

"For last year's words belong to last year's language and next year's words await another voice. And to make an end is to make a beginning."

T.S. Eliot

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NEW MEMBERS

DCV warmly welcomes its newest members:

Maria (Mimi) Higgins
Sawon Hong and Richard Moore
Ann E. McFarren and William L. Roberts

President's Letter

---Iris Molotsky

I am writing this column for the last time, and I am flooded with bright memories of all the wonderful times we experienced together and the constructive, creative initiatives the Village has achieved in the past two years.

There is no question in my mind about our future as a valued community asset. With exquisite timing, *The New York Times* ran an article last month on the growing importance of Villages. It pointed out that Villages are "popping up all over the country," and are an increasingly vital way of life that enables people to remain independent and connected. We offer people the ability to control their lives, enjoy dynamic social and cultural events and, most important, be part of a caring community.

As a founding member of the Dupont Circle Village, I've watched us mature as an organization. We've expanded our boundaries to include parts of Adams Morgan and Kalorama, increased our membership and added new programs and activities. We started with two committees, Membership and Live & Learn, which have now expanded to 10 working committees and one more in formation.

In 2011, the Board held a retreat where we outlined our initial goals in a Strategic Plan. In September, Board members participated in a retreat that resulted in an updated Strategic Plan for 2014-2016. One goal is to achieve sustainable financial stability, which we have advanced by creating a reserve fund this year. Another goal is to strengthen staff and volunteer structures to support new programs, and we have begun by strengthening the roles committees play in developing organizational policy. Our most recently-formed committee, Public Affairs, has already begun to work on another important goal, taking the recognized DCV brand to a new level.

Our past two silent auctions, with the added attraction of the Celeb Salons, were extremely popular and provided crucial funds for our programs. And our annual November fundraising appeal letters have been successful,



FROM
THE
President



thanks to our many members, volunteers and friends, and have enabled us to serve our members and provide needed services.

I'll conclude by returning to the *Times* article mentioned above. After listing the value and popularity of Villages, it ended on a sober note. It pointed out that Villages are nonprofits and only partially supported by member dues. In fact, it notes, 15 villages nationally have failed because of financial difficulties.

Fundraising is a sadly true fact of Village life (you may have noticed), but it's also an affirming vision of the Village. Your generosity says you believe in the Village and care enough to want it to survive and prosper. It's still too early to know the results of this year's November fund appeal, but I know you will again support us to the best of your ability—and for this we are extremely grateful.

I end my term as president knowing that together we have continued to build a Village that exemplifies the best in all of us. I thank everyone who has helped me in the past two years—I could never list the many friends I've acquired and the joys it has brought me. ■



MONTHLY Calendar

Unearthing Arabia: The Archeological Adventures of Wendell Phillips

**Tuesday, December 16,
12:15-1:15 pm**

Sackler Gallery, 1050 Independence Avenue, SW

Take a private, docent-led tour and discover the archeological treasures of South Arabia (present-day Yemen) through the eyes of Wendell Phillips, the real-life incarnation of the popular Hollywood adventurer Indiana Jones. Attendance is limited to 15. Please RSVP to kcardille@gmail.com.

Writer's Coffee

**Wednesday, December 17,
11:00 am – 12:30 pm**

The Cake Room, 2006 18th Street, NW, Second Floor

The group members welcome all. Bring a piece of writing to share or write about this month's topic, which is the well-known Bette Davis quote: "Getting old ain't for sissies!" RSVP to Kathy Cardille at kcardille@gmail.com. Please send Kathy your discussion pieces for forwarding to members or bring 8-10 copies to the Coffee.

Chuckles, Grins and Laughs: A Movie Experience

**Monday, December 22,
6:00-9:00 pm**

1712 19th Street, NW (Home of Sandy Burns)

Cartoons and a feature comedy film guaranteed to bring out the ho, ho, hos in your holiday season. Starting at 6:00 pm, there will be soup, bread, salad, dessert and BYOB. Then watch the feature film. The first 25 become founding members and inaugurate the Monday Movie Maniacs. (Limited to 25 members only.) RSVP to kcardille@gmail.com and let Kathy know what you will bring (soup, salad, dessert, popcorn).

