

*"My favorite poem is the one that starts 'Thirty days hath September' because it actually tells you something." Groucho Marx*

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## NEW MEMBERS

DCV warmly welcomes new members **Kristine Martin** and **Marilou** and **Massimo Righini** and bids fond farewell to **Janet Passonneau** and **Susie Jones**, who are moving away from D.C.

## President's Letter

---Iris Molotsky

As my mother would say, it's time to put away the white shoes and gloves. And even if we no longer follow our mother's seasonal rituals, we still greet the fall season with anticipation and a rush of enthusiasm.

September is a very busy month for the Village, and I want to highlight some dates for you to mark on your calendars:

- ✓ September 16—DCV's First Dance Program; Sumner School, 4-5:30 pm
- ✓ September 17—DCV General Membership Meeting; Sumner School, 7-9 pm
- ✓ September 29 to October 1—Annual National Village Gathering.

I am very excited about our first dance program, featuring Pakistani Tehreema Mitha, who is acclaimed for her ability to maintain the classical dance form in a contemporary format. The program is sponsored jointly by DCV and Dance Metro. Tickets are \$10 per person, which can be paid by check or cash at the door. This is the first event in what we hope will be a dynamic, new cultural program for the Village. Please join us in getting it off to an enthusiastic start.

This year's general membership meeting will be at the Sumner School once again. Dr. John Feather, CEO at Grantmakers In Aging, the national association of charitable foundations and corporate giving programs will be our guest speaker. Dr. Feather was the keynote speaker at last year's Village-to-Village annual meeting. He is dynamic, well-informed and willing to share his observations about today's grant scene. We also will discuss our plans and programs for 2015 and introduce the new Board members. This year we have expanded the Board to 13 members. Current Board members **Lois Berlin, Brad Edwards, Curt Farrar, Linda Harsh, Nancy Hartsock, Don Jones, Iris Molotsky, Jane Pierson** and **Peg Simpson** will be joined by four new members: **Joan Ludlow, Kathy Cardille, Martis (Marty) Davis** and **Mary McIntosh**.

We are still seeking a candidate to replace me as president. It definitely is a big commitment in time and energy, and it also is very rewarding and exciting. Being able to watch the Village mature and helping to shape new programs and directions for



FROM  
THE  
President



DCV have provided a sense of joy and accomplishment. We are considering the idea of co-presidents, and I would be happy to discuss the position with anyone considering this possibility, as well.

We have a new Health and Wellness Committee team in place. Member **Sloan Rogers** and volunteers **Ann McFarren** and **Karen Carolan** have formed a new steering committee and have begun working on priorities and possible projects for the new season. I'm happy to report that former chair **Brad Edwards** has agreed to stay on as a consultant to the committee, and we are so fortunate that **Lucia Edmonds** has agreed to continue to head the Falls Prevention Program—a new session will be announced shortly.

The issue of bike safety and pedestrians is of the foremost concern to many Villagers, particularly after one of our members was injured as a result of a reckless biker on the sidewalk. If you have been in Logan Circle recently, you may have noticed signage reminding bike riders that "All are safer when cyclists use the street . . . NOT the sidewalk." The signs are a result of collaboration among the local ANC, the MidCity Residents Association, the Washington Area Bicyclist Association and The Bike Rack, a local business.

D.C. law permits sidewalk bike-riding outside the Central Business District, but the increase in bike riders and an aging population have led to friction and heated discussion. The signs are considered a pilot project by the participants, and the project's effectiveness will be closely monitored. We also will be watching carefully as we tackle the issue in our community. ■



## MONTHLY Calendar

### *Dance Metro DC and DC Village Joint Project*

**Tuesday, September 16,  
4:00-5:30 pm**

Sumner School, 1201 17th Street, NW.  
\$10.00, payable at the door.  
In our first in a series of joint events, we present renowned Bharatanatyam dancer Tehreema Mitha in an hour of unique and beautiful integration of classical and contemporary styles of Indian dance. RSVP by Friday, September 12, to Kathy Cardille at kcardille@gmail.com.

### *DCV General Membership Meeting* **Wednesday, September 17, 7:00-9:00 pm**

Charles Sumner School, 1201 17th Street, NW (17th and M), 3rd Floor.  
The Board will discuss plans and programs for 2015 and introduce new Board members.  
Guest Speaker: Dr. John Feather, CEO, Grantmakers in Aging.

