

"I leave [The Daily Show] knowing that most of the world's problems have been solved by us. But sadly there are still some dark corners that our broom of justice has not reached yet."

Jon Stewart

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New Members

DCV warmly welcomes its newest members:

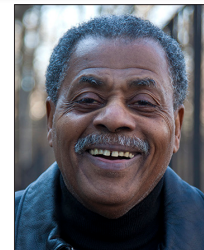
Bella Rosenberg
Carmela Vetri

DUPONT CIRCLE VILLAGE

Interim President's Letter

Aging 2.0: Aging Rebooted

---Martis (Marty) Davis



In early July, I accepted an invitation to be a platform speaker at a meeting of technophiles to discuss the challenge of aging and the possible innovations that might help individuals better meet those challenges.

I was not quite sure what to expect or what to say, beyond sharing the vision and mission of the Village movement in DC and around the country. The formal invitation to attend this event came from an organization called Aging 2.0. My first inclination was to let the host know that I was still wrestling with the challenge of changing the size of the font on my smart phone and would have little to add to a discussion of Aging 2.0. And I wondered whatever happened to Aging 1.0. Did I miss it? Nonetheless, I summoned my courage and decided to attend.

The meeting took place in a traditional DC downtown office building after work, when much of my generation was seeking the best "happy hour." The organization and discipline of these young people were immediately apparent at the registration table. One click and I was shown to an elevator and whisked to the top floor of the building. But there is where the similarity to a conventional office setting ended.

For those who are not familiar with the open floor plans that are the preferred design for start-ups, there were no interior walls, while clusters of chairs, desks and exposed piping and laptops were everywhere, along with dozens of young people working furiously or having a beer. In the midst of this organized chaos, I glimpsed several people about my age, and we immediately converged on one another for reassurance. The panel chairs were set in place, and when the meeting was called to order, nearly 100 young people and some nearer to our age

stopped working and networking and took seats alongside some familiar faces from the aging community in DC.

This event was just one of the regular offerings of a chapter of a group called Aging 2.0, which is a global innovative platform dedicated to aging and senior-care issues. The focus of this membership organization is to identify forward-looking senior-care organizations that want to share ideas and information with each other and with the top technology innovators around the world.

The overarching mission of Aging 2.0 is to bring senior-care leadership together with tech leaders and entrepreneurs who are passionate about developing innovations and service delivery models that can truly improve the lives of people as they age. The organization is global, with chapters on every continent, each with the same mission statement. Its finances come from venture capitalists.

After my presentation on the Village movement, I was approached multiple times with questions, ideas and products that Aging 2.0 already has in development and asked if our Village was interested. Some of those products have the potential to be transformational for us and can be put on our smart phones. I have given them a standing invitation to meet with the appropriate Village committee when they have a product/concept they think would be of value to our members.

The most important fact that I gleaned from this meeting is that there are bright, energetic young people around who are using their talents to make a difference for older people. Frequently, their conversation started with a description of

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MONTHLY Calendar

Back to School Celebration

**Tuesday, September 1,
6:00-8:00 pm**

1910 S Street, NW (Carol Galaty and Ken Shuck's home)
4th Floor Deck (elevator at street level)
RSVP to Carol at carolgalaty@gmail.com, and let her know what food or drink you will bring to this potluck and also if you will bring guests.

Celeb Salon

**Thursday, September 10,
7:00 pm**

Peggy Cooper Cafritz, co-founder of the Duke Ellington School for the Arts, prominent education advocate and patron of the arts. \$75. Purchase tickets at www.dupontcirclevillage.net, or call Linda Harsh at 202/234-2567.

Art Museum of the Americas (AMA)

Friday, September 11, 11:00 am

201 18th Street, NW
The AMA, established by the Organization of American States, collects and exhibits works by established and emerging artists, and its permanent collection of contemporary Latin American and Caribbean art is one of the most important in the U.S. The current exhibit, *The River in Contemporary Columbian Visual and Material Culture*, features drawings, ceramics, furniture, textiles and installations related to the themes of rivers and weaving. The closest Metro stop is Farragut West on the Blue and Orange lines. The AMA is not handicap accessible. RSVP to Sheila Lopez at sheila.lopez@verizon.net.

Special Event at Woolly Mammoth Theater

World Premier of *Women Laughing Alone With Salad*

Sunday, September 13, 7:00 pm

Evening includes after-theater drink compliments of Howard and Nancy Hartsock and private DCV Talk Back with Founding Artistic Director Howard Shalwitz. The negotiated group ticket price is \$60. DCV members should call 202/349-1291 and ask for the Dupont Circle Village Group, Order Number 258974. If you already have tickets for another evening, call and ask to be moved to this night and be seated with group #258974.

Celeb Salon

Tuesday, September 15, 6:30 pm

Judith Martin, creator of *Miss Manners* in the *Washington Post*. \$75. Purchase tickets at www.dupontcirclevillage.net, or call Linda Harsh at 202/234-2567.

