

DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“

We are all jittery animals who doubt ourselves.”

— Dear Polly, advice column

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Welcome New Members!

Robert Eilertsen
Bob McDonald and
David Insinga
Joy Rodman
Gloria Valle

Don't Give Up Yet, I'm Sure There's An Advice Column to Help!

Americans are unique in their yearning for advice and their elevation of the advice columnist. The British have “agony

*By Eva M. Lucero,
Executive Director*

aunts”—their equivalent to advice columnists—but rarely do they reach the prominence like their American counterparts. Advice columnists in the United States have long had celebrity status, which in some cases has reached stratospheric levels because of the internet.

They wield power and influence that escape many other professions.

Over the last 300 years, the advice column format has been remarkably stable—readers send in questions (often anonymously) and columnists respond with instructions, straightforward answers or a referral. Historians credit the *Athenian Mercury*, a publication from the Athenian Society in 1691, for establishing the advice column format. During this period, questions sent to the advice columnist were exclusively from men and typically concerned science and religion, e.g. “Were there any men before

Adam?” The focus of advice columns, and eventually the inclusion of women as advisers, evolved with changing societies. The *Bintel Brief*, an advice column geared towards Eastern European Jewish immigrants at the turn of the 20th century, helped thousands of immigrants who settled on the lower eastside of Manhattan with the many struggles of living in a new country.

Most questions in the *Bintel Brief* concerned how to cope with chronic homesickness, loneliness, tuberculosis and unemployment. The *Bintel Brief* also had



a curious sub-category necessary because of the number of abandoned wives seeking advice. The *Gallery of Missing Husbands*, was created and showed grainy pictures of men who upon arriving in New York suddenly abandoned their families.

By the middle of the twentieth century, Pauline (Popo) Friedman Phillips, a California housewife with a fondness for mah-jongg, emerged as the advice columnist Dear Abby. Popo was instrumental in transforming the advice column from a some-

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10th Anniversary Gala

The Embassy of Haiti opened its doors for DCV's 10th Anniversary Gala where 150 members and friends gathered to celebrate a wonderful and memorable evening. Our embassy hosts were warm and gracious and the art collection was superb. Delicious creole cuisine did not disappoint and the auction items and Celeb-Salons created a buzz. Haitian hospitality and the DCV community spirit supported the words spoken by Karl Racine, DC's Attorney General, "You are people of good will, lending each other a loving hand, not only in times of need but also during celebratory times such as these!" Indeed.



Eva M. Lucero, Executive Director, Karl Racine, DC Attorney General, Dave A. Fils-Aimé, Director, Culture and Education Section, Embassy of Haiti



Iris Molotsky, Gala Chair



Steve Kittrell, DCV President



Don't Give Up Yet, I'm Sure There's An Advice Column to Help!

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what Puritanical genre into a more open forum that addressed a range of personal questions with a zing or a sassy twist. Through the Dear Abby column, one could see a changing American society. At her death in 2013, her column was syndicated in 1,400 newspapers with 110 million readers and received more than 10,000 letters and e-mails a week.

Up until about 1995, most advice columnists reached their audiences through newspaper syndication. With the explosion of the internet, a number of experts (some dubious and some that pushed new social boundaries) appeared almost overnight including: Dear Ann Abler; Ask Book Therapist; Dr. Ruth; iAsk a Mexican!;

Savage Love; Dear Sugar; Dear Prudence; Ask a Manager; Captain Awkward and many more. Dear Abby's advice on toilet paper direction (one of her most popular columns) seems dated and tame compared to the range of questions now populating internet advice columns. Many are niche columns catering to marginalized communities such as undocumented youth, LGBTQ, disabled seniors, trafficking victims, prisoners, religious groups, etc. However, there has also been a blending of many of the issues these communities face into the mainstream, e.g. what do I do about seating charts at my [gay, Latino, mixed race, etc.] wedding?