### *Live and Learn: End of Life Choices* **Monday, September 22, 3:30-5:00 pm**

Foundry United Methodist Church, 1500 16th Street, NW.  
Brandi Alexander, Regional Campaign and Outreach Manager for Compassion and Choices, will explain the resources and care available to us at the end of our lives. Ms. Alexander is responsible for outreach to communities of color and is the liaison to the Leadership Council for Civil and Human Rights.  
Free to members, \$10 to others.  
RSVP to Linda Harsh, 202/234-2567 or lindajkh@mac.com.

### *Dining in Dupont* **Tuesday, September 23, 12:00-2:00 pm** TBD

*continued on page 3*

## Car Talk: Safety First and Last

---Bernice Hutchinson,  
Executive Director

When I think about driving these days, I think about The March of Progress -- you know, that controversial scientific illustration outlining the evolutionary path of humans. Well, driving today chronicles an evolution of machinery, traffic congestion and signage, rules and players on the road. For older drivers, it is often a time to reflect on simpler times, when cars were built to last and bicycles did not have separate lanes. But the reflections of adult children of mature drivers have become a national safety conversation.

According to the National Safety Council, adult children would rather talk to their parents about funeral plans than about driver safety. This finding led to the 2008 National Safety Council survey of baby boomers and the popular website Caring.com. The survey gathered insights on what adult children feel about the driving safety of their aging parents. Results showed that boomers had a clear interest in more resources and information, better communications with aging parents, more discussions of voluntary and mandatory driving restrictions and expanded access to public transportation within municipalities. Many boomers expressed discomfort with having the conversation.

The National Safety Council estimates that the number of drivers over the age of 65 will increase 70 percent over the next 20 years and that this will yield more than 100,000 senior-driver deaths. Crash rates for mature drivers are higher than for any other age group except teens. This has prompted a number of efforts to help keep drivers safe, including self-assessment tools, materials and courses.

Now, let's see if you can correctly answer the following question: *Which of the following risk factors is linked to an increased likelihood of traffic accidents among older drivers?*

- A. You wear glasses.
- B. You walk less than one block a day.
- C. You watch more than two hours of television per day.

The answer is **B**. A study of a community of older adults in New Haven, Connecticut, found that those members who walked less than a block a day were in more accidents than those who walked more frequently. The reasons aren't clear, but an extremely sedentary lifestyle is something you should consider when evaluating your ability to drive safely.

The District of Columbia requires drivers 70 years of age and older to take a vision test to renew a license. A reaction test may be necessary. Also, a practicing physician must certify that the applicant is physically and mentally competent to drive.

Older drivers who want to renew a D.C. driver's license must:

- Renew every 5 years.
- Those with a clean driving record and no medical specifications or conditions (such as a change in vision, diabetes, recent episodes of or treatment for fainting or seizures) can renew by mail or online every other cycle.
- Take a vision test.
- If a person, regardless of age, is believed to be an incompetent driver and if a license has been expired for more than 180 days, a written and a road test are required. At age 75 and older, drivers may be required to complete both tests.

Okay, drivers, take heart and be at ease. DCV is offering a class this month for those who would like to brush up on their driving skills, learn about new road dynamics and get the latest on defensive driving techniques. Completing the class also gets you a certificate that can be used for a modest discount on your driving insurance. We are grateful to AARP for the class. We are grateful for our members who continue to display the curiosity and interest in staying sharp and current on driver safety.

I hope you will come and take the course. In the meantime, take care out there! ■

*Monthly Calendar continued***Writer's Coffee****Wednesday, September 24,  
11:00 am**

The Cake Room, 2006 18th Street, NW.  
Bring a piece of writing of your own to share with the group. And if you don't have anything to share at the moment, please come anyway. RSVP to Kathy Cardille at [kcardille@gmail.com](mailto:kcardille@gmail.com), and let her know if you would like to have the ideas and sources from previous discussions.

**AARP Mature Driver Safety Class****Saturday, September 27,  
9:00 am-3:00 pm**

DCV Office, 2121 Decatur Place.  
Trainer: Bob Reed

**National Village Gathering  
September 29-October 1**

Hilton Crystal City, 2399 Jefferson Davis Highway, Arlington, VA.