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Living the Dream

---Bernice Hutchison, Executive Director

Allie is home. For those of you who don't know Allie, she is my 19-year-old ballerina daughter who occasionally volunteers for the Village. During college breaks and in between recitals and internships, you can find her helping with a DCV project and making new acquaintances.

She has just returned from her first international experience dancing abroad. Life is just beginning for her. Touring from Paris to the south of France is something she has dreamed about since she was a very young girl. Through the years, her bedroom was always peppered with pictures of Paris. Her bookshelves were lined with books about Claude Monet. As I looked at the walls and the bookshelves, it suddenly dawned on me that she has been creating a powerful visualization of her life goals.

The mind is powerful. I believe the true magnificence of the mind lies in the endless boundaries of the imagination. If theories of quantum physics are correct, and every possible reality exists simultaneously with our very own, then every possible reality (laws of physics remaining constant) that we can imagine does, in fact, exist.



Allie set her sights. For years she looked at the artwork on her walls, read the books on her shelves and dreamed of dancing in those places. As she removed all of the pictures from her bedroom walls recently, she said it was time, time to have a new set of dreams because she interned in the places depicted in the pictures on the walls and the pages of her books.

I am ever mindful of the parallel of Allie's experience with those of Dupont Circle Villagers. The quest for intellectual stimulation, the ever-present curiosity and the passion to accomplish has taken you to places far and wide this summer, led to great decisions and discussion as you live your life with great gusto.

The way reality works is one of the great mysteries of life. I believe if you are true to yourself and visualize the future that is best for you, that vision itself will ignite a drive within you that, if fed properly, will continue to burn until that dream is realized. ■

Interim President's Letter

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a challenge faced by a parent or grandparent and how they felt helpless to do anything about it. We have had a first meeting with one of the high-tech innovators, who will come back to us with a product(s) and the opportunity to road test those we are comfortable with.

Aging 2.0 also spoke repeatedly about the need for intergenerational dialogue, which prompted me to ask what intergenerational opportunities, beyond volunteering, can we offer to our younger residents? The walls that surround aging must come down if concepts like the Village movement are to continue to thrive. We, too, must create our own Intergenerational 2.0, which shouldn't be hard for a birth cohort that, after all, "taught the world to sing..." ■

Calendar, continued from page 2

Informational Dinner for Prospective Members

**Tuesday, September 15,
6:30-8:30 pm**

1916 S Street, NW (Abigail Wiebenson's home). Please send Abigail (abigailwiebenson@gmail.com) names and contact information for friends and neighbors who you think would like to know more about the Village.

Celeb Salon

**Thursday, September 17,
7:00 pm**

Former CNN Political Analyst Candy Crowley and her producer, Mike Roselli, will take you behind the scenes of news production. \$75. Purchase tickets online at www.dupontcirclevillage.net, or call Linda Harsh at 202/234-2567.

Writers Coffee

**Monday, September 21,
2:00-3:00 pm**

2121 Decatur Street, NW, (DCV Office). Send your pieces for discussion to the members or to kcardille@gmail.com for distribution by September 19. Members only, free, wheelchair accessible.

Celeb Salon

Monday, September 21, 7:00 pm

Donald E. Graham, Chair and CEO, Graham Holdings Company, formerly the Washington Post Company. \$75. Purchase tickets at www.dupontcirclevillage.net, or call Linda Harsh at 202/234-2567.

TED TIME DAYTIME

**Thursday, September 24,
2:00-4:00 pm**

Woman's National Democratic Club, 1526 New Hampshire Ave., NW
Not sure about a TED Talk? Listen to a few TED Talks and see what you think. Beth Merricks, moderator. RSVP by September 10 to Lucy Cooney at lucy1030@starpower.net. Free, limited to 20 members.

Monday Movie Maniacs

**Monday, September 28
5:30 pm potluck dinner and
socializing; 6:00 movie**

1712 19th Street, NW
(Sandy Burns's home)
Movie TBA. Please RSVP to lucy1030@starpower.net by September 22 about your attendance and potluck contribution. Limited to 20 members; wait list will be started after that. ■

As Summer Ends...

---Garry Hutchinson, Volunteer Coordinator

Whether you take a trip to the mountains, to the Caribbean, to Europe, to Asia or to the Pacific Northwest, summer is that time of year we slow down, slip away or check out in an effort to beat the heat, seek quiet or explore new destinations. As the temperatures rise, we strive to conserve energy, keep hydrated and relax. We read less analytically, more leisurely, keeping our minds active but less stressed. Each of us is and lives a life that is part of a microcosm of the Village macrocosm. As we get calm and reserved, the Village goes through a period of gathering, moving more conservatively, anticipating the more frenetic pace of the fall when members return, committees rev up and our signature social activities approach.