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Winter Blues Offer an Abundance of Opportunities ---Bernice Hutchinson, Executive Director

A Villager recently called the office to talk about the winter blues and ways to address low energy and motivation. No doubt about it, winter is here. And with the colder temperatures come gray skies, shorter days and longer nights. Even the happiest among us might find this daunting. If you are experiencing ennui, mild depression, a general lack of motivation, low energy, then take heart. You are not alone. Here is a great Top 10 list to help you tackle the blues and reap additional rewards the entire year.

1. Exercise: Getting fit helps you maintain weight, stay healthy and relieve stress. Exercise to give yourself more energy, a boost to your metabolism and a release of those good chemicals that elevate your mood.

2. Eat a Healthy Diet: A healthy diet improves mood and energy levels. We are warned to watch out for processed and refined foods and enhancers like white breads and rice, salt and sugar. These can lower your energy and even cause depression, lack of concentration and mood swings. Complex carbohydrates, like whole wheat breads, brown rice, veggies and fruit, are preferred. And don't forget the water! [See Wellness Alert in this issue.] The goal is to get nutrients and stabilize your blood sugar and energy levels.

3. Get Some Sun: Ahhh, sunlight. Most of us are aware that sunlight helps our Vitamin D levels, but did you know that it also improves mood? Exposure to the sun releases neurotransmitters in the brain that influence your mood. Even though it's cold, resolve to spend more time outdoors. Can't get outside? No problem! Keep your shades open during the day to let more light in, sit near windows or try changing the light bulbs in your house to "full spectrum" bulbs. These mimic natural light and have the same impact on your mind as the real thing.

4. Avoid Binge Drinking: A cold beer or a nice glass of wine may offer enjoyment, comfort and a way to make it through the winter. However, alcohol is actually a depressant; rather than improving your mood, it can make things worse. Moderate drinking is fine for most people, but binge drinking (defined as having five or more

drinks in one sitting) could depress your mood and energy levels.

5. Act on your Resolutions: The Centers for Disease Control recently released a study that showed a strong link between healthy behaviors and emotional well-being. Women who exhibited healthy behaviors, like exercising, had fewer sad days than those whose behaviors were less healthy. Although researchers studied women, the results are likely similar for men.

6. Treat Yourself: Stay motivated by rewarding yourself with things you love. Set goals, and treat yourself when you reach them. Planning something exciting can be the best medicine for improving your mood.

7. Just Relax: Villagers stay busy. A hectic schedule should be tempered with time simply to relax. Don't be afraid to say "no" to extra opportunities that make it even more difficult to find time to relax. Try to spend a few minutes each day reading, listening to music, sleeping in, going to bed early, stretching, meditating, taking a yoga class or laughing with friends and neighbors.

8. Embrace the Season: Rather than avoiding the cold gray days, embrace the horror! Get interested in walking to stay active. If you see winter in a positive light, then you are likely to keep your spirits high.

9. Get Connected: Don't underestimate the power of being with friends, family and neighbors. Keep a mental list of people in your life who are positive, and don't be afraid to ask for help or encouragement when you need it. Something as simple as a phone call, a chat over coffee, dinner together or a nice email or letter can brighten your mood.

10. Catch some Zzzz's: It is natural to want to sleep more during the winter. But, oddly, sleep is often the first thing to go. The experts say you should aim for seven to eight hours each night, and try to keep your bedtime and waking time consistent to normalize your patterns. Avoid oversleeping; it can make you more tired. And don't forget naps. A 10-30 minute nap is a wonderful way to take a pause and re-energize midday. ■

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***In Remembrance of Ebenezer Scrooge
Sharing the Christmas Eve Spirit
Wednesday, December 24,
7:00 – 9:00 pm***

Carol Galaty and Ken Shuck invite you to share the spirit of the holiday at a post-dinner Christmas Eve party, Swedish style. They will provide libations and desserts, and ask that you bring only a wrapped gift of "fun" food to be exchanged at the party. See DCV E-Blast for further details. RSVP by December 19 to carolgalaty@gmail.com.