For full conference agenda, see  
<http://vtvnetwork.org>

**Should We Get Married?****The Economics Behind the Big Question  
for the Modern Family****Thursday, October 2,  
6:00-7:30 pm**

St. Thomas Church, 1772 Church Street, NW.  
What are the tangible benefits of marriage? In a joint DCV/PNC program, Speaker J. Max Barger, JD, VP PNC Wealth Management, will discuss the financial and legal differences for couples facing this decision. RSVP to 202/234-2567 or [lindajkh@mac.com](mailto:lindajkh@mac.com). After Sept. 29, please contact [marilynsnewton@comcast.net](mailto:marilynsnewton@comcast.net) or 202/833-1344. ■

**ATTENTION, WALKERS!**

On Monday, September 15, the DCV Walking Group that meets on weekdays switches over to its winter schedule. Walks start at 8:30 am, Mondays, Wednesdays and Fridays, from Dupont Circle.

## The Great Volunteering Crash

**---Garry B. Hutchinson, Volunteer Coordinator**

What caused last year's great volunteering crash? The latest statistics from the federal *Volunteering in the United States* report indicate that the number of America's volunteers fell by more than a million. Educated, dedicated, well-informed, cosmopolitan and committed to causes, DCV members are the quintessential Americans who are well positioned to -- and actually do -- volunteer. Baby Boomers share many of these qualities, yet they are volunteering less. So, in the midst of this swelling loss of volunteers, questions arise as to why.

After a life of personal and professional accomplishments, many face unanticipated boredom with what they had expected to be a satisfying life of leisure. Much of what gives life meaning is located in working, which often provides feelings of being useful and appreciated, the satisfaction of solving problems and learning new things, of having relationships with fellow workers and a routine that frames your days.

Sounds a great deal like what the Village does for its members, does it not? Not that its members are defined by DCV, but, rather, that DCV provides an avenue for expression, involvement and engagement with ideas, other like-minded people and the community.

Volunteerism is one of the central tenets of the Village movement. As a consequence, DCV and our fellow Villages stand awash in and in opposition to this rising tide of reduced volunteerism in America. Indeed, Villages present a model of how to use and increase the number of volunteers.

DCV provides its members the opportunity to reflect on (and add to) the experiences of a lifetime and share them in a way that has meaning for self and others. Many experts argue that a key cause

of reduced volunteerism in America is the failure to find satisfying paths for putting the talents and skills of individuals like our Villagers to effective use.

DCV and Villages, generally, are comprised of former journalists, architects, doctors, educators, administrators, artists and the like. While such individuals are not above stuffing envelopes, answering phones or donating food, they find greater motivation and satisfaction in more complex volunteer work, such as coordinating annual auctions, producing a newsletter, writing articles, coordinating speaker series and events or serving as leaders of the Village itself.

Statistics support the argument that professional, educated people want to provide meaningful assistance when they volunteer. To "tutor or teach," be involved in "fundraising or selling items to raise money" or provide "professional or management assistance, including serving on a board or committee" are among the top answers to what they want to do when they volunteer. These activities are the intellectual and social core of Villages.

Life in urban America is complex. Making it work requires artists and lawyers, engineers and educators, comedians and computer techies, politicians and philosophers, soldiers, saints and many others. That diversity lies at the heart of what makes our Village so strong and a beacon of volunteerism rising above the tide of declining volunteerism.

America needs volunteers, of all kinds and ages. Young people play an increasingly central role in our increasingly technological society. Yet, while they, including the ones who volunteer, have impressive skills in technology and social media, they do not have the densely textured, rich life lessons to share that our Villagers do. Volunteers like those at DCV are on the rise, while other volunteers still search for motivational meaning. ■

# Everplans

## Live & Learn, July 28

Otherwise intelligent and rational Villagers, along with most Americans, can be like ostriches when it comes to end-of-life planning. Most people find the process overwhelming. Some even act as if not planning for death prevents death. Yet unless you don't care about what happens to your assets – or about bequeathing a living hell on your family or friends – upon your inevitable death, end-of-life planning is essential.

At the July 28th *Live & Learn*, chair **Nancy Hartsock** announced that, in response to members' frequently expressed fears and frustrations about end-of-life planning, DCV has launched a pilot project with Everplans, an on-line venture dedicated to making this difficult but necessary process as painless as possible. Co-founders Abby Schneiderman and Adam Seifer and members of their team came in from New York to unveil how Everplans works.