Enjoy the quiescence, but recognize that the Village retains its vibrancy. Volunteers continue to transport members to medical appointments, assist with in-home maintenance, trouble-shoot computer challenges, escort members on leisurely and/or therapeutic walks and handle a number of other matters, great and small.

The Village still has movie nights, Soup Salons, Live and Learns. It still shares advice and recommendations. You may still call the office, marvel at our evolving website (Club Express), request volunteers and get amazing referrals from the Executive Director on a host of care-management and social-services issues. The DCV staff has received some astounding training and attended wonderful conferences to improve the delivery of services to DCV and its members.

This is the summer of 2015, and DCV continues to thrive and grow. ■

200 in 2015: Go for it!

---Abigail Wiebenson, Chair, Membership Committee

To achieve our goal of 200 members by the close of 2015, we need "all hands on deck." That would be YOU, our esteemed members. We need **30** new members to achieve our goal, ambitious but possible with your help. Here's what you need to do ASAP: Send me (abigailwiebenson@gmail.com) names and contact information for friends and neighbors who may like to know more about the Village. Those who provide names will receive a DCV tote bag!

We are particularly interested in getting the word out to those who live in apartment buildings. If you would like to post information about the Village, we have brochures and a one-pager, "At a Glance," and would be delighted to provide you with them.

The next Info Dinner for prospective new members is September 15th. Please help us make it a full gathering of interested neighbors.

Why We Join – and Remain in – DCV

---Abigail Wiebenson Chair, Membership Committee

Eds. note: When Abigail posted this on the DCV listserv, it went "viral." Some members suggested it be given to all prospective members and read more widely even by current ones. Hence we reprint it here. SL and BR

The other day I invited a prospective member to come over to talk about the Village and asked a couple of Village neighbors, **Carol Galaty** and **Judy duBerrier**, to join us. We have lived within a hundred feet of one another for years but had never met before the Village was created. What struck me during our hour or so together was the now-ordinariness of heretofore uncommon neighborliness.

Although each of us has lots of friends in and around Washington and have full independent lives, our neighborliness-friendship, inspired by the Village, is special. We know we can count on one another for immediate responsiveness: a burst pipe, being locked out, a missing

food ingredient, getting quickly to a hospital, sympathy over sudden loss. It is a solid and valued relationship built over years of shared experiences.

Further afield than my immediate block, I am grateful when Villagers generously give suggestions responding to queries on the Google groups list, often within minutes. I have acquired contractors, a dentist and affordable travel insurance, thanks to your collective wisdom. I am equally grateful for phone calls asking me for help or information, an opportunity to voice a frustration or just talk something out or to see if I'd like a ticket to an event.

And so, I am saddened and befuddled on the infrequent occasions that a Villager asks to suspend membership because he/she doesn't have time to do the things in the weekly E-Blast or thinks we ought to be doing more or less of something. These reasons miss the true value of our organization.

The essence of this Village is belonging to a community of accessible, responsive, experienced and caring older adults who "get" the upside and downside of these allegedly "golden years," which can be at times more tarnished than shiny. Together, we can weather what comes along by helping, sympathizing, celebrating or simply by being there, waiting in the wings during this curious stage of life that is definitely not for sissies and doesn't get the benefit of rehearsals. It is a kind of neighborly life insurance whose value is far greater than the "premium" of dues.

Because I am so intimately connected with gaining and sustaining membership, I hear and see a lot more than most members. I welcome your thoughts in response to my observations. We are always, always interested in doing what it takes to enable the Village to provide you peace of mind. ■

DCV in and at the Theater

Villagers flocked to Theater J to see the performances of Theatre Lab's *The Man Who Came to Dinner* and support and applaud their fellow members: **Deb Taylor**, who directed the play along with daughter Delia Taylor, and **Judy duBerrier** in the role of the wacky Harriet Stanley.



Ken Shuck, Carol Galaty, Judith Neibrief, Kathy Cardille, Rush Fritz, Abigail Wiebenson, with Judy duBerrier center



Deb Taylor and Delia Taylor

DCV TED Talks Debut

It's rare for someone to refuse credit for a successful idea, which is what the idea of the Village organizing discussion groups around TED Talks turned out to be. First-time TED Talk organizer **Chris Hoban** said he was inspired to pick up the ball when **Kathy Cardille** advanced the idea in a listserv message. Kathy said she got the idea from **Pender McCarter**, who claimed he got it from a west-coast friend. And then there's

Marty Davis, who has written repeatedly about the value and importance to DCV of forming more "affinity groups." It takes a Village....

TED Talks are short videos, 18 minutes or less, about "ideas worth spreading." Originally focused on the convergence of technology, entertainment and design (hence TED), the talks now cover every conceivable subject and have gone viral since TED was founded in 1984.