***DCV Prospective Members Informational
Dinner***

***Tuesday, January 20,
6:30 – 8:30 pm***

1916 S Street, NW (Abigail Wiebenson's home)

Please send names of prospective members, along with their contact information, to Abigail (abigailwiebenson@gmail.com) no later than January 2nd. Make an early New Year's resolution to suggest at least one person.



A Banner Year for DCV Volunteers

---Garry Hutchinson, Volunteer Coordinator

Arriving at the end of 2014, Dupont Circle Village can look back on a year of firsts and a scroll of accomplishments for its volunteer program. Approaching the beginning of 2015, DCV also looks ahead to a year of new, as well as recurring, events for its volunteer program.

For years, the volunteer spirit of DCV has facilitated the development of its administrative infrastructure while supporting the everyday and emergency needs of its members. However, 2014 saw the first formal training session for our volunteers, at which we focused on the proper way to assist members when providing transportation, escorting them to appointments or finding them in distress. We recognize that as DCV matures, so must its volunteers become more sophisticated in their preparedness and attitude regarding the provision of service to its members. Moving forward, the volunteer program will have a formal orientation and training requirement for each of its volunteers.

In 2014, volunteers were the many hands and feet supporting DCV's amazing, fourth annual Silent Auction in March. Similarly, volunteers were the cooks and bakers, the set-up and clean-up crews and the behind-the-scene planners of the General Meeting held at the Charles Sumner School in September. The Celeb Salons, the DCV Newsletter, monthly activities that included Dining in Dupont, Live and Learn, Soup Salon and Writer's Coffee, along with the arrival of the Knitting Group, reflected DCV's many affinity-group gatherings and events that required over 6,000 volunteer hours to envision, develop and implement.

And, of course, there are the many committees that steer the course of our Village, pursuing its original mission and exploring new horizons that the founding members never contemplated. Volunteers, member and non-member, delivering services directly to members or sustaining the operation of the organization are integral parts of and a sustaining force in the life of the Village. As Volunteer Coordinator, I am honored to monitor, document and assist with the many wonderful things that the Village does through the volunteerism of its members and those they have recruited in this immense and meaningful journey of social networking. ■

End-of-Year Membership

We are closing the year with a strong membership roster of 167, a record annual gain of 38 members. Our membership includes 39 couples and 89 singles. Twenty-one of our members are M+. Many thanks to all who have kept an eye out for members. Gratitude and appreciation go to our Membership Committee, **Helen Dye, Carol Galaty, Marilyn Newton, Alaire Rieffel, Ann von der Lippe and Sandra Yarrington**, who faithfully met each week to contact prospective and current members, update records, send out dues notices and host dinners. Our next prospective member dinner is January 20th. Referrals are always welcome. If you would like to help with the Membership Committee, let us know.

Abigail Wiebenson, Chair.

The Incomparable Iris *Tributes from DCV to its Departing President*

There are not enough positive adjectives in the English language to describe Iris's energy, commitment, dedication and leadership. She is elegant, kind, strong, smart, tireless and a consummate lady who knows how to get things done.

Lois Berlin

Iris is a tenacious, positive spirit with grace and boundless energy. Color her life at its best! **Bernice Hutchinson**

Iris's tireless effort on behalf of the Village is only the latest in her countless contributions, spanning many years, to this neighborhood through such groups as DCCA, S & T Street Parks, Dupont Circle Conservancy and many others. She has an extraordinary talent for getting others involved in activities about which she is passionate by asking for help in a way that makes it virtually impossible to say no. **Donald Jones**

Standing on the shoulders of her predecessors, Gerry Schwinn and Peggy Simpson, Iris led the Village to new heights. Her savvy, generosity of spirit and perseverance have brought us far. Lucky us! **Abigail Wiebenson**

Iris gets high marks for energy, good ideas and a commitment to strengthening and expanding the Village. And she's always ready to host a crowd, large or small! **Peg Simpson**

She has the ability to work with constituents of diverse and, frequently, opposing opinions, often being the one to smooth the waters and make consensus happen. Most important, Iris has the warmth and compassion to bring people together.

