

"Life's most persistent and urgent question is, 'What are you doing for others?'"

Rev. Martin Luther King, Jr.

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New Members

*DCV warmly welcomes
its newest members:*

Roger Foreman
Wendy and Donald Hagen
Heather and David Kaye
Gerri Michalska
Fred and Joele Michaud
Helen White

DUPONT
CIRCLE
VILLAGE

President's Letter

---Lois Berlin

As I write this letter, I am sitting on an airplane on my way to Florida, where Larry [Stuebing] and I will embark on the Blues Cruise. Many of you have heard me talk about how much we enjoy this regular event. We will spend a week cruising the Caribbean and listening to wonderful blues music from morning until, well, morning. It's one of the things we do to stay young and "out of place."

I say that because I've discovered that rather than "age in place," I want to age all over the place. In the "Where Are They Now?" feature of this newsletter, you will see a photo from our December journey to the Galápagos Islands. We are likely to be off to Seattle to visit family in March, and we are thinking about the possibilities for distant travel later this year -- perhaps Bhutan or Morocco. There are many roads I haven't been down, and I am always curious and excited about exploring them.

So, you may wonder, what does this have to do with DCV? One of the reasons we can take off and not worry about home is that my good neighbor and fellow DCV member, **Abigail Wiebenson**, will water my plants, check pipes during a cold snap and collect packages or newspapers, which signal that we are not at home. I do the same for her when she is away so that her travels can be worry free, as well.

This is just one aspect of the community, help and caring that we all experience or have the potential to experience through our great organization. As **Mike Gould** has said repeatedly through his Volunteer Coordinator communications, don't be afraid to ask for help. We have a small army of willing and able volunteers ready to help with household needs, transportation and technology. When I get home, I am going to ask Mike to find someone who can make the keyboard that came with our smart TV actually work! I know

he will find someone who can do that, just as he has so capably met the needs of other Villagers who ask for help. Thank you Mike for all you do.



When I return from Florida, there will be plenty of DCV activity to focus on as we look forward to our annual gala and Celeb Salons. **Peg Simpson** and her committee are already hard at work gathering names and commitments from Washington, DC, celebrities. I also want to congratulate Peg on her election to the board of the Village to Village Network. The Network is a source of ideas, information and connection among Villages across the United States. We are so pleased that one of our own founding members has been honored with this role.

Finally, I want to welcome DCV's new members and thank our veteran members for continuing with us. Those new to DCV are in for a treat as you discover what a diverse and energetic group we are. I hope you will be involved in some way, whether by volunteering, serving on a committee, participating in or starting an affinity group or attending one of the many events organized by **Kathy Cardille** and her energetic Program Committee. It is through the participation and commitment of our members that we thrive. ■



MONTHLY Calendar

Perry Belmont House

Tuesday, February 9, 10:30 am
(SOLD OUT)

Thursday, March 3, 10:30 am

1618 New Hampshire Ave., NW

Currently the headquarters of the Order of the Eastern Star, this elegant Beaux-Arts mansion was built from 1906 to 1909 for Perry Belmont, US Congressman from New York and later US Ambassador to Spain. Designed by French architect Ernest Sanson, the building is still a private residence and contains Louis XIV and XV furnishings that were part of the original mansion. A second tour has been scheduled for March 3. Those on the waiting list are automatically scheduled for the March 3 tour. There are a few spaces left. RSVP to sheilablopez@gmail.com.

French Film Series

February 9 and 23
(Tuesdays), 6:00 pm

1767 Swann Street, NW (home of Marcy Logan)

This two-film series on the French Revolution is in French with English subtitles. *La Nuit de Varennes* (February 9) was filmed in 1982 and stars Marcello Mastroianni as Casanova. It follows a coach of French aristocrats attempting to catch up with the King and Queen, who are fleeing Paris as the revolution becomes increasingly difficult for aristocrats. The second film, *Danton* (February 23), was directed by Roman Polanski and covers the Reign of Terror. Limited to 15 Villagers. RSVP to Beth Merricks at bmerricks@msn.com.