The first Village TED Talk, on July 22nd, was organized by Chris, Kathy and **Lucy Cooney** and drew a large crowd. As host and moderator, Chris got to choose the TED video: self-driving cars. "I was a bit concerned that some might cancel when they heard the topic," he laughed, "but there were only two dropouts, due to another commitment, and we still had a waiting list after filling vacancies. I think participants liked being challenged by different ideas and a good discussion of potential topics for the future."

Dorothy Marschak expressed a similar view. While she wasn't drawn by the topic, she found herself fascinated nonetheless. Dorothy and others also remarked that listening to the reactions of fellow Villagers during the TED Talk discussion was stimulating and a wonderful way to get to know them better.

Future TED Talks have already been scheduled. Check the Monthly Calendar and E-Blasts for further information, come to the Talks – and contribute some ideas of your own. ■ BR



Left to right: Kathy Cardille, Richard Moore, Pender McCarter, Helene Sher
Back of heads, left to right: Dorothy Marschak, Sawon Hong

Summer Celeb Salons

Regret missing some of this summer's Celeb Salons? Sign up for one in the fall (see Monthly Calendar) for another chance to eat, drink, meet a celebrity and support your Village. ■



Andy Shallal, Busboys & Poets



Howard Shalwitz, Woolly Mammoth Theatre, with Janet Brown



WAMU's Rebecca Sheir, center

Health and Wellness Alert

Is Your Knowledge about Bones Brittle?

After age 50, we all lose bone density. Women lose about 20-30 percent in the ten years following menopause. Men's loss is more gradual.



Bone loss is a silent disease. A bone density test is the only way to know if your T-scan is between -1 and -2.5, which indicates low bone mass or os-

teopenia. A score of -2.5 or lower is an indicator of osteoporosis. Unless you're at risk, women can wait until 65 to be screened, men until 70. The Mayo Clinic is a good source of further information on these tests (<http://www.mayoclinic.org/tests-procedures/bone-density-test/basics/definition/prc-20020254>).

Osteoporosis is associated with 1.5 million fractures a year, including 300,000 hip, 700,000 spinal and 250,000 wrist fractures. Although most fractures are painful, sometimes they go unnoticed. If you have had one fracture, your risk factor for another is increased five-fold. Loss of height can occur with vertebral fractures and also with aging. In aging we lose water in the disc spaces between the vertebrae, which can account for a loss of about 1.5 inches in height. Greater height loss suggests fractures. We reach our peak bone mass by age 25. Mass is about 80 percent genetically determined and 20 percent due to life style (e.g., nutrition and exercise). As we age, lifestyle drives most of the changes in bone mass.

The key lifestyle issues involved in maximizing bone density are adequate calcium and vitamin D; a healthy diet; and weight-bearing exercise.

Doctors typically recommend taking 500-600 milligrams in calcium supplements twice a day to meet the recommended dietary allowance. However, they don't necessarily take into consideration the amount of calcium in your diet.

If it's adequate, there is rarely a need for more than 500 milligrams of supplementation per day. Too much calcium is implicated in kidney stones and, more controversially, cardiovascular disease. Vitamin D is essential for absorbing calcium and also helps build muscle. People with low vitamin D blood levels have more rapid bone loss and more fractures. On the other hand, too much vitamin D can cause kidney stones and increase the risk of falls. A simple blood test can show your vitamin D level and determine whether you need a supplement. (Additional information can be found at <https://www.vitaminadecouncil.org/#>.)

Not surprisingly, diet advice for maximizing bone density echoes diet advice for general good health: Eat plenty of vegetables and fruit daily, as well as lean protein roughly equivalent in grams to half your weight in pounds.

Both aerobic and strength-training exercises are highly important for bone health. Walk, run, lift weights. Exercise in an upright position that puts a load on your bones is best for the skeleton. Bicycling and swimming are great, but they are not weight-bearing. And if you have osteoporosis, check to see which exercises are safe because you may be at risk for vertebral fractures. ■

Sloan Rogers for the Health and Wellness Committee

Check with your physician before following non-medical advice.

GWU Exercise Class

The 13 Village members who participated in George Washington University's Trial Exercise Program for six weeks report that they had "a rewarding experience working with two young trainers who brought a new dimension to staying fit."

Left to Right: Eileen Tanner, Helene Scher, Sloan Rogers, Karen Carolan, Kelly Vargo (instructor), Ceceile Richter, Jeanette Barker, Peg Simpson, Judith Krueger, Marilyn Newton, Faith Williams



Live and Learn: Emergency Preparedness

The June 22nd Live and Learn on Emergency Preparedness, chaired by **Marilyn Newton**, was organized partly in response to the Dupont Circle protracted power outage earlier in the year, which left many members without phone or email service to get help or cope in other ways. The experience revealed that many people are not prepared for an emergency and that the Village itself lacked adequate capacity to respond. The goals of the session were to provide attendees with tips and resources for preparedness and to brainstorm about how the Village could better serve members during an emergency.