Kathy Cardille

I always imagine that Iris has a secret little workroom with little people in pointed green hats toiling away, producing food, writing articles and doing all the preparatory work necessary for her to step forward with a gracious smile and superior final product. However she does it, my hat, neither pointed nor green, is off to her. Thank you. **Lucia Edmonds**

Iris has the unique ability to stay calm in any situation and has a way of convincing you that what you need is easily accomplished. Then she turns around and tackles it skillfully herself. Besides that, she is a fantastic tennis player. **Marilyn Newton**

Iris has the energy of four people all wrapped into one. She is open to new ideas and quickly turns them into opportunities for the Village. We are very fortunate to have had her leadership at this time in DCV's development. She has just the right balance of enthusiasm and practical implementation skills.

Jane Pierson

Ode to Iris: She is the gentle mother figure who embodies the warmth, creative spirit and wondrous sense of family and possibilities that personify our Village. **Garry Hutchinson**

Iris has an innate sense of leadership and embodies the vibrant, ever-colorful society of Dupont Circle Village. She is recognized by Villagers as a rare spirit that fires us up today while spearheading our way ahead tomorrow. And she paves that future with a non-stop zest we all love!

Joan and Nick Ludlow

Even though my shoe size is almost twice that of Iris's, I will never be able to fill her shoes and am smart enough not to. Iris is irreplaceable, which is why the Village will never let her go and just give her more work under a different title. And I for one am grateful for that! **Marty Davis** ■



Meet DCV's New Interim President: Martis (Marty) Davis

Take a passion for public policy, blend in a talent for public relations and advocacy, add rich experience in both the non-profit and corporate worlds, and you've got the illustrious, multi-faceted career of DCV's new interim president, **Marty Davis**. Although his career reads like a textbook case of professional planning, he credits it to serendipity. DCV may also credit serendipity for having Marty's potent mix of skills at hand to steer the Village through its next stage of growth and service.

A native New Yorker, Marty attended Southern Illinois University, where he majored in European history, played football and was a DJ at the college radio station. He stayed for graduate work in history and government, concentrating on the history of public policy, and then went on to live that history by running a War on Poverty program in Yonkers, NY.

In 1968, he came to Washington to teach history and American government at Woodrow Wilson High School, where he also coached football. Serendipity landed him a weekend job at WTOP after taking his students on a field trip to the radio station. Soon thereafter, he taught communications and journalism at American University and then worked for the noted civil-rights activist and jurist, Frank D. Reeves, at the think tank he founded, the Joint Center for Political and Economic Studies. Marty also attended Georgetown Law School at night, a degree he finished years later at New York Law School.

A series of serendipitous events led to stints at *The Washington Post* as editor of its civics magazine for kids, an informal position handling media relations during the Watergate scandal – no newspaper had PR people then – and eventually the formal position.

A chance encounter in 1971 while he was press secretary for the Black Political Convention in Gary, Indiana, led Marty to help the Uniworld Group promote the film *Shaft*, starring his old buddy, Richard Roundtree. Five years later, he left the



Post to become CEO of Uniworld Group in NY.

Marty stayed at Uniworld for three years and then headed up national broadcast media relations for AT&T for eight years, a position that included handling the Olympics and a major benefit for the homeless, among many other things. Someone he knew from DC was present at the benefit and remarked, "So, this is what you've done with your life?" "I was proud of my accomplishments," recalled Marty, "but this stopped me short." The result was his move back to the public sector; specifically, as Deputy Commissioner for Public Affairs at the NYC Health and Hospitals Corporation (HHC) during the AIDS crisis under then Mayor Ed Koch.

A phone call in 1989 from Peggy Cooper Cafritz brought Marty back to DC. The Duke Ellington School for the Arts wasn't thriving, and Cafritz needed a principal to turn things around. "I didn't have the credential and knew nothing about running a high school," he chuckled, "and went from a six-figure salary to \$44,000 a year anyway." Marty turned around the school academically and behaviorally, winning the federal Blue Ribbon Schools recognition after only three years. He is particularly proud of initiating the Shepherd program, which involved a freshmen retreat to foster bonding with peers and staff and assigning students a caring, adult mentor throughout high school.