Tech Tuesday

Tuesday, February 16, 11:00 am
La Tomate Caffé

1701 Connecticut Avenue

Join the group to talk about computers, phone, cable, WiFi and TV. This month's discussion about security with computers and other devices will be led by Ken Shuck, an expert in the field. RSVP to Lucy Cooney at lucy1030@starpower.net. Limit 12.

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Let's Get Personal in the Digital Age!

---Eva M. Lucero, Executive Director

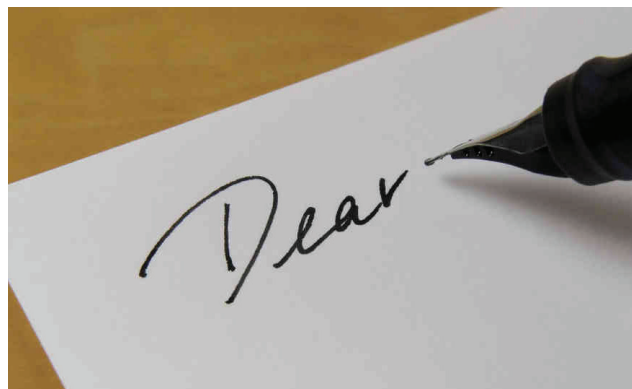
As personal notes, greeting cards, general correspondence and thank-you letters have given way to email and text, the art of thoughtful letter writing is sadly disappearing. In fact, social media is increasingly replacing personal email notes, and it's not uncommon to see birthday wishes, death notices and even romantic break-ups on Facebook or Twitter.

Of course, many of us love the swiftness and instant gratification of social connectivity in the digital age; however, how often do we hit the pause button to allow for further reflection or improve accuracy and expression? Often times, regrettably, I do my best editing after I've hit "send."

While communication in the digital age has many advantages, it lacks the special personal touch that only a signed, hand-written letter can convey. How many of you have a box of letters in a

closet somewhere that on occasion you re-read and savor? There is so much to admire and treasure in a personal note—penmanship, paper quality, personal writing style, doodles and heartfelt sharing. It is physical proof of a loving connection and evidence that someone took a little extra time and care to grace your life (and your post box).

Corresponding with pen to paper is an art that has been around for centuries and can endure in our digital age. People have written letters to their romantic interests, their animals, their country and even to works of art. There are some remarkable sentiments expressed in writings between Frida Kahlo and Diego Rivera; Virginia Woolf and Vita Sackville-West; Jean-Paul Sartre and Simone de Beauvoir; and, of course, those between all of us who are owned by our pets.



So, next time you draft a personal email, hit pause and consider putting pen to paper instead—the effort will enrich you, and your letter may even become a treasure that is savored over the years. If you wish to leave me any feedback, please send it via a handwritten note.

Happy Valentine's Day! ■

Membership Committee Report

---Abigail Wiebenson, Chair

We continue to close in on our goal of 200 members. As we go to press, we have 192 members, with several more in the pipeline. Many thanks to the Villagers who have provided names, thereby adding substantially to our field of potential members. **Mary McIntosh** and **Dan Abele** have introduced an entirely new dimension of membership: Boomers, who are reaching retirement age and whose interests broaden the scope of the Village in many different and exciting ways. Stay tuned.

Calendar, continued from page 2

**DCV Dance Series Program:
Company E**

Friday, February 19, 2:00 pm

Church of the Holy City,
1611 16th Street, NW
DC-based Company E is well known for its cutting-edge choreography. In the past year, it has performed at the Kennedy Center, in Russia, Algiers, Poland, Kazakhstan, Jerusalem, Ramallah, Turkmenistan, and the United Kingdom. Cost is \$10 for members and friends. RSVP by Feb 17 to Lucy Cooney at Lucy1030@starpower.net.

TED Talk

**Wednesday, February 24,
4:00 pm**

1870 Wyoming Ave., NW, Apt 604
Broaden your horizon by joining fellow Villagers to hear and then discuss one of the fantastic TED Talks. This month's topic to be announced. RSVP to Lucy Cooney at Lucy1030@starpower.net, and let her know if you can bring a snack or dessert.