Linda Harsh provided great information and handouts, which were supplemented by anecdotes and advice from session attendees during the lively discussion. Basic preparation essential for all kinds of emergencies consists of knowing where your utilities are and how to turn them off (or post information so others can do so); having emergency kits on hand (general kit that includes water and food, first-aid kit and a record of essential documents); and a plan for dealing with the emergency (e.g., how to contact family or friends, how to get help, list of emergency numbers). And here's something you can do tomorrow: Buy an LED flashlight and back-up batteries.

The American Red Cross, which is a terrific source of information on this topic, has a guide on emergency preparedness that's tailored specifically to seniors. To download it, go to www.redcross.org; type Emergency Preparedness in the

search box; then go to Prepare Your Home and Family, choose Seniors and click on View Guide.

The handouts Linda painstakingly prepared will be on the DCV website and include Emergency Preparedness; Important DC Telephone Numbers; Disaster Supplies Kits; and Vital Documents Checklist. These also provide contact information for a great variety of emergency-preparedness organizations that can drill down deeper into the issue, including by type of emergency.

Ideas were certainly surging during the discussion about improving the Village's capacity to assist members during a widespread emergency. These included a phone tree, possibly followed up by a "visiting tree" if a member was unreachable. But how to organize these and other possible strategies in a manageable way? As Villagers started honing in on the idea of identifying Villagers by geographic proximity to one another ("clusters"), Kathy Cardille whipped out a Google map where she had done just that! The session ended with some



Left to right: Judy Lambart and granddaughter, Faith Williams, Kirk Perrow, Linda Harsh, Dean Pugh, Marilyn Newton.

Villagers also got some post-emergency tips. For example, did you know that, if your water was cut off, you should first run your faucets before flushing the toilet to prevent a surge from blowing the lid off the tank? Also, to prevent a power surge after an electrical outage, turn off all but one electric source during the emergency, and when that one indicates that power is restored, you can start turning on the others.

members volunteering to explore the follow-up necessary to transform that map's potential into an operational DCV emergency-preparedness plan. ■ BR

Keegan Theatre Re-Opens

The Keegan Theatre, Dupont Circle's resident theater company, located on Church St., re-opened on June 27th after an extensive renovation. Welcome back!



Live and Learn: Coping with Hearing Loss

Do you often ask people to repeat themselves, and think everyone is mumbling? Have trouble hearing in groups? Are you turning up the volume on the TV or radio? It's highly likely you have hearing loss, the subject of July 27th's Live and Learn featuring two presenters with a wealth of technical expertise and personal experience with hearing loss: Russell Misheloff and Lon Rosenman of DC's chapter of the Hearing Loss Association of America (HLA).



Almost 45 percent of 60-69 year-olds, 68 percent of 70-79 year-olds and 89 percent of those who are age 80 or above suffer hearing loss, with more men than women affected. Yet the average person with hearing loss waits eight years before buying a hearing aid. Why? Denial of the problem, shame and the belief that you can't be helped are among the top reasons. But left untreated, hearing loss often also leads to irritability, anger and depression and withdrawal from social situations. It doesn't have to be that way.

About 95 percent of people with sensorineural hearing loss can be helped with hearing aids, despite what many

doctors tell them. Moreover, having disappointing experiences with hearing aids doesn't necessarily mean you're in the five percent; you may have the wrong type of aid or a poor fitting, or you may need some assistive listening devices (ALDs), which mitigate the impact of distance, noise and poor acoustics.

Unfortunately, many audiologists are unaware of the astounding breakthroughs in hearing aids and other assistive listening technology. Some are in it for the money and represent only one manufacturer, which may deprive clients of the full range of assisted-hearing options tailored to his or her particular loss.

So, the first step if you suspect hearing loss is to visit an ear, nose and throat (ENT) specialist to rule out a treatable medical condition, like ear wax or a virus, and determine the nature of the loss. If it's a permanent problem, see an audiologist for a full hearing evaluation, preferably a professional who's paired with the ENT or who works in a university clinic.

The next likely step is to find the appropriate hearing aid. Discuss your needs and wants with the audiologist, taking into account your work, home and social environments. Be aware that the more sophisticated your hearing aid is and the more ALDs it can support, the larger the aid is likely to be. Wrestle through the tradeoffs between hearing better and your vanity.

Hearing aids are expensive, and Medicare doesn't cover the cost. Top-notch hearing aids cost about \$7200, and that's without assistive devices. Plus, you'll likely have to replace them in six or seven years. But the best devices offer a lot: a wide range of frequency bands tailored to your needs and/or different listening positions (e.g., speech, music, TV, etc.) and more. Be aware that lower-cost models may not be a bargain if their lack of sophistication leaves you feeling that aids can't help you. Also be aware that DC law allows you to return an aid after a 30-day trial.