Why do we find advice columns so appealing? What makes someone qualified to dispense advice? There is no advice columnist certification and few spend any time trying to convince anybody of their qualifications;

readers don't seem to need or ask for it. According to Jessica Weisberg, author of "Asking for a Friend: Three Centuries of Advice on Life, Love, Money, & Other Burning Questions from a Nation Obsessed" advice columns allow people a chance to let down their guard and ask questions anonymously. Throughout her research, Weisberg said she came across the same universal inquiries time and time again: How do you cope with the loss of a loved one? How can you tell if someone likes you? How can you know yourself? These questions underscore that while a particular advice columnist from the past might not seem relevant today, all advice-givers were addressing fundamental human emotions and typically shared tips and strategies on how to love more, be brave and be yourself.

Out & About with DCV

April Birthday
Tea Celebrants
Back row:
**Robert
Hardgrove,
Dean Pugh,
Ted Bracken,
Jeffrey Paine**
Front row:
**Margot Polivy,
Faith Williams**



Steve Kittrell
and his
friend Will
Tysse enjoy
their 15th
Nationals
opening day.

▼ Village President Emerita **Peggy Simpson** (right) and Health & Wellness Committee Member **Lucia Edmonds** organized a Village session with the tasty title: "Cook, Eat and Be Healthy," the first of four such sessions, at Peg's art-filled home on April 11th. As Lucia described the event: "This is not a look and be-served course: it is a course where you will participate in cleaning, prepping, measuring, cooking, serving, savoring and cleaning up—very hands on. Best of all, you will also get to eat your lessons!" Villagers **Ann von der Lippe, Nancy Turnbull** and **Pender McCarter** learned their lessons well.



◀ It's 3 a.m. do
you know
where other
Villagers
are? **Ann
McFarren** and
Bill Roberts
outside the
Kennedy
Center
waiting to
buy Hamilton
tickets
for Ann's
granddaughter.
There was a
hyperthermia
alert that night.
They got the
tickets!



▲ **Carol Galaty** and **Ken Shuck** hosted their annual Village Seder on Passover. All 17 invitees participated. There was lots of talk, learning, laughter, and good food. Carol thought that the best part of the evening was when they had gone through the Haggadah, everyone identified some problem in our present society that we need to fix to make us truly free of fear and able to live in freedom. People named things ranging from gun violence, climate change, respect and support for immigrants and helping the homeless find homes. It was a lovely time with lovely new and old friend.

Monthly Calendar

CELEB SALONS

Tickets and information about time and location on the DCV website

- Monday, May 7— Jack Farrell, Author,
Richard Nixon: The Life
- Thursday, May 10 — Doris Meissner,
former INS Commissioner,
Migration Policy Institute
- Tuesday, May 15 — Tom Wheeler,
former FCC Director
- Wednesday, May 16 — Molly Smith,
Artistic Director, Arena Stage
- Thursday, May 17 — John Kelly,
Columnist, *Washington Post*
- Tuesday, May 22 — Richard Painter, Ethicist,
George W. Bush administration
- Wednesday, May 23 — Ann Hornaday, Movie Critic,
Washington Post

Tickets are also available for the June Salons:

- Friday, June 1 — Judith Viorst, Author
- Saturday, June 2 — Dan Balz, Chief Correspondent,
Washington Post
- Monday, June 4 — RisLacoste, Restaurant Owner
- Thursday, June 28 — Jauvon Gilliam,
Principal Timpanist, NSO

POETRY SEMINARS BY SUSAN MEEHAN

In March, the first of Susan's three poetry seminars sponsored jointly by the DCV and the Friends Meeting of Washington created a poetic outburst through a combination of exercises, personal readings, and discussions on how to express one's feelings through poems.

Susan's poetry sessions are supported by an exploratory grant from the DC Commission on the Arts and Humanities to encourage seniors to enhance the quality of their lives through the writing of poems to express their feelings and ideas. However, writers of all ages and from all parts of the city are welcome to attend each session.