Everplans was born out of love and matured as a result of tragedy. Abby was planning her wedding online when she wondered whether there were online resources for end-of-life issues like there were for all sorts of other big life changes, such as marriage or home and car purchases. There weren't. A successful "serial entrepreneur," she started researching and writing content and gathering the most reliable resources to start

a website dedicated to end-of-life issues. The response to the test site was terrific, and Everplans was launched.

In the middle of building the website, Abby's brother was killed in an accident, and she became a user of Everplans, as well as a creator. She realized that good information wasn't enough. How do you deal with all the wrenching end-of-life logistics when you're not in a position or condition to do so? How do you avoid those problems for your loved ones? As a result of wrestling with those issues, Everplans developed more sophisticated capacity, a system where you can store your will, funeral wishes, passwords, location guides for hard-copy legal documents, list of utilities/service providers – and much more – in one place that you and your designated loved ones can access while you're alive or after you're incapacitated or die.

Here's how it works. When you sign up for Everplans, you take an on-line assessment to see how far along you are in the process of preparing crucial documents (e.g., will/trust, health-care proxy, power of attorney), some of which you may not even realize you need. Be prepared for some very personal questions, which are necessary for Everplans to give you personal recommendations for how to proceed. If you haven't proceeded very far on your own, Everplans' recommendations will first focus you on the most urgent next step and how to take it. The service even has an optional reminder function that nudges you about proceeding with the steps necessary for a complete plan.

Designating deputies – individuals who may access all or part of your plan during or after your life – is a key part of Everplans. With free membership, you may designate up to two, while premium membership entitles you to an unlimited number of deputies. While

you're alive, you'll be notified whenever a deputy accesses your plan or documents. (Everplans is also working on enabling you to opt for allowing access to deputies only when you're incapacitated or dead.) Premium members are also entitled to upload and securely store their plans and additional documents and receive live chat as well as email support and an annual checkup of progress with the plan.

Security-savvy Villagers were quick to pepper the Everplans team with questions about data vulnerability. Everplans has bank-level security or above, and the data are encrypted. Even in the event of a security breach, the thieves would only get gibberish. Also, Everplans is putting a system in place that keeps even them from having access to your passwords or information. Moreover, your data are stored on servers in the Cloud, which means that there is no one place someone could hack into to access your information.

The premium Everplans membership costs \$35 a year, but Villagers can enroll for \$25 the first year by entering the code **DUPONTSPECIAL** when signing up at [www.everplans.com](http://www.everplans.com). Of course, Villagers can start with the free membership and choose to upgrade to Premium later. They also can cancel at any time and delete their data, which Everplans pledges to do within 24 hours.

DCV's **Dan Gamber** and **Sloan Rogers** have agreed to be "super users" of Everplans, becoming so savvy about the site that they can serve as resources to fellow DCV'ers. Until something more formal is worked out, email your assistance requests to them.

DCV is eager for feedback on Villagers' experiences with Everplans. And Everplans is eager for feedback from DCV in order to continue improving the site's content and technical capacity. Dealing with end-of-life issues may always be fraught, but the DCV-Everplans partnership promises to make it a lot easier. ■ BR





# Let's Get Going!

## Live & Learn, August 25

Villagers at the August 25th *Live & Learn* featuring **Dr. Loretta DiPietro**, chair of the Department of Exercise Science at George Washington University, sat raptly through this information-packed, tips-filled session. But it's unlikely that they'll be sitting much again if they took the main takeaway to heart – and feet: Get up and move!

Conventional wisdom held that slowing down as you age was a good thing, almost a perk of getting older; Dr. DiPietro explained. If a senior started to fear walking because of lack of leg strength or balance, professionals and family members were supportive and quick to order a walker. Inactivity was a selling point for retirement communities – plenty of elevators and ramps – and even implicit in the phrase “assisted living.” And here, she noted, there's no going back from assisted living, while in Europe it means fixing up your problems to the extent possible and sending you home with the capacity to help yourself.

Where gerontology is oriented to disease, the new science and practice of successful aging develops strategies for enabling people to live longer in good health. It's an approach that is fundamentally in synch with aging in place. “We now think of older people as athletes who are in training for aging in place,” said Dr. DiPietro.

