

"I haven't been everywhere,
but it's on my list."

—Susan Sontag

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New Members

DCV warmly welcomes
its newest members:

Anthony Clifford
Ellen Kirsh



A Stitch in Time

---Eva M. Lucero, Executive Director

I would bet that you, your mother, or your grandmother was into sewing. Maybe you spent time as a child rummaging through distinctively illustrated pattern envelopes at a fabric store. Does Butterick, McCall's, or Simplicity ring a bell or create a little wave of nostalgia? These iconic American sewing pattern companies—some founded in the late 1800's—still exist today and sewing is making a comeback.

The popularity of sewing waned for quite a few decades. In fact, many in the industry didn't think it would ever recover from the cultural and economic changes of the 1960s and 1970s. Clothing manufacturing shifted overseas and imported clothes were cheaper to buy than to make. Women began entering the workforce in larger numbers and many gave up sewing or preferred the convenience of store-bought outfits. In circles such as the growing feminist movement, the sewing machine became a "symbol of subjugation," observed Gary Jones, president of Singer. Moreover, home-ec classes were renamed "Family Consumer Sciences" to emphasize nutrition and child psychology over sewing.

Like fashion, sewing never really went out of style, it just had to figure out how to reinvent itself. The current sewing trend piggybacks on a broader growth in artisanal arts, from knitting and quilting to cooking. Sewing largely joined this trend through the popularity of the reality TV show, Project Runway, which showcases

pattern-making and sewing as designers compete to display their work in New York, and do it yourself (DIY) home businesses like Etsy. The demographics of sewing cuts across the country but is younger and more urban than at any time since the 1950s.

The resurgence of sewing is a welcome turn of events for the sewing industry, and it has responded with a terrific online collection of vintage sewing patterns. The Vintage Patterns Wiki database has over 83,500 vintage patterns and is constantly being updated and organized. It offers the ability to browse patterns by decade and it's fascinating to see how fashion has evolved over time and seems to always repeat itself. <http://vintagepatterns.wikia.com>

Sewing one's own clothes may be good on the pocketbook, but it's also good for one's well-being. According to psychiatrist Carrie Barron, "physical activities that produce tangible products that we can see, touch, and enjoy" light up the focus and pleasure centers of the brain. When you are sewing, you are doing something purposeful and focused with your free time while you are giving your mind a proper chance to relax and reset. Sewing allows you to be in a happy, healthy little bubble that offers a feeling of relaxation and accomplishment when the project is complete. ■



MONTHLY Calendar

MID-JULY TO MID-SEPTEMBER

Soup Salon:

What's Up With Cuba

Sunday, July 16, 6-8:00 pm

1719 Swann Street, NW

(home of Peg Simpson)

Michael K. Lavers, international editor of The Washington Blade, has recently done in-depth reporting from the island nation, having just returned from his third trip since 2015. He will discuss what may happen post-Obama normalization, as the Trump administration reinstates travel and trade restrictions.

RSVP to carolinejmindel@gmail.com

202 – 271-1760 Please coordinate with Caroline about soup or bread or dessert you can bring to share.

Happy Hour With Marie And Beth

Monday, July 17 5:30-7:00 pm

Riggsby Hotel, 1731 New Hampshire Avenue at Riggs Place

Come enjoy a class of wine or a cocktail for \$6.00. Or beer for \$5.00. Seasonal hors d'oeuvres are offered at prices starting at \$5.00. Stay for the entire happy hour or stop by to say "hi" and enjoy some time with fellow Villagers. RSVP by July 14th to Marie Matthews - mariemattmarie@gmail.com

Smithsonian American Art Museum These Mean Streets: Community And Place In These American Streets

Tuesday, July 18 1:30pm

Meet at the Information Desk at the 8th and G entrance (near the gift shop)

Villager Mary Braden will guide us through a photography exhibit exploring the work of ten artists who were driven to document and reflect on the state of American cities, dealing with changes brought

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President's Notes

---Steve Kittrell

Looking at a typical summer in DC, many of you will be taking a break from the heat and humidity of Washington. Susan and I will be hiking in Scotland which promises to be a refreshing difference in climate.

The Village, however, is continuing to work and improve for you over the summer. In that vein, I wanted to remind everyone of two new benefits available to members. Both of these benefits are service enhancements that you may find helpful.

The first enhancement is the new **Find a Contractor** feature on the DCV website. You can reach this new service by logging on to the DCV website as a member. The new function searches among contractors previously recommended by your fellow Villagers on the DCV listserv. The contractors can be searched by type of service. This function will continue to improve as we capture more contractor recommendations made on the listserv.