Palisades Senior Village will host the next two:

Friday, May 4 and Friday, June 1, 11:45 a.m.-1:45 p.m.
Grand Lodge of DC, 5428 MacArthur Boulevard, NW

Dupont Circle Village will host on

Friday, June 8, 12:00 noon-2:00 p.m.
Friends Meeting of Washington, 2110 Florida Avenue, NW

Waterfront Village

June date will be announced later



Through a grant from the Lyft Community Foundation, village members can ride Lyft for free to and from any of Susan's workshops. It can be used to attend the DCV events as well, given difficulty of parking near Friends Meeting and for those attendees who have mobility issues. The free ride service is administered through Lyft's Concierge Business service; to schedule a ride contact Robert Bettmann at Robert@Dayeight.org at least 24 hours before you want the ride. The service is offered for rides to and from events.

Please contact Bob Meehan bobmeehany62@gmail.com or at his cell 202 815-7321 for information and assistance to register and attend.

TECH TUESDAY

Tuesday, May 15
11:00 a.m.-12:30 p.m.

La Tomate Caffe, corner of Connecticut and R

Bring your questions and your latest tech purchases/ discoveries to share. Ken Shuck, Rob Finkel and other tech-smart Villagers will be there to help, should you need it. Come for breakfast or coffee, possible solutions and good company. RSVP to Lucy Cooney at lucy1030@starpower.net

ARENA STAGE: SNOW CHILD

Wednesday, May 16, 7:30 pm

Cost: \$58

RSVP: DCV Office (202) 436-5252

Join other DCV members to enjoy a brand new musical at Arena Stage. Eowyn Ivey's debut novel *The Snow Child*, a finalist for the Pulitzer Prize, is reborn as a magical new musical featuring a score that combines Alaskan string-band traditions and contemporary musical theater. The 1920 Alaskan wilderness is a brutal place to try to save a marriage. Reeling from the loss of an unborn child, Mabel and Jack struggle to rebuild their lives even as the fissures between them continue to widen.

But everything changes suddenly when they are visited by a wild, mysterious girl who embodies the dark woods that surround their cabin. In this beautiful and violent

Monthly Calendar



land, things are rarely as they appear, and what the snow child teaches them will ultimately transform them all.

Please send or bring \$58 per ticket to the DCV Office, made payable to DCV. No tickets will be ordered until the money is received. You will pick up your ticket at the box office on the day of the performance.

SENIOR MATINEE AT THE AVALON

Thursday, May 17
10:30 a.m.

\$5.00 gives you an opportunity to enjoy a first-run film at Washington's only non-profit movie palace — in Avalon 1 on the Big Screen. Two recent offerings were "I, Tonya" and "Molly's Game," both award nominees/winners.

This happens on the third Thursday of every month, so think about making it a regular habit. Ice cream, popcorn or a pecan sticky bun for a guilty-pleasure breakfast (costs extra but worth it)!!

Listing in the Washington Post or on line at the Avalon website, www.theavalon.org will tell you what's playing. You might also be interested in signing up for their newsletter.

DCV MOVIE DISCUSSION GROUP – USUALLY THE THIRD THURSDAY OF THE MONTH (MAY 17) SO SAVE THE DATE

Look for the particulars in an upcoming Friday e-blast.

SOUP SALON

Sunday, May 20
6:00-8:00 p.m.
1760 Swann Street, NW

Guest: Wendell Swann, a retired lawyer with an enduring avocational passion for rugs and textiles. He has very actively collected and studied textiles since 1968, is a frequent lecturer as well as an organizer of conferences and symposia in the US and Europe, and is a Trustee of the Textile Museum at GWU.

Offers of soup, bread, dessert or beverages are welcome but not necessary to attend. Please coordinate with Caroline Mindel and RSVP carolinejmindel@gmail.com or at 202-271-1760.

LIVE & LEARN

Monday, May 21
3:30-5:00 p.m.

Topic: What do you Need to Know to be a Savvy Senior Traveler?

Do you need to purchase travel insurance? What's the

best time of year for seniors to travel? What should you pack? What do you need to know about traveling with medications? Which travel companies best accommodate solo travelers? Matthew Phillips, the Director of Travel for AARP, will answer these questions and provide additional travel tips for seniors at Dupont Circle Village's May Live & Learn Seminar.