Misheloff and Rosenman encouraged Villagers to stay abreast of hearing issues and technologies by joining the DC chapter of HLA (HLADCchapter@gmail.com, www.facebook.com/hladc), which meets at Tenleytown Library one weekend afternoon every 4-6 weeks. Misheloff is now a vetted DCV volunteer, and consultations with him can be arranged by contacting our Volunteer Coordinator. For terrific resources on hearing loss, also go to www.hearingloss.org. ■ BR

Washington Sports Club Exercise Class, Stephansky & Macavoy Turn 140

Anne Stephansky and Tyree Macavoy, the instructor for the Village's Washington Sports Club exercise class, both celebrated birthdays the same day in July: She turned 90, he turned 50. Village compatriots-in-sweat celebrated them with a surprise birthday party featuring muffins and strawberries.



DCV Writes

Eds. note: We posted a note on the DCV listserv asking Villagers to let us know if they had written any books, thinking this might be an additional, interesting way for community members to get to know one another. The voluminous result is remarkable. Author! Author! Our thanks to each of you for responding. SL and BR

Joseph Auslander

Minimal Flows and their Extensions (North-Holland, 1988) is a mathematical research monograph in the area of topological dynamics.

Lois Berlin

Sexuality in the Schools (co-author; Corwin Press, 1995) is about sexual harassment in schools and administrators' legal responsibility to respond.

Kathy Cardille

Collections of Interviews with World War II Veterans:

World War II: A Collection of Memories 1994

World War II: A Collection of Memories 1995

World War II: A Collection of Memories 1997

World War II: A Collection of Memories 1999

World War II: Every One Was a Different Battle.

Reflections of Our Past: Celebrations of 200 Years of Grove City (PA) History.

The Cardille Family: Our Family Letters, 1980-2013.

Jane Cave

(English translator) Andrzej Paczkowski, **The Spring Will Be Ours: Poland and the Poles from Occupation to Freedom** (Pennsylvania State University Press, 2003).

(Eng. trans.) Adam Michnik, **Letters from Freedom** (University of California Press, 1998).

(Eng. trans.) Maciej Lopinski, Marcin Moskit, Mariusz Wilk, **Konspira: Solidarity Underground** (University of California Press, 1990).

Brad Edwards

Survey Methods in Multinational, Multiregional, and Multicultural Contexts (ed., with Janet Harkness, Wiley, 2010).

Hard-to-Survey Populations (ed., with Roger Tourangeau, Cambridge, 2014).

Rob Finkel

Statistical Mechanics & Thermodynamics: A Concise Introduction (Chaion, 2011).

Physics Lectures: Concise Outlines for College and University (Chaion, 2011).

The New Brainbooster: Six Hours to Rapid Learning and Remembering (Walker Press, New York, and Piatkus Publishers, London, 1991; reprinted by Chaion Analytics, 2011).

The Brainbooster: Your Guide to Rapid Learning and Remembering (Prentice-Hall, 1983).

Carol Galaty

David, Mormor, Horno and the Yak: An Alphabet Mystery (Publish America, 2008, available on Amazon and through Barnes and Noble) is a photo-illustrated book for children, ages 2 to 7.

Rallying 'Round Mara: An Inspirational Blog about Fun, Friendship and Cancer (Mixed Media Memoirs, 2011, available on Amazon and through Barnes and Noble) is a compilation of my daughter's upbeat blog entries as she fights her last battle with cancer and the wonderful responses of her friends around the work.

Davye Gould (published under Davye Gray Shelley)

Susan (Mercury Heartlink, 2015) is a memoir about my relationship with my sister, her illness, the care she received and didn't receive and her death.

Sawon Hong

A Nomadic Life (AuthorHouse, 2014) is a memoir illuminating what it is like to live and work outside your own culture.

세계를 누빈 삶 (Korean edition, 2015).

Child Protection Programme: Strategy and Programming Process (2007).

Voluntary Sterilization: An International Fact Book (with J. Ross and D. Huber; 1985).

Demographic Characteristics of Bangladesh (1980).

Korean Immigration (with S. Kim in Korean; 1979).

Community Development and Human Reproductive Behavior (1979).

Korean Population Policy (in Korean; 1978).

Population Status Report: Korea (1978).

Louise Levathes

When China Ruled the Seas (Simon & Schuster, 1994; Oxford University Press, 1996; Open Road Media E-book, 2014) is about maritime China and the voyages of the Ming treasure fleet.

Nicholas Ludlow

Capilano (2010) is a romantic adventure story featuring Isabel, a brilliant neuro-scientist, who has devised a way to revisit one's fondest memories and enjoy them again.

The King of Kalorama (2009) is a novel, set in DC's Kalorama neighborhood, about what happens when a scoundrel in the highest echelons of the US government is inadvertently confronted by a Native American Indian chief returning to his ancestral home in Washington, DC.

(children's) **Alex and the Christmas Ducks** (2012); **The Burgundy Bowler Hat** (2012).

Moneywise Guide to North America (ed. with Anna Crew, Burnac, 2006, with other editions beginning in 1991).