Serendipity struck again when Bill Clinton became President in 1993 and brought two people Marty knew from NY into his administration: the Secretary of the Department of Health and Human Services (HHS) and her deputy, who'd been

Marty's boss at HHC. They offered him the position of deputy assistant secretary for public affairs at HHS, where he got to pick up again on fighting AIDS and dealing with other major public health issues.

A phone call from a headhunter offering him a job at Burson Marsteller, a top PR firm, brought Marty back to NY, reluctantly but "with a lucrative offer I couldn't refuse." His main client was Pfizer, which assigned him the promotion of its new drug Viagra. Clearly, Marty did that job very well! He stayed in pharmaceutical work – it was the heyday of the industry – but moved to the Burson Marsteller office in DC.

Porter Novelli was another top PR firm, and Marty knew Bill Novelli. When Novelli sold out of his firm and became CEO of AARP, he asked Marty to head up media relations there, which he did for eight years. That included visiting Beacon Hill Village in Boston, the original Village, which converted him to the Village movement. In fact, Marty was on the AARP team that sponsored the first conference on Livable Communities.

Marty retired early from AARP, but, like most Villagers, is hardly "retired." He's closely involved with the Global Knowledge Exchange Network, which finds and disseminates best practices in health internationally, and he's just finishing up a four-year term on the ANC IC, where he played a key role in extending DCV's borders to Adams Morgan. And, of course, he's active in DCV, becoming a board member this past September, a member of the newly formed public affairs committee and, now, interim president.

Marty is not the only DCV activist in the family. His partner is **Sloan Rogers**, who serves on the Health and Wellness Committee, among other roles. Serendipity not only played a major role in Marty's amazing career, it also brought him his great love. Someone had asked him to meet with a woman from Philadelphia to advise her about a book she'd just written about caring for her late husband through a cruel mix of neurological illnesses. "My experience was that books like that were dreadful, but I agreed to squeeze in a meeting.... Well, I found the book stunning and Sloan even more so and soon became more interested in promoting myself with her than promoting her book. I didn't realize I needed somebody until I had somebody."

■ SL & BR

Health and Wellness Alert: Hydration

Article after article touts the importance of including water/hydration in our daily routine for good health; they go hand-in-hand.

The European Hydration Institute says that appropriate hydration is an absolute requirement for health and is essential for life itself. Water sustains the body's many vital chemical reactions and maintains proper bodily functions. When you consider how much of our body consists of water, it's easier to grasp the importance of hydration.

- The brain is 80% water
- Blood is 85% water
- Bones are 25% water
- Cells are 90% water
- Muscles are 80% water.

Some important benefits of drinking water:

- Boosts immune system, including helping to fight off colds and flu
- Makes you feel and look younger
- Keeps kidneys healthy
- Energizes
- Improves your skin
- Prevents headaches
- Improves circulation
- Gives muscle relief
- Improves digestion
- Detoxifies.

Tip of the Month. Ever wonder how much water you should be drinking each day? Is it eight glasses for everyone? Can caffeinated fluids count in the total?

Dr. Ronald Stram, founder of the Center for Integrative Health and Healing in Delmar, NY, says that, for good hydration, **most people need a half ounce of fluids daily for each pound of body weight.** For example, a person who weighs 100 pounds should drink 50 ounces of water, spread out during the course of a day. Do not count caffeinated drinks in the total because they dehydrate. Also, avoid sodas and highly sweetened beverages.

For a special benefit, add juice from a lemon to your water each morning. Though you may see lemon as acidic, it actually creates an alkaline state that prevents disease and pathogens from surviving within the body. If you are looking for an easy way to improve your overall health, then drinking lemon water first thing in the morning is a pretty simple routine to adopt.

Making Lemon Water. It's super simple and takes less than five minutes of your precious morning time. Just squeeze half a lemon in lukewarm water. If you weigh more than 150 pounds, use a whole lemon.