Mr. Phillips will speak from 3:30 to 5:00 p.m. on Monday, May 21 at the Marie Reed Community Learning Center, 2201 18th Street, N.W. in the Living Room. The facility is wheelchair accessible.

RSVP: Register online or contact the DCV office by May 18. (202-436-5252 or admin@dupontcirclevillage.org)

HAPPY HOUR

Tuesday, May 22
5:30-7:00 pm
El Tamarindo
1785 Florida Avenue, NW
(at intersection of 18th St., U St., and Florida Avenue, NW)

Come celebrate *el veintidos de Mayo* with us at *El Tamarindo*. (We'll miss *cinco de Mayo*, but any occasion featuring good conversation along with good food and drink is worth celebrating.) It's Taco Tuesday with tasty tacos for \$3 and margaritas for \$5 plus happy hour specials. Salud!

RSVP: [Register Online](#), or contact admin@dupontcirclevillage.net or (202) 436-5252

THE FRENCH CHALLENGE

Tuesday, May 22
4:30-6:00 p.m.
1910 S Street, NW — home of Carol Galaty and Ken Shuck

The French Challenge, held on the 4th Tuesday of every month, is for DCV men and women as well as their friends, who are native French speakers or enjoy an opportunity to use the French they have learned. The challenge is to have some fun using French. The Group meets to discuss issues in French as well as to enjoy French food and drinks and we will have periodic outings together to the theater and restaurants. At each gathering one member gives a short presentation on a topic that the group selected the previous month and then general discussions follow on that presentation and such topics as events and travel adventures, things happening in our lives, and French music/songs/poems/plays.

RSVP: carolgalaty@gmail.com or call her at 202-232-7259

President's Notes



This month, I want to continue the discussion about the DCV Strategic Plan for 2018–2020. The third prong of the plan is **Solidifying The Village's Future Membership And Operations.**

The Strategic Plan starts with noting an important fact that might be overlooked. One of the strengths of our Village is having a broad age range among our Members. The Strategic Plan acknowledges that making our Village attractive to individuals in all age groups is a key to sustaining the long-term viability of the Village. There are instances, including locally in the Washington area, where Villages have struggled as their original members age and the Village is unable to get new, active members to carry on the Village's work.

That is why it is fitting that the first task under the Membership portion of the Strategic Plan is to support our Next Gen 2.0 membership recruitment and activities. New members who have joined as Next Gen 2.0 account for about 15% of our current membership and a higher proportion of members in the last two years. Many of them are still working and provide DCV with an energetic group of new members. Consistent with the Strategic Plan, DCV has provided new funding for the Next Gen

2.0 Committee's work. The efforts of Mary McIntosh in leading this Committee have been critical to this success. The Strategic Plan shows our intent to provide additional support for this innovative and crucial program.

Equally important, the Strategic Plan makes clear that DCV must support the activities of our Membership Committee in recruitment and retention. Under the leadership of Abigail Wiebenson, the Membership Committee is the most active Committee in the Village. With a membership of about 10 people, the Committee usually meets weekly. As envisioned by the Strategic Plan, DCV has provided new dedicated funding for the numerous activities of the Membership Committee, including recruitment and new member events and the monthly birthday teas.

Another goal of the Strategic Plan is to expand our Open Village membership for those with limited financial means. Open Village members are about 15% of our membership and pay reduced or no membership fees. In our 2017 year-end fundraising, with the aid of a match from an anonymous donor, we raised enough money to subsidize an expanded Open Village program for all of 2018. If you know of a potential new DCV member who has financial limitations, please contact Eva Lucero to discuss whether the Open Village program could be an alternative for that person.

The Strategic Plan also calls for DCV to expand efforts for membership retention to increase the number of long-term members. While we have an excellent retention rate, we do not want to lose focus on the importance of making sure that DCV is serving our existing members as well as we can. The Strategic Plan also notes that a growing Village with expanded activities will require a continuing focus on staffing and leadership support.