(The above and other publications available on Kindle.)

Pender M. McCarter

Information Processing in the United States: A Quantitative Summary (principal investigator and ed., AFIPS Press, 1977, 1981).

Barbara Meeker

Mathematical Sociology (with Robert K. Leik, Prentice Hall, 1975).

Social Causality (with Jerald Hage, Allen Unwin, 1988).

Irv Molotsky

The Flag, the Poet & the Song: The Story of the Star-Spangled Banner (Dutton Adult, 2001).

Lex Rieffel

Sovereign Debt Restructuring: The Case for Ad Hoc Machinery (Brookings Institution Press, 2003).

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Sloan Rogers

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Biotypes: The Critical Link between Your Personality and Your Health (Times Books, 1980).

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Eugene Versluysen

The Political Economy of International Finance (Gower and St Martin's Press, 1981).

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Washington Hilton II

The new residential tower of the Washington Hilton Hotel is almost complete. We know of one person who likes it. 'Nuff said.



Story Told: Villagers Lament Demise of 'Old' West End Cinema, Welcome 'New Kid on Block,' with a Few Caveats

---Pender M. McCarter

From the mid-1980s, many of us remember the Circle West End 1-4 theaters at 23rd & M Sts., NW, demolished in the 90s to make way for the Ritz Carlton Condominiums, as well as the smaller theaters, the Circle West End 5-7, one block north on the ground floor of the Westhaven Condominium building. In 1987, the Circle West End 5-7 was sold to the Canadian theater chain, Cineplex Odeon, and renamed the Inner Circle, only to be closed in 2004.

In 2010, Villagers welcomed the reemergence of the Inner Circle, reborn as the West End Cinema, under the capable management of Josh Levin, documentary film producer and theater entrepreneur. Josh began his five-year, "All Stories Told Here" run with *The Social Network* and wrapped up with *Grey Gardens*. He was also able to scoop the local theaters and gain national news coverage by showing *The Interview*, after the film was pulled from mass distribution by Sony due to its portrayal of the North Korean dictator Kim Jong-un.

Although Villagers may not have flocked to the West End Cinema from 2010-2015, we organized at least two special outings to see the Allen Ginsberg movie, *Howl*, in 2010, and the documentary *Grey Gardens*, on the life of the eccentric aunt and cousin of Jacqueline Kennedy Onassis, in 2015.

Villager **Dorothy Marschak** enthusiastically recalled Josh's offer in March 2015 of a free venue for her music-education organization, CHIME, to show a film about El Sistema, the Venezuelan youth orchestra. Josh even gave Villagers a special discount on top of the senior



rate and proudly displayed a framed copy of a December 2014 Village newsletter article on the theater written by co-editor Bella Rosenberg.

In retrospect, I should have gone to the West End Cinema more frequently as it is only two blocks from my condo. Amazingly, in 2011, I could walk up the street to see the Frederick Wiseman documentary, *Boxing Gym*, and ask the acclaimed filmmaker questions at the theater after the showing. Similarly, I was able to greet former software engineer and writer/director/actor Shane Carruth, who made a personal appearance at the West End in 2013 for *Upstream Color*, his second movie after *Primer*, which I helped to promote with the IEEE.

After Josh closed the theater in March, I thought to myself wistfully, couldn't someone take over this space and make a go of it? As most of us know, the successful Landmark chain, which includes the E Street and Bethesda Row Cinemas, took over in June, re-opening two of the theater's three auditoriums while it completes "upgrades."

On June 17th, Theatre One was mostly filled for the re-opening and showing of the digitally remastered classic, *The Third Man*. The management provided coupons for free popcorn until a new machine arrives and encouraged first-night attendees to provide input on what we would like to see in our "new theater."

Josh told WAMU's Kojo Nnamdi on March 9th [listen to the podcast at <http://thekojonnamdishow.org/shows/2015-03-09/a-blow-to-independents-the-west-end-closes>] that he was restricted in showing first-run movies in proximity to the E Street Theatre. Along with new viewing habits and rising costs, these restrictions cut into his bottom line. Now that Landmark owns the West End, maybe those restrictions will fall.

While Villagers such as **Eugene Versluysen** lament the loss of the "charming, slightly offbeat mom-and-pop movie theater" and takeover by the large art-theater chain, others, including **Peggy Simpson**, are thrilled "there's a movie theater within walking distance."

"We're very happy for the neighborhood," Josh wrote about the Landmark acquisition in a listserv note to his former customers. He also shared a link to a short film about the closing of the "old" West End by Yiqi Fan [see clip at <https://vimeo.com/129185946>]. As she writes: "Lots of things happened and lots of people were involved – should they be so easily forgotten?" Eugene has the last word: "Sic transit Gloria Mundi. RIP old West End." ■

Out & About with DCV

Sycamore Island. Judy Lambart, Fann Harding and Mimi Higgins (with Abigail Wiebenson pulling the ferry across during her duty as relief caretaker) reluctantly leave Sycamore Island in mid-June after many hours enjoying the breezes of the Potomac River and getting to know one another better.