Please sign in and try out this new **Find a Contractor** feature. If you have any questions about logging on as a member, please call the DCV office for assistance.

The second enhancement is a new listserv, DCV Unfiltered. While there is no screening done on the existing listserv, it is filtered by members to focus on community activities and advice like contractor recommendations. The new listserv allows members to discuss topics such as politics that are not appropriate for the DCV listserv.

You must ask to be put on **DCV Unfiltered**. So, it is completely your choice whether or not you want to participate. You may be added or removed at any time. If you want to try **DCV Unfiltered**, please email Ann Talty at admin@dupontcirclevillage.net.

Finally, we are also improving by expanding our cooperation with other villages in DC. You know about the cooperation among DCV, Northwest Neighbors Village and Palisades Village to share a case manager funded by a DC Office of Aging grant. We are trying to continue the case manager program by expanding it to include two more villages when the DCOA grant expires in September. I hope everyone enjoys their summer and look forward to seeing you in the fall. ■



New Members: Meet the Katzes

Sheldon and Audrey Katz were married in 1964, and settled in Silver Spring, MD. They raised three children, who in turn have produced eight grandchildren. They founded an accounting software company and worked together for many years writing software.

After their children were educated and flew the coop, they began their world travels. By 2005 they managed to visit all seven continents and since Sheldon always carries his cameras with him they have many lovely images to enjoy. Audrey has kept diaries of all their adventures. They spend their summers in western Maine and their children come to Maine from San Francisco, Washington DC and England.



In October 2016, they downsized and moved to Dupont Circle. It is a new adventure and they relish adventures and are very happy to be "in town" and enjoy the proximity to culture and entertainment.

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about by the post-World War II population "migration" from city to suburb. RSVP to Lucy Cooney: lucy1030@starpower.net
If you are interested in lunch beforehand in the atrium, let Lucy know. Nothing formal, just some social time with fellow Villagers.

Live & Learn:

Sleep As We Grow Older

Monday, July 24 3:30-5:00 pm

Church of the Pilgrims,
2201 P Street, NW
Dr. Richard E. Waldhorn, a clinical professor at Georgetown University Hospital, will discuss the definition of and physiology of sleep, covering normal changes due to the aging process and common disorders such as sleep apnea and insomnia.

RSVP to Linda Harsh: lindajkh@mac.com or at 202-234-2567

An Evening At Arena Stage

Sunday, July 30 7:30 curtain

This is the final performance of the acclaimed restaging of "The Originalist," starring Edward Gero as Supreme Court Justice Antonin Scalia. Discount tickets are \$62.25
RSVP to Lucy Cooney:

lucy1030@starpower.net then send your check, payable to Kathy Cardille, to Lucy at 1601-18th Street, NW, #904, Washington, DC 20009. Your ticket will be at Will Call at Arena.

17th Street Festival

Saturday, August 26 Noon – 6:00 pm

Celebration of 17th Street and its diversity of restaurants and retailers. The festival features an entertainment stage, 100 vendors, with more than 50 artists displaying everything from fine art to jewelry, ceramics to crafts, and every creative item in between. Other vendors include area nonprofit organizations, politicians,

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The ABCs of the DCV website

--- Ann Talty

July's column covers the basics about the DCV website and logging on. We will build on knowledge, learn, and have some fun. And I will be with you every step of the way.



Why would I want to look at our website? Without even logging on, did you know that you can see the calendar and events that are coming up under the tab "What's Happening"? Pictures of past events are under the tab "Library" just select "DCV Photo Highlights." While you're in the "Library" tab, select the actual Library to read old newsletters in the Newsletter Archive.

Why should I log on? So many reasons! When you are logged on, there is a whole area of the website available only to members. There's a tab at the top for "Members Only." Click on "Membership Directory" to get at the card version, which gives name, phone number and email. If you select "How do I" on the members tab, you can find out how to do several things: see the full member directory, ask for volunteer help, find a member-recommended contractor.

Tired of filling out online forms? This is a great reason to log on – if you register for an event, make a payment, or make a donation, the website has captured your information and will automatically fill in your name, address, phone and email.

What is our website name? <http://www.dupontcirclevillage.net/>

Don't know how to log on, or forgotten your username or password? If you would feel more comfortable having me walk you through the whole process below, I would be happy to do so (202-436-5252), or admin@dupontcirclevillage.net). Best time to reach me would be 10 a.m. - 2 p.m. any day except Thursday.