Next month, the final part of the Strategic Plan: **Solidifying the Village's Financial Base.**

It Takes a Village Care Group!

Iwonder if you know what a care group is. I didn't until I asked volunteer coordinator **Mike Gould** if he could find me drivers for my exercise classes 4 days a week. I am mostly very healthy, but I have

By Gretchen Ellsworth

Parkinson's disease. There is no cure, but doctors say exercise, the more

the better, is the best single defense. I got to get to those classes!

But catch-22, I also have a bad

leg, walking is hard and slow, I can't drive, and buses, taxis and ride-share all have big disadvantages. Enter Mike who said "We can try". Barbara Scott, DCV's case manager assembled a team of five members: **Jeanne Downing** who keeps the schedule, **Carol Galaty**, **Bob Harlow**, **Lex Rieffel** and Gerald Schwinn.

As for me, I get amazing benefits. Tops is making new friends and enjoying the social interac-

tion in the 20 minute ride. Another blessing, the team now knows the kind of help I need, where to pick me up and let me out, how I get in and out of a car, or a building. They honor my efforts at independence, but not so far as to let me hurt myself. I save on taxi fares too, for which I am very grateful.

I wanted to recognize their sheer good-heartedness. What else? A party!

We gathered at my home and I learned one more thing — it's a really fun group!

How Comfortable Are You with a Checkless/Cashless Society?

By Pender M. McCarter

On my first trip abroad in the summer of 1971, I was stunned to see one of the world's first automated teller machines (ATMs) outside of a brick and mortar bank in London. In 1975, I was editor of EFTS Industry Report, perhaps the first newsletter in the United States on electronic funds transfer which focused on public policy and regulation in electronic banking. Who knew that almost 45 years would pass before our country is becoming a checkless/cashless society!

This Month's DCV Member Poll

Electronic deposits are commonplace — from our Social Security deposits to tax refunds. In addition to ATMs, we deposit checks with our smart phones — not to mention buying coffee at Starbucks and even Street Sense newspapers from the homeless. We can use plastic credit and debit cards for virtually any purchase — literally soup to nuts! With the added security of a chip in each credit and debit card, which Europe added years before the States, signatures are no longer required on many cards at checkouts — even for large purchases.

Now, to the survey. How comfortable are you with a checkless/cashless society:

- 1) Do you deposit and withdraw funds from an ATM?
- 2) How extensively do you use your credit/debit card in place of cash?
 - a) Never
 - b) Almost Never
 - c) Frequently
 - d) Very Frequently
- 3) Do you use an automated banking service to pay bills and/or transfer money between accounts?
- 4) Do you have an account in an online bank, such as Ally or Discover, in addition to or in place of a brick and mortar bank?
- 5) Do you use a smart phone app to make and/or receive payments?
- 6) Do you keep cash on hand, perhaps in small bills, in case of an emergency?

Please send your responses to me at pmmccarter@verizon.net. I'll summarize results without identifying respondents in the May newsletter.

Where Are They Now?



▲ **Kathy and Alex Jordan** recently returned from a cruise on the Adriatic. This photo was taken at the Acropolis in Athens.



▲ **Gillian Lindt and Bill Roberts** in the Alta Ski Lodge (Utah). The two of them met for lunch as their ski trips overlapped in February.



▲ **Joe Auslander and Barbara Meeker** on a trip to Cuba in early March. In this picture they are in the town square in the city of Sancti Spiritu, in front of a poster display of photographs showing crowds at the funeral of Fidel Castro in 2016.



▲ **Carol Galaty and Ken Schuck** were recently in Pennsylvania where they spent touring Winterthur, the Longwood Gardens and the Brandywine River Museum. This picture is in front of Andrew Wyeth's painting — his tribute to the important people and place in his life that he painted at age 70.

A Treasure Island in Cyberspace

As California gold rush diggers purportedly said, "There's gold in them thar hills!"

Well, maybe no longer in those hills, but certainly on the D.C. Public Library website. All you need to access the treasures there is a library card and a computer.

This was the take-home message from Lisa Friedman, a retired Washington lawyer and expert on the 21st Century public library, at the March 26 Village Live and Learn Seminar.