Dining in Dupont: Bistro Bistro

**Thursday, February 25,
6:00- 8:00 pm**

1727 Connecticut Avenue, NW
Enjoy French fare at this classic bistro with fellow Villagers. \$25 including tax and tip. RSVP to Lucy Cooney at Lucy1030@msn.com.

**Power and Pathos: Bronze Sculpture of
the Hellenistic World**

Thursday, March 10, 11:00 am

The National Gallery of Art, West Building
6th and Constitution Avenue, NW
Exhibit includes 50 bronze sculptures and related works spanning the fourth century BC to the first century AD, when the art and culture of Greece spread throughout the lands conquered by Alexander the Great. Meet a few minutes before 11:00 am in the West Building Rotunda at the sign that says "Tours Begin Here." Ramps are

continues on page 4

Organizing Our Way to Even Better Services

---Mike Gould, Volunteers Chair and Coordinator

The main purpose of this column is to amplify my earlier message -- *it is ok to ask for help* -- with a second message: *We have a lot of very competent volunteers, who are organized and prepared to offer the help you need.*

In the past month, we have been organizing sub-groups in specific fields to identify the skills that we have to offer; upgrade our skills through training, where necessary; and provide a clear menu of services available to members.

In last month's *Newsletter* and in the most recent *Village Volunteer Voice*, I wrote about the Handyman Services Group, which **Steve Kittrell** helped to organize, and laid out the long menu of the Group's services. And now we already have three more groups up and running!

Computer and Other Technology Group

In our needs assessment survey, members identified this area as their top need for help. **Chris Hoban**, the chair of this group, described the services we can provide as follows:

"Tech Help volunteers would act as 'helpful neighbors,' with no guarantee of success and no promise of special skills. Our experience shows that a second opinion can often help with basic tech challenges with home computers, printers and TV services. If the Tech Help Volunteer cannot resolve the problem on the first visit, he/she can often help with choices about where to go next for help and advice. I imagine that you could forward tech-related requests to the Tech Help Volunteer sub-group, and in most cases one of us would respond and take care of the issue."

Since the group started up, we have had a rash of requests for help with technology: setting up a new computer; organizing files and photos; figuring out how to

use a Kindle Fire; and two printer fixes (including mine). And here are the happy words from one of our satisfied customers: "Thank you so much for your kind intervention with my technology problem and bringing the 'thumb' (?) to me!! Wow. Ain't that DCV great?!"

Transportation Group

We are still in the process of checking insurance and drivers' records for all people who drive for the Village to comply with Village regulations, promote safety and reduce our potential legal liability. We now have eight qualified drivers and more in process. One or two of our drivers will attend a course given in February by Sibley Hospital on handling frail people in car transport. Based on this course, we will offer training to all Village drivers.

Medical Support Services Group

This group is up and running and will meet for the first time on February 23 to consider how to provide better support services in this field. The group currently consists of Michaela Buhler, **Carol Galaty**, **Joan Ludlow**, **Roberta Milman** and **Peggy Siegel** – a formidable lineup! If you would like to work on this exciting project, we would welcome your support. Just send me an email expressing your interest to the address below.

So, the Village is working hard to improve its volunteer services. We hope that each of you will look carefully at what we have to offer and feel free to request assistance when you need it. ■

volunteer@dupontcirclevillage.net

Calendar, continued from page 2

accessible for wheelchairs and strollers at the 6th Street entrance to the West Building. RSVP to sheilablopez@gmail.com.

Glenstone Museum and Grounds

**Thursday March 31,
12:00-2:30 pm**

12002 Glen Road, Potomac, MD
Glenstone is the perfect destination if you are interested in contemporary art, architecture and landscaping. The museum, designed by architect Charles Gwathmey, and the landscaping by Peter Walker and Partners, provide an elegant setting for the Rales family collection of contemporary art. The current exhibition consists of work by Fred Sandback, best known for his installations made from simple yarn. Weather permitting, we will also have a one-mile tour of the grounds and outdoor sculpture. We will be making carpooling arrangements. RSVP to sheilablopez@gmail.com, and let her know if you can drive or if you will need a ride. Limited to 20 Villagers.



