way for new members to get to know others and a way for established members to welcome new members. If you have lost your badge, just contact the LLI office and they will send you a new one; a replacement lanyard has a fee of \$1.00.



LLI French Conversation Group

Patty & Richard Steelman,
(703) 504-6866
richardsteelman@hotmail.com

Date/Time: Tuesdays, March 8 and March 15, 10:00 a.m. — noon

Location: Top of the West at the Goodwin House Baileys, 3440 S. Jefferson St., Falls Church

Under the expert guidance of Al Brothers, we will continue to increase our French language skills and also our appreciation of French culture with the program *French in Action*, Leçons #41/42 and perhaps see a French film.



LLI Gourmands

Linda Cyr 703-750-1257,
linda.cyr@verizon.net
Patti Volz, 703-892-6124,
pattivolz@verizon.net

NOOSH'E JAAN or KHA ISHTYA

WALARE: That's Bon Appétit in Dari and Pashtu, two primary languages in Afghanistan. The Gourmands are lunching at **Afghan Kabob Restaurant, on Thursday March 3, 2016, at 12 noon**. We are meeting early in March because the restaurant is crowded during the Muslim holidays at the end of the month. The restaurant is located at **6357 Rolling Road, Springfield VA**. For \$20, we will get soft drinks, appetizers, main entrees, and desserts. Taxes and tips are separate. Our host for this month is Merry Macke. Please RSVP to Merry at merry.macke@gmail.com by Feb. 26th.

As always, Linda and Patti are looking for volunteers for future events. If you are interested, please contact us. We have had a great run but we need **everyone** to take an active role to help us stay successful. If you have any questions, please don't hesitate to contact Patti (pattivolz@verizon.net), or Linda (linda.cyr@verizon.net).



LLI Photography Group

Buck Myers, 703-532-3726

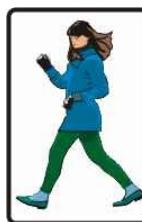
hbm@hbmpphoto.com

Date/Time: Friday, March 18, 10:00 a.m. — 12:00 p.m.

Location: Braddock District Governmental Center (Braddock Hall Meeting Room), 9002 Burke Lake Road (on right hand 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 or area of interest decided by the group and include display and discussion of photos taken by members based on a monthly theme. Recent meetings have focused on getting the most out of your camera, editing and organizing techniques for digital pictures, and photographic themes such as Creative Cropping, Patterns, Autumn Leaves and Faces. Come join the group if you have an interest in photography. New members are always welcome. Meetings are held on the third Friday of every month from 10 a.m. — 12 p.m.



LLI Walkabouts

Merry Macke, 703-451-3248, cell phone: 703-987-7751, merry.macke@gmail.com

Date/Time: Fridays at noon. **If the temperature is below freezing or the roads are icy, the walk will be cancelled.**

February 26: REVISED. Pohick Creek is too difficult with the pedestal crossings and several steep hills, so instead we will walk at **Lake Accotink Park**, going toward Wakefield CCT. From the entrance off Highland Street, enter the park and eventually park by the lot closest to the refreshment stand on the left of the carousel. We will proceed north. If you come in from the Heming entrance, park in the lot there and then proceed downward to the refreshment stand/carousel.

March 11: Americana Park: 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 in the dirt parking lot past the baseball field. 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. We will be going north.

March 25: Meet at Wakefield Rec. Center. We will eventually cut over to the CCT trail and decide whether to walk south or north. The south side has been under construction, and we will see if it is open — or not.

Happy Hiking!

Deadline for the April newsletter is March 9.

Honor Circle — Moe Moser

If you have ever wondered who reserves classroom space for our courses, then you are ready to meet the "unflappable" Moe Moser, an active LLI member for 11 years. For nine of those years, he has volunteered on the Curriculum Committee and is our go-to guy for classroom space arrangements. Moe is

described as unflappable because this Herculean task requires him to deal with many venues and a variety of contact persons, while always striving to keep our costs to a minimum. He goes about his task in a quiet, seemingly effortless manner, and always with a smile. Moe is a true gentleman and his colleagues would agree that working with him is a pleasure.