True, you do have to go to your local public library in person and show your driver's license to obtain a library card, Friedman admitted. But after that, the librarian will set up a library online account for you that you can use at home on your computer.

You can do all sorts of nifty things with your new online account, she reported. You can search the library's book catalog by entering author, book title, or subject. You can put books of interest to you on hold, and when they become available, the library will notify you via your e-mail address. The library will also give you a heads up before your books become due. You can renew books online.

In addition to using your new library online account to manage hard-copy books you want to borrow from the library, you can deploy it for more sophisticated tasks, Friedman continued.

For example, you can access e-books with it. (Imagine reading James Michener's *Tales of the South Pacific* on your laptop.) You can access e-magazines with it.

You can stream videos with *Kanopy*, the D.C. Public Library's new video streaming service. You can stream jazz, classical, spiritual, and other types of music. "The D.C. Public Library has a huge opera collection," Friedman observed. Imagine all the money you could save by streaming operas instead of paying \$200 a pop



to enjoy them at the Kennedy Center, she proposed.

Although Google is great for online research, your public library online account makes still other cyberspace databases available to you. One of the databases is the ProQuest National Newspaper Web site. You just type in the newspaper article title or subject you want to search. This is a good platform to visit if you are the Web mistress for your book club and want to read reviews of various books, Friedman suggested.

And suppose you want to improve your computer skills. You can use your public library online account to either access e-books or stream videos on the subject.

"This seminar was wonderful," **Fred Gladstone**, one of the Villagers present, later commented. "I thought the public library's website was just for getting books. The download and streaming features were new to me."

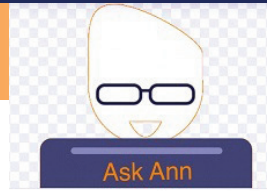
"The seminar was excellent," another Villager present, **Ann von der Lippe**, concurred. "Lisa Friedman was a good presenter and told us a lot about what we can do with a library card and a computer. I think the next step is going to be the difficult one – using her guide and teaching our-

selves how to do all (or some of) the things she told us about."

"Lisa did a good job explaining the technical aspects of using public libraries' online resources in a way that I think most folks there were able to understand," Villager (and techie) **Ken Shuck** observed. "And her hand-out is fantastic. It gives you detailed information about how everything works. This alone would have been worth going for. What I did learn was the depth and breadth of the electronic materials the various libraries possess and the relatively easy (it seems) way it is to search and access that data. I also was not aware that D.C. residents could easily get library cards/accounts with other adjacent jurisdictions. Bottom line: It was well worth my time, and I cannot wait to have the time to start exploring these library resources."

(Lisa Friedman said that unfortunately, because of various commitments, she would not have time to answer any e-mail questions from Villagers regarding her talk. To learn more about the D.C. Public Library's online resources, either visit the library's Web site – www.dclibrary.org – or talk to a librarian, Friedman recommended.)

Safe Cyber Tips



By Ann Talty

When you're on the web, it is always good to remember some general safety rules. Nothing is 100% secure, but avoiding certain pitfalls keeps the odds in your favour.

Avoid unsecured Wi-Fi unless you just want to browse. It's great that so many places have free Wi-Fi, but you really don't want to order something online while sitting in your local Starbucks or McDonalds. You are among strangers there who are also logged in.

Most websites have a level of security. Look at the website address bar in your browser: there should be an icon of a lock, and it should start with "https://" Some are set up like ours, where it isn't secure until you

start to log in or pay for something (we're working on that).

Facebook has been in the news a lot. I turn off or otherwise limit every single setting or privacy category. I was really surprised to find the settings for ads and for apps and websites — I deleted most of the items. A big no-no — do NOT make your birthday public. Yes, it is nice for friends to get reminders of your birthday, but that is a key piece of information for hackers.

There are a lot of quizzes on Facebook. Fun, but not secure. Recently there have been posts asking seemingly innocuous questions: like what was your first car, the name of your pet, the name of your 1st grade teacher, and many similar questions. You should recognize these questions because they are common

security questions used on websites when you register. They are fishing for information — do NOT give it to them.