Brookings Institution Tour and Policy Panel. On June 18, Villagers were treated to a behind-the-scenes tour of the venerable policy institution by Chief Operating Officer Steve Bennett. Arranged by DCV's Lex Rieffel, the tour was followed by briefings by Brookings scholars, including Michael O'Hanlan (pictured).



Dining in Dupont. A record crowd turned out at Zorba's Café, a neighborhood favorite and one of the best known places on Connecticut Avenue, for a special menu of Greek specialties.

Katzen Art Center, American University. Villagers took a docent-led tour of two fascinating exhibits at the Katzen Art Center. Featured was an exhibit commemorating the 70th anniversary of the Hiroshima-Nagasaki bombings that included a collection of photographs and artifacts from the debris of the attacks, as well as 15 screens created by Nobel Peace Prize nominees Iri and Toshi Maruki. An additional exhibit highlighted a series of masterful paintings by Washington realist John Winslow. Pictured is *Center Stage at the Ontological Theater 2015*.



Monday Movie Maniacs. After a tasty potluck dinner, Village film fans got engrossed in last month's offering, Golden Globe nominee *A League of Their Own*. ■ SL



Where Are They Now?



Dan and Nancy Gamber report that they took "an unusual cruise in June, from Portland, Maine, around the Canadian Maritimes with stops in New Brunswick, Nova Scotia, Prince Edward Island and then up the Saint Lawrence River, ending in Montreal. The ship, the MS Saint Laurent, is not recommended for ocean travel."



Judith Neibrief and **Helene Scher** returned mid-June from Europe, where they "poked about" Paris and then Giverny before Helene visited a friend in Munich and Judith went on a walking-hiking trip in Normandy and Brittany.



After a stay in Tuscany with no Internet, **Irv and Iris Molotsky** spent the rest of the summer at their Paris apartment, with time-outs at their corner bistro carousing with their favorite waiters.



Sheila Lopez just returned from a family vacation in Catalunya where they took in lots of Gaudi, Miro and Picasso in Barcelona, as well as many beautiful beaches and rocky coves along the Costa Brava. Pictured are Sheila and granddaughter Stephanie enjoying a shady nook on the rocks.



Bob and Ann von der Lippe spent the summer at their home in Little Compton, RI, which included a visit from **Abigail Wiebenson** (left in photo). ■ BR with thanks to the travelers



There are probably as many caponata recipes as there are families in Sicily. This one, provided by Bella Rosenberg, is easy and low fat. It's delicious as canapés on firm crackers or garlicky toasted French or Italian bread, as a side dish or even a light meal in itself. If you're short on time, poke holes in the eggplant and microwave and finely chop rather than dice the other veggies.

Caponata (about 36 canapés or side dish for 3-4)

1 lb eggplant
1 TB extra-virgin olive oil
1 stalk celery, diced into ¼ inch pieces
1 medium onion, diced into ¼ inch pieces
3 cloves garlic, minced
2 TB sugar
¼ cup red-wine vinegar
2 cups tomato sauce
¼ tsp (or more) red hot-pepper flakes
¼ cup capers
3 TB currants
Salt and pepper to taste
Olives and toasted pine nuts (optional)

Poke holes in the eggplant, and roast on a baking sheet for about 30 minutes in a pre-heated 400 degree oven until the eggplant begins to collapse. When it's cool enough to handle, dice the eggplant. (Peeling is optional.)

While the eggplant roasts, warm the oil in a large saucepan over low heat. Add celery, onion and garlic. Cover the pan, and stir occasionally until the vegetables begin to caramelize, about 15 minutes. Stir in sugar, cook for about a minute, and add the vinegar, tomato sauce, hot pepper and eggplant. Stir well, and increase heat to medium low, simmering uncovered for a few minutes until the caponata has thickened.

Transfer the caponata to a bowl, stir in the capers and currants (and optional olives and pine nuts) and season. Serve at room temperature.

Questions/comments:
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---Judy Silberman,
Yoga Master

The most important reason for exercise is to keep the spine supple. Careful lengthening of the spine creates space between the vertebrae, allowing the nerves that branch out from the spinal cord to remain active and healthy.

Forward Fold can help with spinal flexibility. Start in a chair, sitting as tall and erect as you can, shoulders back and down, with head retracted so that your chin is parallel to the floor and over the sternum. Slowly raise your arms above your head, with upper arms touching ears. Push your abs back as you fold forward from the waist, arms and head moving as one. When your arms are parallel to the floor, drop them, and then slowly drop the head forward so that your chin is on the chest. Breathe three full breaths, trying to drop a bit lower with each exhale. To come up, let the hands slowly slide up the legs, shoulders forward. When you reach the torso, roll the shoulders back and down. The head is the last to come up. ■

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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