In addition to Moe's efforts on the curriculum committee, he:

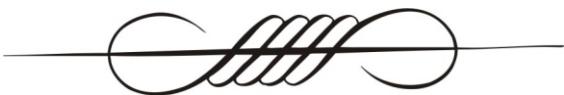
- was elected to the Board of Directors and served 1½ terms.
- joined the Forum Speakers Committee in 2007 and is still a committee member.
- served on the Nominating Committee for two years.
- has served as our photographer for five years and continues in that capacity.

On top of these duties, Moe still finds time to regularly attend LLI classes.

In Moe's words: "I have greatly enjoyed my eleven years in LLI. The experience has increased my knowledge in many areas and has provided many opportunities to participate in the operations of the organization. Now, at my advanced age, I have lots of free time and I enjoy using part of it in support of LLI."

We recognize and thank Moe for his good humor, his friendliness, the good will he makes for LLI through his contacts, and his willingness to volunteer his time on our behalf.

We salute you.



Study Travel

The Study Travel group met briefly after the February Forum to review progress on selection of the 2017 trip. Members have now chosen their top three preferences from among ten destinations and they are: Scotland; French River Cruise on the Rhone/Saone; and California State/National Parks with Yosemite. Voting for the final selection is currently underway, with a plan to announce the final choice at the March Forum. The Study Travel Committee will then begin negotiating with the selected vendor with the goal of opening the trip for registration by the April Forum and having the details available then.

Interest was also very high for a tour to Cuba and if members continue their desire to go, we expect to offer a tour there in the fall of 2017 or spring of 2017 or 2018.

Our 2016 trips to Switzerland/Austria and Iceland are currently full, but if you would like to be on an informal wait list, which will give you first choice if a space becomes available, contact Bob Huley as shown below. For more information on the 2016 trips, go to the LLI website or contact Bob.

To join the Study Travel email list and receive advance notification of Study Travel trips and activities, please contact Bob Huley at 703-534-4819 or roberthuley@cox.net. If you would like to be on the Study Travel Committee and help analyze destinations and tours for future trips, please let Bob know.

Happy Traveling!



Campus Parking for the Handicapped



NVCC does not issue special permits for using the parking spaces designated for the handicapped on the Annandale campus. Appropriate parking permits issued by any state and the District of Columbia are honored. The permit must be properly displayed and used only by the person or persons to whom it is issued.

Test for Older Kids

This May Be Harder Than You Think!

1. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, 'Who was that masked man?' Invariably, someone would answer, I don't know, but he left this behind. What did he leave behind?
_____.
2. When the Beatles first came to the U.S. in early 1964, we all watched them on The _____ Show.
_____.
3. 'Get your kicks, _____.'
4. 'The story you are about to see is true. Only the names have been changed to _____.'
5. 'In the jungle, the mighty Jungle, _____.'
_____.
6. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the '_____.'
7. Nestlé's makes the very best _____.
_____.
8. Satchmo was America's 'Ambassador of Goodwill.' Our parents shared this great jazz trumpet player with us. His name was
_____.
9. What takes a licking and keeps on ticking?
_____.
10. Red Skeleton's hobo character was named _____ and Red always ended his television show by saying 'Good Night, and' _____.
_____.
11. Some Americans who protested the Vietnam War did so by burning their _____.
_____.
12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? _____ & _____.
13. In 1971, singer Don MacLean sang a song about, 'the day the music died.' This was a tribute to _____.
_____.
14. We can remember the first satellite placed into orbit. The Russians did it. It was called
_____.
15. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around our waist. It was called the
_____.
16. Remember LS/MFT _____ / _____?
_____.
17. Hey Kids! What time is it? It's _____!
_____.
18. Who knows what secrets lie in the hearts of men? The _____ Knows!
19. There was a song that came out in the 60's that was "a grave yard smash". Its name was the _____!
_____.
20. Alka Seltzer used a "boy with a tablet on his head" as its Logo/Representative. What was the boy's name? _____

Answers are on page 8.