Why use lukewarm (or room temperature) instead of cold or hot water to make this healing morning drink? Hot or cold water takes more energy to process, so to wake up your body slowly and kick-start digestion, your first glass in the morning should be lukewarm. If you love the taste, simply add more lemon water, cold or hot, to your diet during the rest of the day. It helps fulfill your daily water need, is less boring than plain water and delivers tons of benefits for body and mind. For further information on adding lemon to your water, see <http://blogs.naturalnews.com/15-reasons-drinking-lemon-water-every-morning/>.

We wish you all a wonderfully, tastefully hydrated life.

The Health & Wellness Committee

(When making any significant change to your diet or lifestyle, check with your doctor or other medical resource.) ■

Wellness Alert is a new offering of DCV's Health and Wellness Committee and will appear in each newsletter. Our plan is to provide solid information on a multitude of health-related topics, such as nutrition, supplements, exercise, aging dilemmas, dementia, mobility issues, caregiving, health/medical resources, co-morbidities, advocacy and more.

If there is a health-related topic you would like to learn about, let us know. Our committee wants to be responsive to your interests and concerns. We therefore encourage each member to contact us with your questions or comments.

Sloan Rogers – for.pi@comcast.net
 Ann McFarren – mcfarrenann@yahoo.com
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Live and Learn:

Laughter: A Cure for All?

As a psychotherapist who works with adults, Alice Faulkner, the presenter at the December 8th Live and Learn, observed that the topic she is most often asked to discuss at this time of year is depression. Her intent is not to define humor as the opposite of depression; rather, it is to emphasize the potential benefits of approaching the holidays, as well as life, from a humorous perspective. Going into holidays well armed with humor is certainly the best option for coping with the myriad of moods and emotions that accompany the season. Humor is also a good option for coping with the broad spectrum of issues that confront us in our daily lives throughout the year. A look at the range of people who write about humor (actors, novelists, scientists, philosophers, educators, etc.) gives us an understanding of its appeal and an appreciation for how it can be approached from many different perspectives.

Faulkner structured the discussion around a series of assumptions about humor in order to identify the positive and palliative effects of a good laugh or a good sense of humor and also to clarify misconceptions about things it cannot do. Overall, it is clear that humor and laughter cannot alleviate physical distress or cure disease, but it certainly can improve mental health and bring a sense of well-being that is associated with quality of life.

Does humor have a contribution to make to survival skills? And how does aggression fit into the story? The answers are mixed. Aggression is often incorporated into humor as a means of facing fears and anxieties and desensitizing the intensity of contentious issues. We also use humor as a means of keeping perspective, dealing with anger, preserving emotional stability and surviving. Furthermore, a robust sense of humor facilitates forming and maintaining relationships.

In contrast, the absence of a sense of humor may be an indication of mental illness. For example, lack of humor is notable in

cases of Asperger's Syndrome, autism and schizophrenia. Humor requires imagination. Someone who thinks too literally or concretely to appreciate humor may in fact have difficulty perceiving what is real and unreal. Faulkner shared that one researcher suggested that therapists could include asking the client to tell his or her favorite joke as part of their assessment. "In their jokes, people tell you a lot about themselves."



Left, Alice Faulkner; right, Nancy Hartsock

Can humor be taught? And is it a sign of cognitive development? The group answered with a resounding "yes." Children who grow up surrounded by humor are better able to incorporate it into their lives and make full use of it throughout adulthood. One Villager noted that, "if you grow up with it, you learn it." Nonetheless, humor can also be taught by encouraging imagination and symbolization through such means as telling stories, puns, jokes and reading.

Faulkner summarized three major purposes of humor that emerged from the discussion: 1) a defense mechanism or way of dealing with fear; 2) a way to maintain a more balanced sense of self; and 3) a way to relieve tension. During a brief discussion about whether laughter is unique to humans, we learned that chimpanzees, a number of great apes and dogs are known to produce laughter when excited. Might we not then be wise to think about ways to expand our own sense of humor? ■ SL



New Knitting Group "Purr...ling" Along

DCV's new Knitting Group is in action! It meets every other Monday from 4 to 5:30 pm in the DCV Office adjacent to the Friends Meeting House. The next meetings will be on December 15th and 29th. If you are a knitter, please join us. If you would like to learn how to knit, do not hesitate; we will teach you. It's not complicated, and you'll soon master the knit and purl stitches. At meetings, we work on our knitting, share projects, show our finished items, give advice, receive even more, talk, joke and laugh a lot. If you have questions, please contact **Claire Wagner** at clairierre@verizon.net or 202/332-5501.