1. Click on the "Member Login" in the top right corner. If you know your username and password, go ahead and log in, and you're all set.
2. If you don't know or can't remember, click on "Forgot My Username/Password." In a few minutes, you will receive an email that gives you the username and a temporary password and instructions on how to create a password you can remember. Or call me! ■

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entrepreneurs, and local businesses. The kids' zone has activities for children, including a moon bounce, ball crawl, face painting, and games throughout the day. The pet zone brings together pooches, and other four legged creatures, from around the neighborhood to shop or adopt a pet. DCV will have a booth there. For more info on the Festival, go to <http://www.17thstreetfestival.org/>

DCV End Of Summer Ice Cream Social

Wednesday, August 30

3:00-5:00 pm

Friends Meeting House, 2111

Decatur Place

Get together and beat the heat with an ice cream social. We will be outside on the front lawn/patio and in the Terrace Room (don't want that ice cream to melt too quickly!)

Celeb Salon

Thursday, September 7

7:00-9:00 pm

Dr. Ricardo Salvador, Director, Senior Scientist, Food & Environment Program, Union of Concerned Scientists

Celeb Salon

Monday, September 11

7:00-9:00 pm

Leslie Bowman, President of the Thomas Jefferson Foundation ■



Speaking Truth to Power – Ruth Marcus

--- **Bella Rosenberg**

Ruth Marcus comes across as a kindly, approachable neighbor who is quick to share a laugh. Kindly and approachable she surely was at the sell-out Celeb Salon she headlined on June 21st. But as a columnist for the *Washington Post* specializing in American politics and domestic policy, her bird's-eye view of significant political and policy issues doesn't give her much to laugh about these days.

Marcus's column and frequent TV and radio appearances reach millions. You can't talk back to a column or to someone on TV or radio and expect to get an answer, so Villagers and other Salon guests were delighted to have the opportunity to plumb the depths of her astute observations, up close and personal. Not surprisingly, the questions immediately turned to politics.

Marcus has grave concerns about the conduct of this presidency, the state of politics, and the direction of policy, and has as many questions as we do about what this ultimately bodes for our democratic experiment. She, like many of us, says she's never seen anything like this. She is heartened, however, by how well the "press and civic institutions have risen to the job" during this unprecedented time. "I kind of think we'll get through this. But only kind of."

Asked about how she read the defeat of a Democratic candidate in a recent congressional race in Georgia, Marcus said she didn't view it as necessarily an endorsement of President Trump. "This was long a rock-solid Republican district,

and there was going to be a Republican winner. I think the Democrats made a mistake making such a big thing about it."

The talk turned to congressional redistricting practices and how they foment rigid partisanship. Some Villagers saw hope in some reform efforts underway, but Marcus was skeptical. She noted that, even if the efforts were successful, demographics work against the expectation of seeing meaningful change from drawing district lines less politically. "We've already sorted ourselves out politically and otherwise in many ways."

People were also curious about the impact of Amazon founder Jeff Bezos, the *Post*'s relatively new owner, on the paper. Marcus brightened on that question, saying that he's been great. After praising Donald Graham, the *Post*'s previous owner, for his sense of stewardship and courage in selling the paper, she observed that the infusion of money has been fantastic. "And Bezos is patient about seeing a return on his investment." She also noted that he doesn't interfere with the editorial side of the paper, and that readership has increased dramatically, domestically and internationally, thanks to the digital side, which she declared much improved due to new technology.

The warm, generous and gracious hospitality of **Lynn** and **Joe Horning**, the Salon's hosts, took the chill off Marcus's more chilling observations. And knowing that this intelligent, tenacious, independent-minded writer and commentator has a growing audience to which to speak truth to power gives one hope. ■

Remembering Angela Lopez

--- Iris Molotsky

Dupont Circle Villager, friend and neighbor **Angela Lopez** suffered a massive stroke and died at the age of 89 at the Washington Home and Hospice Center on May 27. Her loving family, daughter Adelaida, son Alejandro and his wife Margarita Uricoechea and her three grandsons, Rafael, Rodrigo and Julian Lopez-Urcochea, were with her during her brief hospice stay.

A few years ago, her daughter Adelaida, who lives in California, learned about DCV and thought her mother would benefit from membership so she stopped by the office when visiting her mother; she spoke to Executive Director Eva Lucero, and so Angela and DCV began a voyage of shared experiences, friendship and admiration. Indeed, it has become a shared family experience, as her daughter-in-law, Margarita has become an active participant in Village events, a delightful benefit for all of us.