Photos: above: DCV Newsletter Designer Emily Morrison's cat Duchess at her window; top left: snow at Dupont Circle; top right: the view out a Villager's windows; bottom: Sheila Lopez with "friends" in Meridian Hill Park.

Blizzard of January 2016

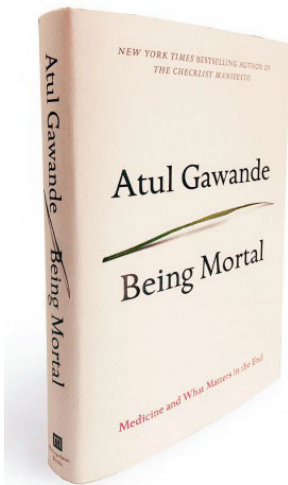
DCV was ahead of the storm, helping its members to prepare with useful emergency preparedness tips and resources. Individual Villagers weighed in, too, on the DCV listserv, helping their fellow members stay apprised of storm-related news. And while everyone was pretty much socked in as the blizzard gathered force and more and more snow accumulated, when a distress call went out, a hardy band of volunteers came to the rescue. Hail to the rescuers! And special thanks to our shovelers: Steve Shafarman; Susan and Steve Kittrell; Carol Galat and Ken Shuck.



Health & Wellness Alert: Left Behind in *Being Mortal*

---Victor Wexler

After reading Atul Gawande's admirable study of aging and dependence, *Being Mortal*, some critics may begin to search the book for sins of omission. This penetrating examination of the successes and failures of coping with growing older and more imminent mortality is eye-opening and most helpful. It suffices as a successful study for a chunk of society: the upper middle class, where functional parents and siblings might well be expected, willing and able to take on the role of caregiver and care-planner for the older generation.



But there are many seniors who may have lived life on the fringes of society and may not reasonably expect such care and attention from the conventionally defined family. Although Gawande acknowledges our changing demographics, one result of which is many more men or women living alone, perhaps alienated from more established norms of family life, they are not the object of his interests. Such groups may be ethnic or sexual minorities or people with unconventional kinship relationships.

Thus, perhaps another study is in order about how these people have cared for themselves during the aging process by constructing an alternate family, founded on various affinities and/or cultural and other interests.

I write from the perspective of an urban gay man. There is much evidence that cities such as our own offer a variety of civic and other organizations that are emerging to replace or supplement the conventional family. We have, for instance, the wonderful Whitman Walker Clinic, which provides support to the LGBT community or anyone with few family ties or families that may choose to ignore their aging relatives in need.

On the social side, we have the Primetimers of Washington D.C., which organizes dinners, trips and adventures to local points of interest and provides family type of holiday celebrations for those who have no place to go on these occasions.

Sage, a national organization, has a chapter here that provides discussion groups and celebrations for the gay community.

There is also the Victory Fund, which holds political rallies and fund raisers for gay groups. A good cultural example is the Gay Men's Chorus, which offers stimulating cultural opportunities and performances and has become a well-known institution in Washington. Finally, there are sporting organizations, which provide the gay community with recreational activities and organized leagues for a variety of athletes of all ages.

Such groups are more alive and well than ever. And they are helping to expand and re-define the institution of family in a new era.

Our very own Dupont Circle Village presents a multitude of cultural, social and educational opportunities, designed to include everyone in a core and inclusive activity. Moreover, Villagers have a variety of options to explore, from concerts to the theater, which might then be the subject of discussion at lunches or pot-luck dinners. Weekly "E-blasts" and the monthly *Newsletter* are chock full of inviting things to do.