Whether you can get around on your own or need a cane or walker, the key to healthy, independent aging is to keep moving (and eat nutritiously). That means **at least 30 minutes of moderately intense aerobic exercise five times a week and strength training the other two days.**<sup>1</sup> Don't sit on your laurels yet. In fact, **sit as little as possible: under eight hours a day, and no more than 20 minutes at a time.** Set a 20-minute alarm when you're planning a long computer session. Get up and walk around or march in place during TV commercials, and do some exercises during the show. The same can be applied to plane or train trips.

Dr. DiPietro recommended brisk walking as the best aerobic exercise for older people. (Those with blood sugar issues should walk about a half hour after meals because muscle contractions help

dispose of the glucose.) She was also keen on interval training, in which you vary your regular pace with bursts of greater speed, to maximize aerobic benefits.

For strength training, regular push-ups are best, while reverse ones work well, too, including for the upper arms. It's also important to lift weights above your head, especially if you want to continue to be able to get things on and off upper shelves. For a combination aerobic/strength training approach, try walking with some weights. Put them in a backpack to maintain bone density. To concentrate on hips, put them in a fanny back; for ankles, use ankle weights. And if you don't want to invest in weights, use soup cans instead (though probably not on ankles).

You don't need fancy equipment to work on **balance**, either. To illustrate, Dr. DiPietro suggested holding on to a counter or chair, going up on your toes and then slamming your heels down, which is “terrific for bone density and what astronauts do to maintain it when they're in space.” Try doing this with your eyes closed for an added boost. Or march in place, with or without closed eyes, on a pillow placed on a rug, staying near some support if your balance isn't yet what it needs to be.

Dr. DiPietro answered many questions from Villagers about their respective conditions. One question in particular struck a universal chord (sour note?): Why do we get flabby as we age? It's because our sex and growth hormone levels drop. More flab used to confer an evolutionary advantage, but now that we're living longer and moving less, we have too much, which is harmful. Exercise helps a lot, but some flab is inevitable. Kind of nice to know that that person you thought might be perfect isn't – and that we can all improve with exercise. ■ BR

<sup>1</sup>To calculate your target heart rate for a moderately intense workout, subtract your age from 220 to get your maximal heart rate/minute and then take 65% of that number; an intense workout is 80% of your maximal heart rate.



## Flee the Flu

Flu season is almost upon us. Outbreaks can start in October; which means that, ideally, you should get vaccinated by mid-September; it takes two weeks for your body to produce antibodies against the virus. About 55% of the vaccines manufacturers will produce for this year will protect against three types of flu viruses, the others against four.

Flu can be especially devastating for adults 65 and older. Most flu-related hospitalizations and nearly all deaths from the virus occur among seniors because our immune system weakens with age. This makes seniors vulnerable to serious complications from flu, like bronchitis and pneumonia, and to a worsening of existing medical conditions, like heart disease, asthma and diabetes.



For the past five years, a higher-dose flu vaccine, Fluzone High Dose, has been available for those 65 and above to compensate for their weakened immune systems. The vaccine is identical to regular flu vaccine, except that it contains four times the usual amount of immune-stimulating antigens against the virus.

While many seniors are interested in this high-dose vaccine, the evidence on its effectiveness is not conclusive. The high-dose shot is also associated with more side effects than the regular-dose vaccine: more pain, redness and swelling at the injection site, as well as muscle pain, headache and fever, albeit mild and short-lived. The Centers for Disease Control have taken a neutral stance on the high-dose flu vaccine until there is more evidence that the greater immune system response it produces in the lab yields greater protection against the flu in the real world.

The flu vaccine is not guaranteed to prevent flu, but it nonetheless lessens the severity of symptoms and helps avoid serious complications if you do get flu. Hoping to get even more protection, many people now get prescriptions for Tamiflu or Relenza to have on hand in case they catch the flu. But a comprehensive research review published in 2014 questions these drugs' effectiveness at preventing flu complications and also highlights their potential side effects, such as nausea, vomiting and headaches. Moreover, because flu symptoms and those of other upper respiratory infections are often similar, you may mistakenly think you have flu and use Tamiflu or Relenza, anti-viral drugs, to treat what is really a bacterial infection. Rather than self-diagnose, it is best to call your physician as soon as flu-like symptoms appear.