The West End Cinema

The Little Theater that Could

In a city of big-chain, multiplex movie theaters, the West End Cinema is a stand out. It is the only independent commercial cinema in DC. It's the only local movie theater that was shut down – as so many here were – and, instead of becoming a CVS – as almost all did – was reborn as a new kind of cinema. It's the only one that's accessible by foot for most Villagers and where you're likely to be sold a ticket or greeted by name by the proprietor, Josh Levin. And it has the best movie popcorn in DC.



Josh, a fifth-generation Washingtonian, was a bar and restaurant owner who had always wanted to open a movie theater. That was tough to do here, so he moved to NY to learn and work in film distribution, which also led to his producing documentaries. Returning to DC five years ago, he started a partnership with Jamie Shor, a film publicist, out of their mutual frustration with the collapse of DC as a venue for independent and documentary films. But where to find suitable and relatively affordable space?

Among DC's defunct movie theaters was the Inner Circle, two discrete venues across the street from one another. One had been demolished. But the other, under an office-apartment building, had just lain vacant for seven years. The downside of the space was that it

was small and couldn't be expanded. The upside was that it wouldn't be on CVS's radar screen. Plus, it was already a movie theater and in a great neighborhood. The "ayes" had it, and the West End Cinema was launched.

Josh says he tries to get the best independent and foreign films available, but sometimes has to take a back seat to the much larger E Street Cinema with distributors. Some distributors, however, work with him directly because their films have had successful debuts at the West End. Above all, he strives for balance in deciding which films to show. Typically, that's foreign language, drama, comedy and a blend of documentaries.

Josh observed that, while DC is a great market for documentaries, this doesn't mean there's a great appetite here for such films, since DC people want a break from the kinds of political and social issues so many of them deal with at work. So, he says, he needs to find documentaries that are entertaining, too, which he defined as "compelling, well made, with a story that encourages immersion and discussion."

To promote discussion, he frequently features special events around the film, such as a presentation by its director or a panel of experts on its theme. The West End also runs a terrific series of filmed ballets and operas. "While streaming, Netflix and the like have not hurt the movie theater industry as much as some people think, they have had an impact. What I find important and helpful is to add value to the movie experience. I do a lot of outreach to various groups in the community, in general and around films and special events that may be of special interest. I love my customers!" (The best way for customers to love him back is to buy the food and beverages, including alcohol, the West End sells; concessions are make or break for a theater's survival.)



Josh also loves the Village movement and is generously extending the discount the Foggy Bottom/West End Village enjoys to the DCV [see box]. And he and Kathy Cardille will be cooking up some special events for DCV; stay tuned. Just don't get lost when you go: Although the West End's address is 2301 M St., it's actually on 23rd St., around the corner from M. If a misleading address hasn't stopped the little cinema that could, then we, too, can find our way to this independent, community-oriented, cultural gem. ■ BR

DCV Discount at the West End Cinema

The West End Cinema is generously offering DCV members a discounted price of \$8 for any show at any time. (Discount not redeemable online.) That's \$1 off of the senior rate. Just say you're from DCV when purchasing tickets. Thank you, Josh Levin!

To get advance notice of screenings and special events, sign up for the weekly e-newsletter. Go to www.westendcinema.com, and click on the banner at the top of the home page that says Sign Up For Our Newsletter.

Holiday Potluck Dinner

Neither rain nor cold stopped a record crowd from turning out for the Holiday Potluck Dinner for Villagers and Volunteers. Indeed, affirmative RSVP's had been coming in at such a fast clip that the dinner had to be moved from Iris and Irv Molotsky's home to a large party room at The Chastleton to accommodate everyone. We thank Lolita and Charlie Ellis, Village friends, for making this possible on such short notice.