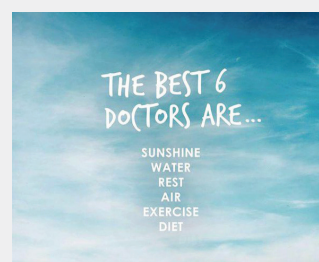
Who has time to bemoan aging? My calendar is replete with invitations. We are on the go!

I believe Gawande would be happily surprised. ■

Words to Live By

This little poem comes to us courtesy of Villager **Judy Krueger**. Judy says she got it a long time ago and doesn't know the author, but that hasn't interfered with the poem's inspirational power. [Our Google search revealed that the author is Wayne Fields.]

The best six doctors anywhere,
And no one can deny it,
Are sunshine, water, rest and air, and exercise and diet.
These six doctors will gladly attend
If only you are willing.
Your ills they'll mend,
Your cares they'll tend
And charge you not a shilling.



"Health is living in a state of harmony,"
Judy adds.

Soup Salon, January 17

Kenneth Jost

Soup Salon guest Kenneth Jost (bottom right in photo) has been a legal journalist for three decades. Make that more than 50 years, if you count his high-school newspaper article on desegregation.

Ken started his career at the *Nashville Tennessean* and got on the court beat a year later. Aside from a stint working as a legislative assistant for the then first-time Representative Al Gore, his friend from Harvard, he never turned his back on legal journalism.

In DC, this began with the *Congressional Quarterly* (CQ), which also published an annual book, *The Supreme Court Yearbook*, reporting on all the Supreme Court decisions of the year. Ken became its author at the same time that Ruth Bader Ginsburg joined the Court. He was also a writer and editor for CQ Press and CQ Researcher, as well as president of the DC chapter of the National Lesbian and Gay Journalism Association. His most recent book is *Trending Toward #Justice*, a compilation of his key columns and the backbone of his Salon talk.

"The conflicts of the early 21st century are coming before a Court more neatly divided by political differences than ever before," Ken observed. He related this observation to why Justice Anthony Kennedy, who he termed "the bipartisan Justice" and "very earnest," is so often the Court's swing vote. Conservative as he is, Kennedy couldn't have been confirmed without Democrats when President Nixon nominated him after the Bork debacle; indeed, he has proven less "fervently ideological" than his Republican peers on the Court. Still, he added, "this is a Court of judicial activism, whose majority is asserting a conservative politics more strenuously than is typical."

Ken pithily summarized his book's profiles of the other eight Justices.

- Roberts: "A nice guy" and also a "determined conservative." "He's responsible for the institutional credibility of the Court, which tempers him in some instances."
 - Scalia: "The Justice with an injudicious temperament...and more certitude than a Justice should have."
 - Thomas: "During his confirmation, he said he had no interest in overturning precedent, but that's all he does."
 - Alito: "Overly dogmatic...but very effective at shaping arguments to go his way."
 - Ginsburg: "Even apart from the Court, she'd be in a legal hall of fame."
- Ken added that he nonetheless believed she should have retired a few years ago, which prompted a lively discussion during the Q & A.
- Breyer: "He was once described as a 'cold fish,' and I agree."
 - Sotomayor: "Whatever her judicial legacy will be, she has charted a new path as a Justice of the people."
 - Kagan: Like Alito, she is "very effective at framing questions and arguments to her side."

The book also features the history of some cases, criminal justice and equal representation issues, and how "things went awry with President Bush's poli-

cies during the war on terror in trying to keep issues out of court." On equal representation, especially for poor people, Ken also traces how the Court is narrowing remedies for injured parties.

The three pieces in the book Ken termed "the most meaningful" to him are tributes to his late, former publisher at the *Nashville Tennessean*, who sent him to jail, undercover, to report on conditions there; to the late Anthony Lewis, who inspired him to take up legal journalism and whom he hailed as the "creator of the modern Supreme Court beat," and to the late Nelson Mandela—"an example of the powerful role law can play in promoting liberty and justice for all."

Ken believes that the law has played that role here, as well. "Though there are big exceptions, on balance we have a freer and more just legal system because of the Supreme Court than we otherwise would." Villagers can keep up with his astute views through his blog, "Jost on Justice."