Angela Lopez was a great walker and despite recent medical problems, she tried to get out almost every day. Her favorite destination was 16th Street—she loved the sound of the Foundry Church bells that ring every day at noon. She also was amused by the large elephant statue in the garden on the corner of 16th and S Streets.

When it became clear that her health was faltering, the Village put together a volunteer team that visited her regularly, took her to doctor's appointments and to concerts at the Library of Congress, Kennedy Center, and the Phillips Gallery, and read newspaper articles to her because of her failing eyesight.

Angela was a woman of great intellect, who loved music, art, and history and was eager to discuss national and international politics. When her eyesight began to fail, she switched to audio books from the Library of Congress. Each disc had a booklet containing a precis of the lecture and selected questions, which she and her volunteer team would discuss. She also followed the presidential campaign closely and had penetrating questions—most of which we were able to answer, but not always!



Her team—**Gerry Schwinn, Marilyn Newton, Sheila Lopez and Iris Molotsky**—grew to admire and love her. We will treasure forever our memories of shared cups of ginger tea and the sheer joy of being with her.

Angela, who was born and raised in Bogotá, Colombia, first came to the United States with her husband, Alvaro, who was a graduate student at Princeton University. After he graduated, they returned to Bogotá but returned to the US when Alvaro accepted a position as visiting professor at the University of Pennsylvania. Angela used the opportunity to resume her college studies. She recalled that during their stay in Princeton women were not allowed to matriculate but she could audit classes and use the library. Alvaro became ill and they returned once again to Colombia, where he died.

Following his death, Angela returned to Bogotá and finished her degree at National University, where she taught ancient history. She returned to the United States in 2009 to be close to her son and his family. She grew to love Washington and despite failing eyesight and hearing loss in the last two years, she remained vibrant, interested in what was going on around her, and retained a curiosity about world affairs as well as the people who were part of her daily life. ■

September Salons: Science and Service

-- *Lindsey Holaday*

SCIENCE

Scientific research, and science generally, appear to be low priorities in the current Administration. Scientists have been dismissed from the Science Advisory Board, the Science Office is closed and the position of Science Advisor to the President is still unfilled. In September, two CelebSalons feature career scientists who can speak to what is happening, and what is not.

Thursday, September 7 - Dr. Ricardo Salvador, Director of Food and Environment at the Union of Concerned Scientists

Dr. Salvador is a leader in sustainable agriculture and was an early advocate for community farming. He has been working with citizens, scientists, economists and politicians to formulate a national food policy.

If you wonder about GMOs in food production, the deregulation of pesticide use, tension between agribusiness and small farmers, the meaning of the explosive growth of farmers markets throughout the country, or if you just want to learn more about what you're eating, come to dinner and find out.

Along with his colleagues Mark Bittman and Michael Pollan, Dr. Salvador supports the Good Food movement, a steadily growing coalition of small farmers, rural citizens and consumers who want a more healthful, equitable and sustainable food system.

Dr. Salvador has appeared on MSNBC and has been quoted in *The Boston Globe*, *The New York Times*, *Politico* and many other outlets. Dr. Salvador was named a 2013 NBC Latino Innovator and received the James Beard Foundation Leadership Award in 2014.

Tuesday, September 26 - Dr. William Hearl, President, Immunomic Therapeutics

Have you ever met a medical entrepreneur? Do you know how someone with an idea for a cutting-edge medical solution raises money to finance the research and then moves it along to the marketplace? You can get a behind-the-scenes look at this complex process from Dr. Hearl, whose biotech startup is researching new immuno-therapies with the potential to transform the way allergies and other conditions are treated. He is working with leading medical schools on an immunology technology that could offer new treatment for many ailments, ranging from brain and some other cancers to common allergies suffered by millions of people around the world.

The technology is also being studied for treatment in animals, so your dog or cat could be helped, too. Come discover when these therapies could hit the marketplace.

SERVICE

With so much talk about "The Swamp", it is useful to remember that public service has been a principle of American

government since its beginning. To help us reflect on Thomas Jefferson's quote: "There is a debt of service due from every man to his country, proportioned to the bounties which nature and fortune have measured to him.", we offer two Celeb Salons.