Should you save your credit card information on a website? It is really convenient, but not necessarily best practice. A friend of mine has a card that she only uses for website transactions. It is much easier to catch and cancel if it is hacked.

User ID and passwords: they are a pain, I agree. There are many password keeper programs that the tech group can tell you more about than I can (go to a Tech Tuesday). At home, I do have a list to keep track of them, partly so that if something happens to me, my brother would be able to get access. Don't tape it to the computer, though!

Marcy Logan and the Swann Street Gallery

By Eva M. Lucero

Originally from Ohio, Marcy Logan first arrived in Washington DC in 1963 and stayed for a

Member Profile

couple of years before heading back to Ohio to finish college.

She was enamored with DC's art and architecture and returned in 1969 and has been here ever since. She initially lived on Capitol Hill but eventually found that the Dupont Circle neighborhood was more to her liking. She worked as a real estate agent but soon realized that she was "my own best client" because she would end up purchasing the houses she was supposed to be selling. She enjoyed renovating them and has kept a few of them that she



now manages and rents.

In 2012, Marcy met Daniel Kuhn, the son of Robert E. Kuhn, a depression era WPA artist who had become disillusioned with the Washington gallery scene. In 1966, he relocated to a deconsecrated church in Tanners Ridge, Va., where he became reclusive and largely stopped selling

his work but continued to create art. When he died in 2000, he left a very large artwork estate to his sons. Daniel suggested to Marcy that she turn her spacious Swann Street home into an art gallery. She opened Swann Street Gallery that year and the gallery is chock full of Robert E. Kuhn's small & large figurative drawings, small and large abstract, acrylic paintings as well as wood and welded steel figurative and abstract sculptures. Swann Street Gallery is a must stop on the monthly Dupont Circle First Friday Art Walk.

A lifelong outdoors enthusiast, Marcy spends a lot of time in the Shenandoah Mountains. In addition to being a Dupont Circle Citizens Association's board member and actively organizing their annual house tour she maintains two neighborhood gardens, in and around T Street NW.

Classic Deviled Eggs



By Lois Berlin

Nothing speaks louder than summer is approaching than deviled eggs!! Whenever I visit my high school friend Janet, she has a couple of dozen waiting because she knows how much I love them. Here's a simple recipe from the Food Network that is sure to please.

Ingredients

6 eggs
1/4 cup mayonnaise
1 teaspoon white vinegar
1 teaspoon yellow mustard

1/8 teaspoon salt
Freshly ground black pepper
Smoked Spanish paprika, for garnish

Directions

Place eggs in a single layer in a saucepan and cover with enough water 1 1/2 inches above the eggs. Heat on high until water begins to boil, then cover, turn the heat to low, and cook for 1 minute. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute. You can also use any method that you have found successful for hard boiling eggs.

Crack egg shells and carefully peel under cool running water. Gently dry with paper towels. Slice the eggs in half lengthwise, removing yolks to a medium bowl, and place the whites on a serving platter. Mash the yolks into a fine crumble using a fork. Add mayonnaise, vinegar, mustard, salt, and pepper, and mix well.

Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Sprinkle with paprika and serve.



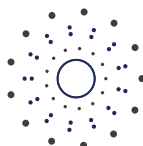
Yoga Tips



Judy Silberman,
Yoga Master

Let us continue strengthening your abs while protecting your bones. Towel is under the small of your back, knees up, feet flat on floor, chin close to chest. Bring knees up to form a right angle, lower legs parallel to floor. As you exhale, drop the right foot toward the floor and inhale up, princess (prince) testing the waters. Alternate with the left foot. Upper body, especially head and neck, do not lift. Moving the knees farther from your torso will increase the intensity of the ab work. Do a set of 10 and rest with soles together, knees splayed. You may be surprised to feel a bit sore later in the day! It means your core is getting stronger!

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.



DUPONT CIRCLE VILLAGE
SHATTERING THE STEREOTYPE
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