Anne Stephansky graciously hosted the Salon and also made a delicious soup, as did **Alice Day**, **Lindsay Holaday** and **Richard Moore**. **Ceceile Richter** baked the wonderful gingerbread. The Village is grateful for their generosity. ■ BR



Little-Known Gems

Atlantic Plumbing Cinema

For those who might have missed this development, I want to draw your attention to the new cinema in our neighborhood – Landmark Theatres Atlantic Plumbing Cinema on the 800 block of V Street.

I know this might seem far way to those who live on the western and southern edges of the Village catchment area, but the place has several things going for it. There is plenty of parking on the surrounding streets; it starts showing movies early in the day – 12:30/2:30 pm; there is plenty of seating for those in wheelchairs; and you can go online and book the precise seats that you want (just like in a theater).

Eugene Versluysen and I have been there several times and have relished not having to drive a long way home (as from the Avalon) or, even worse, taking Metro late at night (as from E Street). There is a small but pleasant bar where you can hang out before the movie, and two restaurants are coming to the building sometime soon.

Jane Cave

807 V St., NW
(202) 534-1965

<http://www.landmarktheatres.com/washington-d-c/atlantic-plumbing-cinema>



Java House

Have you been there yet? I nominate it as the best coffee shop in the Dupont Circle neighborhood. It's worth going there, at the intersection of 17th and Q Streets, even if you live on the other side of the Circle. In addition to fabulous coffee, which is roasted on site, and a nice selection of pastries, they have WiFi. The inside seating area is limited,

but there are plenty of seats outside for when the weather is nice. It is nice even on a cool day because it gets direct sunlight for most of the day. **Lex Rieffel**

1645 Q St., NW
(202) 387-6622

Open daily 7 am -9:30 pm, 10:00 pm Saturday and Sunday

<http://www.javahousedc.com>

■ BR with thanks to the contributors



Kudos

Warm congratulations to **Peg Simpson** on being elected to the Village to Village Network Board of Directors. We know that her knowledge, experience and commitment will serve the Network as fabulously as it continues to serve our Village.



Pender M. McCarter continues to amaze with his ability to get publicity for DCV. This time he scored an interview for our Executive Director, **Eva M. Lucero**, in the January *Washington BEACON*, a newspaper focused on senior issues. Of course, if Eva hadn't been quotable, she wouldn't have been quoted, so kudos to Eva, too. Her astute remarks can be found in "More Find Value in Villages (pp. B10-B11)," an article in the *BEACON*'s special supplement on Housing and Home Care Options. [Click here](#) to read the article.

Out & About with DCV

New Year's Day Open House. Caroline Mindel graciously invited Villagers to welcome in the New Year at her home. Good food and good cheer abounded!



Knitting and Stitching Group. A record crowd of committed and convivial knitters and stitchers made their way to Abigail Wiebenson's home on January 4th for an afternoon of tea and talk and friendship. Some also managed to do some knitting.



Apple Seminar. Brandishing their iPhones and iPads, Villagers braved a bitterly cold January 13th to converge on the Apple



Store in Georgetown for greater enlightenment about their devices. "Apple Genius" Bill Keart couldn't have been better: deeply knowledgeable, clear, patient and witty. Regardless of what level you started from, Villagers agreed, you left knowing more.

TED Talk. Marilyn Newton hosted the discussion of the TED Talk, "Design at the Intersection of Technology and Biology," at her home on January 19. Neri Oxman, Israeli designer and Associate Professor at MIT Media Lab, discussed ways in which biology and genetics can provide new materials and structures for our buildings, clothes and furniture. Instead of building with many components, nature often uses a single material with varying properties, like skin, which is soft and porous on the face but more like a tough barrier on our backs.

■ SL, with thanks to the contributors



Haggis on Ice Awaiting Rescheduled Robbie Burns Party





Where Are They Now?

Lois Berlin and Larry Stuebing were in the Galapagos Islands right before Christmas, experiencing amazingly up-close views of unique wildlife. Pictured is Lois communing with a male marine iguana.