Getting the flu vaccine on a timely basis is crucial for preventing the disease or avoiding serious complications. But other forms of prevention are important, too, and will also help avoid bacterial infections.

- Wash your hands several times a day either with soap and water or an alcohol-based hand sanitizer
- Avoid anyone who is sneezing or coughing
- Regularly clean and disinfect multi-user objects, such as doorknobs, telephones and shared computer keyboards, and step up that hygiene regimen when you know such objects have been handled by someone who is sick. ■ BR

(Sources: Centers for Disease Control, [www.cdc.gov/flu/about/season](http://www.cdc.gov/flu/about/season) and Harvard Women's Health Watch, September 2014.)

## New DCV Media Library Needs Video/Film Producer



**Dupont Circle Village is creating a Media Library to enhance and expand access for members who want to view *Live and Learn*, *Soup Salon* and other unique DCV sessions they could not attend on the scheduled presentation dates.**

**DCV needs a specialist familiar with video/film to record educational presentations and discussions of 90 minutes once a month. Think C-Span-type production, with the inclusion of audience participation. Some editing may be required.**

**If you have these skills and would like to volunteer your time, please contact:**  
**Joan Ludlow**  
**[joanL2126@gmail.com](mailto:joanL2126@gmail.com) or**  
**202/462-2124.**



## Out & About with DCV



**Cold Pot Luck in a Hot Town.** Many thanks to **Carol Galaty** and **Ken Shuck** for hosting a delightful Labor Day picnic on their rooftop. The deck was packed with Villagers braving the heat to commemorate the holiday and enjoy many cold and not so cold pot-luck offerings.

**Dining in Dupont.** Eleven Villagers enjoyed a three-course dinner at Crios Modern Mexican Restaurant on August 21st. Conversation was animated, and everyone enjoyed the food that included shared salsas and chips, nachos, a variety of entrees and delicious black and white cookies and brownies for dessert.



**Portraits Alive.** For something different, a small group of Villagers attended the National Portrait Gallery's unique and charming interpretation of portraiture through an original one-hour tour and play written and performed by students from the National Capital area.

**Kay Eckles 96th Birthday Party.** A group of current and former Villagers (**Marilyn Newton, Clint Wilkins, Jim Meers, Rick Busch, Don Jones** and **Abigail Wiebenson**) were among those paying tribute to Kay. Abigail noted that Kay looked fabulous and "held court in fine style, regaling us all with memorable stories and opinions."



*Kay Eckles (far left), 96th Birthday*

Contributors: Kathy Cardille, Lucy Cooney, Sheila Lopez, Abigail Wiebenson. ■ SL

## More Progress on the New Chinese Chancery

Photo Credit: Nicholas Ludlow



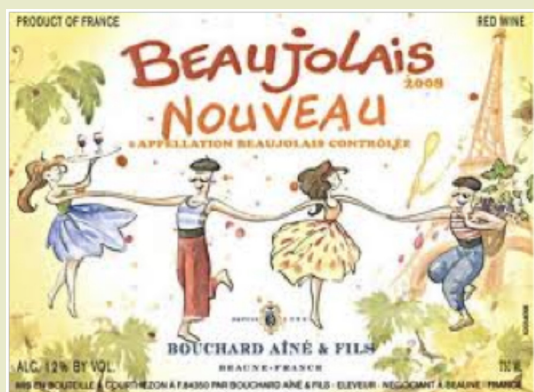


## Where Are They Now?

**Lex and Alaire Rieffel** were in Myanmar (Burma) from July 25 to August 19. Lex was teaching an economics course at the University of Yangon, and Alaire was coaching students in English writing and speaking.



**Kenlee Ray** is off to France in September, specifically Paris, St. Nazaire, Lyon and the Beaujolais area.



**Ann Wood** and her dog **Pepper** attended the Chautauqua Institute in upstate NY. Ann writes that, "according to a sprightly woman at a lecture on African religious customs...Chautauqua is known as the summer camp for intellectuals. She began attending the nine-week seasons at the age of three and is now 90+, as stated on the gate pass hanging on a chain about her neck. It also said 'Free,' a big bonus for all over four score and ten years. My two-week gate pass, without my age noted, had \$758 in the corner. Dogs were welcome on the grassy grounds and around outdoor events. Pepper's attendance was limited. He barks a lot, but he rode peacefully about in the (rented) bicycle basket."