In typical DCV style, the food was plentiful and delicious. Thanks to everyone who made or brought a dish and to all the worker bees who made everything happen. The wine flowed, conversation sparkled, and hoots of laughter punctuated the air. **Iris**, looking lighter than air now that the burden of office is lifted, hailed the Village, followed by **Bernice Hutchinson** and **Marty Davis**, who hailed Iris with a wit and wisdom that made it clear that the future of the Village is in good hands. Partygoers were even treated to an impromptu Christmas song from **Brian Doyle**, who was loudly applauded. Truly, a good and mouth-watering time was had by all.

■ SL & BR, with thanks to **Jane Cave** and **Irv Molotsky** for the photos



Where Are They Now?



Ted Bracken enjoyed a two-week trip in November to the West Coast and Hawaii. Three of his four children live on the Coast: one in Los Angeles, another in San Francisco and his Navy submariner in Seattle. In Honolulu, "I attended a college-sponsored seminar on the beginning of the war with Japan, which included a visit to



the USS Arizona Memorial, where it all began, followed by dinner on the deck of the USS Missouri [pictured], where it all ended." He also went scuba diving in Maui and was enchanted by "my first experience with the Pacific coral reef system and its often unique species."

Jane Cave and **Eugene Versluysen** recently spent two weeks "savoring the climate, culture and cuisine of Provence [pictured is Le Vieux Port in Marseille], followed by ten days in London. They report that the London climate "was less benign, but we found plenty of culture at Covent Garden and the Royal Festival Hall and got to spend time with family."



In November, **Burke Dillon** joined Archaeological Tours for what she describes as "a very geeky, in-depth exploration of Easter Island [pictured] and the ancient 'paintings' of the Atacama Desert in Northern Chile." "The statues of Easter Island are just part of the incredible story of the culture this small group of people developed while completely cut off from the rest of the world for about 800 years," she marveled. Burke then met up with a Peruvian friend to explore the Chilean lake district and Chiloe Island, "piscos in hand." ■ *BR and the travelers*



Our mini-billboard, DCV shopping bags make perfect holiday gifts at \$10 (\$5 for M+ members). They can be purchased at the Village office on Monday, Wednesday or Friday between 10:00 am and 2:00 pm, or by contacting abigailwiebenson@gmail.com or 202/332-6857. The walking group will deliver them to your doorstep! It's a win-win: Spread the word about our Village, solve your gift problems and acquire a useful, washable shopping bag.



---Judy duBerrier

If you thought a winter salad would be just as satisfying as heavy, meat and potatoes fare, would you be willing to give it a whirl? Try this!

Warm Spinach Salad with White Beans and Shrimp (serves 4). The contrast of crunchy greens, succulent shrimp, creamy beans and aromatic vinaigrette in this complete meal is delicious.

½ lb baby spinach (7 cups)
3 slices bacon, cut into 1/2" strips (may sub pancetta)
1 lb shelled, deveined large shrimp
15 oz can white beans, drained and rinsed
1/4 cup olive oil + 1 TB
Small shallot, minced
1 TB Dijon mustard
¼ cup red wine vinegar

Spread the spinach on a large platter. Cook the bacon in a large skillet until nearly crisp. Drain off the accumulated fat. Season shrimp with salt and pepper. Cook, along



with the bacon, until shrimp turn white, about 4 minutes. Add a bit of olive oil to the pan if needed. Add beans, toss, and warm about 60 seconds. Spoon mixture over the spinach.

In the same pan, heat 1 TB olive oil. Cook the shallot until softened. Add mustard, then vigorously whisk in the vinegar and ¼ cup olive oil. Season with salt and pepper. Pour over salad.

Questions/comments:

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---Judy Silberman,
Yoga Master

Continuing with tips using a tennis ball, put your right hand on the ball, and place it on a counter or table. Roll the ball to massage the whole hand. Then, go up and down each finger, using the left hand to keep the ball in check. Next, place your right hand on the flat surface, take the ball with the left hand, and roll it on the back of the right hand and up and down the back of each finger. Then, squeeze the ball firmly with the right hand, feeling the grip with each finger. Rest, and switch the ball for the left-hand massage. Massaging the hands will increase blood flow, which may also ease arthritis in those joints. ■

Happy Chanukah Merry Christmas Joyous Kwanzaa Happy New Year

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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