Chris and Tricia Hoban write that, "We welcomed the new year in Kauai, Hawaii, with our growing family. Our new grandbabies are seven months and three months old."



Timing is everything. **Irv and Iris Molotsky** had their pictures taken at the Blue Mosque in Istanbul just two days after the tragic terrorist attack in the area. They write that "Istanbul is a beautiful city, dotted with mosques, museums and delicious food."

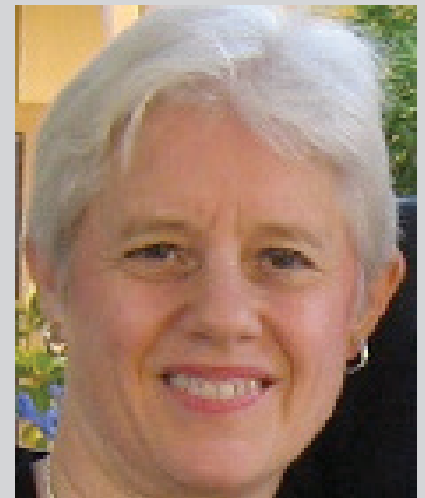
■ *BR with thanks to the travelers*



Member Profile: Ann Claassen

Ann Claassen writes that, "I'm a native of New Mexico and lived there until 1989, except for two years in Colorado for college and a summer in Wyoming working on a ranch. After college, I worked as an environmental scientist, did some graduate work in chemistry and eventually went to law school. I then moved to West Virginia for a year and then to DC in late 1990, beginning a practice in Environmental Law, specializing in Chemical Regulation."

"For nearly all of the past 25 years, I have lived in Dupont Circle, growing to love all the demure but beautiful detailing of the houses. In 2006, I took four months to drive across the country to the San Francisco Bay area, where I lived for a little over a year before returning to DC."



"I'm a bit of a singer-songwriter and just joined Encore Rocks, having previously been in the Lesbian & Gay Chorus of Washington and also having performed in some ad hoc send-ups of Gilbert & Sullivan. I'm addicted to crossword puzzles, binge-watch series on Netflix — currently *Murdoch Mysteries* — and enjoy movies and meals with friends, walks on the C&O Canal, day trips to historic houses and driving just about anywhere."



Melissa Gilbert of the *New York Times* presents an easy roast chicken recipe. If a 450 degree oven is daunting, roast at 400, increasing the cooking time by 5-20 minutes.

Salt and Pepper Roast Chicken (4-6)

3 ½ lb whole chicken, patted dry
2 ½ tsp kosher salt
2 tsp black pepper
Small bunch mixed herbs (e.g., rosemary, thyme, sage)

Season the chicken inside and out with salt and pepper. If there's time, refrigerate, uncovered, for an hour or overnight. When ready, heat oven to 450 degrees, and place chicken breast-side up in a large roasting pan or oven-proof skillet. Stuff cavity with herbs, and roast 50 minutes. Baste chicken with pan juices.



Continue roasting 5-10 minutes longer, until juices run clear when skin is pierced with a knife. Let stand 10 minutes before carving.

Place chicken pieces on a pile of tender greens (e.g., watercress, baby spinach) that have been sprinkled with lemon juice and salt to taste and even a dollop of Dijon mustard. Or make a side sauce of your choice. ■



---Judy Silberman,
Yoga Master

Let's begin the new year with some neck exercises. Keeping the neck muscles strong and flexible is a great resolution. Try to do a few of these every day. Move very slowly, and use your breath to guide your movement.

1) Back and forth. Begin with chin parallel to the floor. Inhale as head drops back gently, chin rising just an inch; exhale as chin goes toward chest.
2) Side to side. Inhale. Exhale and tilt head toward right shoulder. Inhale head back to neutral. Exhale and tilt head to left shoulder. Try to keep shoulders still.
3) Chin to shoulder. Inhale as you turn your head to the right. Exhale as you drop chin toward right shoulder. Inhale chin up. Exhale back to center. Repeat on left side. ■

Happy Valentine's Day

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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