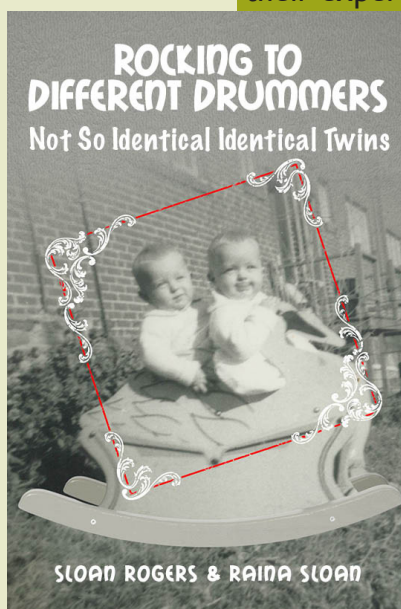
BR, with thanks to the travelers for their contributions. ■



## Kudos

This month, we would like to spotlight **Sloan Rogers**, who, along with Ann McFarren and Karen Carolan, comprise the new steering committee leading the Health and Wellness Committee. This is an eventful month for Sloan for another reason as well. Her most recent book, *Rocking to Different Drummers: Not So Identical Identical Twins*, co-authored with her sister Raina Sloan, was released on August 19th.

The book describes how the sisters strove for individuality despite being mirror-image identical twins, and how their parents worked to encourage their individual uniqueness. We may have a notion as to what it might be like to be an identical twin, but until you read about their experiences, it's hard really to know.



The book is available through Tate Publishing and from Sloan. It also is listed on Amazon and will be available in book stores two months after the August 19th publication date.



# As It Rains, DCV Reigns

## The 17th Street Festival, September 13



### Dupont Circle Village Shopping Bags

Heads up! This month, the Village begins distributing our stylish canvas shopping bags. Be on the lookout for how you can receive yours. Be among the first to help spread the word of our Village while enjoying this handy bag.





---Judy duBerrier

This super-fun recipe gives whole new meaning to "fish sticks." I can promise that you will look like a culinary star when you spend 15 minutes preparing it! For a perfect accompaniment, try this equally easy and delicious gazpacho.

#### Grilled Swordfish on Rosemary Branches (serves 4)

1/4 cup good olive oil  
1 1/2 TB each grated lemon and orange zest  
1/2 TB chopped fresh thyme (or 1/2 tsp dried)  
4 rosemary branches, 12" long; most of the leaves removed and finely chopped  
2 lbs swordfish, cut into 16 cubes

Make a marinade of above ingredients. Add fish. Refrigerate 2 - 24 hours, turning occasionally. Skewer 4 cubes on each branch. Grill indoors or out, about 4 minutes.

Drizzle vinaigrette over all (optional). Serve with grilled vegetables and/or cold soup.



#### Christine Windheuser's Gazpacho Soup (serves 4)

1 can fire roasted tomatoes  
1/2 cucumber; peeled and sliced  
1/2 red bell pepper; seeded and chopped  
1/2 small onion, chopped  
2 TB sherry vinegar  
1/8 cup olive oil  
Salt to taste

Pulse all ingredients in a food processor to desired consistency. Garnish with fresh basil.

#### Questions/comments:

judydubrier@verizon.net. 202-328-9123. ■



---Judy Silberman,  
Yoga Master



We all hope to keep our kidneys healthy. To do so, stay hydrated. Drinking a cup of water when you first wake up, with or without a squirt of lemon juice, can get your digestive system off to a good start. Be aware that excessive protein and high-sodium foods can over-stress the kidneys. Gently massaging your torso in a circular motion around your navel will stimulate digestion and excretion. Be sure always to go clockwise as you look down--up on the right side and down on the left, which is the direction of the intestines. ■

### The One-Sentence Review

*A Winter's Tale* seems like a very early expression of women's lib: Wife escapes domineering, jealous husband and the rigors of toilet training and early adolescence by turning into a statue until after the youngest kid gets married.

**Kenlee Ray**

Don't miss the extraordinary, absorbing, 3-hour (!) film *Boyhood*, which is actually not too long for the subject and amazingly synthetic over twelve years of filming.

**Gretchen Ellsworth**

*A History of Dupont Circle: Center of High Society in the Capital* by Robert Hansen: history in 51 bold-face names.

**Dan Gamber**

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



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