Monday, September 11 - Leslie Bowman, Director, Thomas Jefferson Foundation

More than 25 million people have visited Thomas Jefferson's famous home, Monticello, but how many know that his legacy extends far beyond the house? He had the courage to found a country, the taste of a gourmet and the wisdom of a visionary. This brilliant and complex man embraced both liberty and slavery, public service and retreat, a global vision and strong states' rights. His writings and ideas remain an important American civics lesson, highlighted each year with a naturalization ceremony for new US citizens held on Monticello's lawn. The Thomas Jefferson Foundation, established in 1923, owns and operates Monticello and 2500 acres of the estate's original 5000 acres. The property houses a research facility, an educational center, an arboretum for historical botanical study, acres of recreational biking and hiking trails, and so much more. Jefferson has inspired generations of international scholars and citizens. With our country so divided, what insights could he offer?

Wednesday, September 20 - Carrie Hessler-Radelet, Director, Project Concern International, and former Director, Peace Corps

Wars, refugees, global unrest, budget cuts, pro-American sentiment, anti-American sentiment, political polarization - does any of that sound familiar? The Peace Corps, a signature program of JFK's presidency, has survived all of those things, through 10 administrations, sending more than 250,000 American volunteers to 141 countries. Have you ever toyed with the idea of joining the Peace Corps? Or wondered how they keep all those brave volunteers safe? What is the Peace Corps doing these days?

Ms. Hessler-Radelet led the Peace Corps as it has grown and adapted to changing world needs, creating programs addressing the environment, disease prevention, computer literacy and entrepreneurship, among others. American citizen-ambassadors are needed today more than ever. No longer just for twenty-somethings, the modern Peace Corps accepts young people and retirees, singles and couples.

Come hear the stories about one of our country's most enduring organizations. It will renew your faith in People Power... and maybe you will want to join!

Register for one or all of these on our website: <http://dupontcirclevillage.net> and select the CelebSalons tab. ■

Are Your Medications Safe?

--- Joan Ludlow

"Any symptom in an elderly patient should be considered a drug side effect until proved otherwise." **

The June 26th monthly Dupont Circle Village Live and Learn Seminar, featured Dr. Jen Wolfe, a Board Certified Geriatric Pharmacist, who reviews medications taken to insure they are the most effective, appropriate and safest for you. In her talk, Dr. Wolfe clarified some common misconceptions and outlined the pitfalls of prescribed medicines. Dr. Wolfe's presentation and her answers to questions indicated that today medical practice needs to be monitored by the patient. The patient must become a participant in their own care since the doctor's average appointment is 7-10 minutes and often there is no coordination regarding a patient's care and the drugs they take.

All medical personnel and institutions speak to the patient, but not to one another e.g. your specialty physician(s) don't always communicate with your primary care physician and the hospital may not communicate with physician(s). There also may not be coordination regarding prescriptions. Dr. Wolfe advised that you should always bring an up-to-date list of your drugs when visiting doctors, hospitals or any medical facility or personnel.

Because 92% of older adults have at least one chronic illness, if not two, they often take a minimum of 4-5 drugs daily. Drug interactions can be as high as 50% for those taking five or more a day. With that number of drugs, and no coordination, it is quite possible that se-

rious side effects occur. The patient may find that these drug side effects are then misdiagnosed and treated with further prescription drugs.

Dr. Wolfe counseled that you must educate yourself about your condition and medications, keep focused on your chief complaint, stay in communication with your doctors and ask questions about the dosage of your medication e.g. Is the dosage appropriate for my age and weight? What are the side effects? And, can my illness be treated without drugs? You should also consider having a periodic comprehensive medication review.

Dr. Wolfe also reviewed money-saving tips for purchasing drugs, e.g., coupons from the manufacturer and the time line for taking the prescription (some prescriptions are automatically renewed through the pharmacy without checking with the doctor).

Finally, she spoke about the use of medical marijuana for such conditions as chronic pain, fatigue or depression. Although the rate of marijuana use has greatly increased among the elderly during the last decade, when asking your doctor about this type of treatment, keep in mind that there may be adverse effects that may worsen your medical condition e.g., lowered blood pressure or abnormal heartbeat.