Newsletter on the Web

Our monthly newsletter is generally available on the LLI website earlier than you will receive it through the mail. In cases of 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.

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.**



Fredericksburg Garden Day

Tuesday, April 26, 2016

Garden Week in Virginia is a beautiful experience and this spring we will visit the historic town of Fredericksburg during this special time. Visitors will walk from the 18th century to the 21st century as they tour six totally different properties in the Hanover Heights neighborhood of Fredericksburg. Among the variety of houses is an 18th century country house that once served as a Union hospital, a home that at one time housed a pants factory, a Victorian home that has the best view of downtown Fredericksburg, a provincial farmhouse that is reminiscent of Tuscany, and a renovated 1928 home that is now an urban farm complete with chickens. All have lovely artistic gardens. Refreshments will be served in the gardens of the Rowe House, which is on the National Register of Historic Places. Properties are within walking distance, with the bus taking us to lunch.

Around 12:30, we will have lunch at Bistro Bethem, located in the historic district of Fredericksburg. The restaurant is owned by an innovative young couple who create fresh, seasonal menus with a southern accent.

PRICE: \$145 per person, which includes deluxe motor coach transportation, all admissions to homes and gardens, delicious lunch, morning snack and driver tip. Please make check payable to **Excursionaire** and mail to Maureen Cyron at 5205 Olley Lane, Burke, VA 22015. Include your phone number and e-mail address on your check.

DEPART: From Little River United Church of Christ, 8410 Little River Turnpike, Annandale, at 8:30 a.m. (please arrive by 8:15 a.m.). Bus returns at approximately 6:00 p.m.

SIGN UP: by March 18. This trip may be cancelled if a minimum number of reservations has not been received by this date.

QUESTIONS? Maureen Cyron (Excursionaire) at 703-323-9040 or cyronfam@aol.com; or Arlene Gribben (LLI Trip Manager) at 703-569-0357 or arlenegribb@aol.com.

CANCELLATION POLICY: Any cancellation must be made in writing to Excursionaire no later than 10 days prior to trip departure date.



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 check 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.



Answers to Test on Previous Page:

1. The Lone Ranger left behind a silver bullet.
2. The Ed Sullivan Show
3. On Route 66
4. To protect the innocent.
5. The Lion Sleeps Tonight
6. The limbo
7. Chocolate
8. Louis Armstrong
9. The Timex watch
10. Freddy the Freeloader and 'Good Night and God Bless.'
11. Draft cards (Bras were also burned. Not flags, as some have guessed)
12. Beetle or Bug
13. Buddy Holly
14. Sputnik
15. Hula hoop
16. Lucky Strike/Means Fine Tobacco.
17. Howdy Doody Time.
18. Shadow
19. Monster Mash
20. Speedy

From the LLI Scrapbook

At the February Forum



President George Chalou and Jane Terry at February 3rd Forum

LLI's Friendship Connection

Pat Harrison, 703-550-7530, 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 may be selected.

Forum Refreshments

If you are unable to deliver refreshments on the day for which you have volunteered, please notify **Nancy Jerdan**, (703) 455-2699, or **Phil Centini**, (703) 658-1545, as soon as possible so they may make other arrangements.



Gourmands, January 15, 2016 — Lunch at Duangrats Thai restaurant in Falls Church, Virginia.



Active Adults - Inspired Learning
Travel - Friendship

Lifetime Learning Institute of Northern Virginia
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Annandale, Virginia 22003-3743
Phone / FAX (703) 503-0600
E-Mail: llinova.admn@gmail.com — Website: <http://lli.nova.org>



Change Service Requested

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