For further information Dr. Wolfe can be reached at Jen@DrJenWolfe.com. She also has a website: www.DrJenWolfe.com. ■

**Brown University Long-term Care Quality Letter, 1995 Dr. Jen Wolfe presentation.



---Judy Silberman,
Yoga Master

A number of my students have taken me up on my idea of packing a tennis ball in their vacation suitcase. Even in a small hotel room, you can sit on a chair or lie in bed to follow some of my suggestions or create new ones. Place the ball under your right buttock and squirm around to find the center of the gluteus muscle; it will be tender, so put as much pressure as you like. Take 3 full belly breaths, remove the ball, and relax, allowing fresh blood to replace the stale blood the ball displaced. Do the same on the left side. Placing the ball under calf muscles and then under the thigh (hamstring muscles) will stretch and massage those, which may be well-worn from a long walk or hours sight-seeing. Easy and helpful. Happy July and safe travels. ■

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To shop at AmazonSmile simply go to smile.amazon.com. On your first visit to AmazonSmile, select Dupont Circle Village to receive donations from eligible purchases (you will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages). Every eligible purchase you make will then result in a .5% donation. If you bookmark it, you can then be sure you're on the Smile site rather than just the regular Amazon site.



Out & About



June Birthday Tea Celebrants!
Back row: Sandra Yarrington, Joan von Drehle;
front row: Ceceile Richter, Bené Durant, Marie Marcoux.



Caroline Mindel, Beth Merricks & Lucia Edmonds at the Co-Sponsored DCV/WNDC program on June 27 at the WNDC. The program topic was "The Most Influential Women World Leaders You Have Never Heard Of." The speaker was Richard O'Brien, author of "Women Presidents and Prime Ministers."

Where Are They Now?



Irv and Iris Molotsky visting Termoli, a seaside town on the Adriatic coast in Italy. It's a 16th century fortress city, with a wonderful stone basilica/cathedral.



Kenlee Ray and her grand-niece Emily in Zambia volunteering for the Lubuto Library Partners pictured with the group of Lubuto staff at the Mumuni Library near Monze in the Southern Province



Kenlee Ray and Emily in Victoria Falls. You can follow their trip at Emily's blog, rayipsa.blogspot.com



---Lois Berlin

Spiced Ground Beef Sandwiches (Kheema Paav)

Several years ago my nephew gave me a cookbook entitled 660 Curries by Raghavan Iyer. I have been steadily working my way through this wonderful resource and have about 80 recipes under my belt so far!! One of our favorites is a variation on sloppy joes. It calls for ground beef, but I tend to use ground lamb or a combination of lamb and ground turkey. I also make my own garam masala but you can buy yours at most grocery stores in the spice section. Garam masala translates to house spice and we tend to turn up the heat on ours!! You can also do that by increasing the number of chilis you use. This is a great dish when you have lots of folks to feed and you want to have your meal prepared in advance.

Ingredients

2 Tbsp canola oil	2 Tbsp tomato paste
1 tsp cumin seeds	1 tsp garam masala
1 cup finely chopped red onion	1 tsp coarse kosher or sea salt
2 large cloves garlic, finely chopped	8 ounces lean ground beef
2 slices fresh ginger (2 inches long by 1 inch wide and 1/8 inch thick), finely chopped	2 Tbsp finely chopped fresh cilantro leaves and tender stems
2 fresh Thai, cayenne or Serrano chilies, stems removed and finely chopped (do not remove seeds)	4 Buns for serving (I like brioche, but any bun will do)
	1/2 cup finely chopped scallions (green tops and white bulbs) for sprinkling

1. Heat the oil in a medium-size skillet over medium heat. Add the cumin seeds and let them sizzle until they turn reddish brown and smell nutty, 10-15 seconds. Immediately add the onion garlic, ginger and chilies. Stir fry until the onion is light brown around the edges, 3-5 minutes.
2. Stir in the tomato paste, garam masala, and salt. Reduce the heat to medium-low and simmer, partially covered, stirring occasionally until there is an oily sheen on the surface and around the edges of the sauce, 3-5 minutes.
3. Break up the ground beef, if necessary and add it to the skillet along with the cilantro. Cook, uncovered, stirring occasionally, until the meat is partially cooked, 5-10 minutes.
4. Stir in 1/2 cup water and continue simmering the kheema, covered, stirring occasionally, to let the flavors mingle, 5-8 minutes. Remove the pan from the heat and keep it covered so the kheema stays warm.
5. At this point you can prepare the buns. The recipe says to butter the buns and toast them on a griddle. I usually just toast them under the broiler or in the toaster oven. It's up to you if you use butter on the buns or, for a healthier version, leave the buns plain.
6. To serve, place the bottoms of each bun on a plate, spoon a liberal serving of kheema onto each bun, top with a sprinkling of scallions and top with the other half of the bun. Another variation is to serve the kheema with warm pita bread and scoop it up with your hands. It's messy but so much fun!! ■

Have a good summer! Newsletter resumes in September

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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