

*There is a crack in everything.  
That's how the light gets in.*

—Leonard Cohen

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## New Members

*DCV warmly welcomes  
its newest members:*

**B. Jeanne Downing**  
**Ellen Efros**  
**James Wilson**  
**Sheila Sullivan Zubrod**

**D U P O N T  
C I R C L E  
V I L L A G E**

# Hope from the Beginning

---Eva M. Lucero

From the age of five, Diego Sanchez knew he was different. He told his mother that he didn't feel like a girl; that he should be a boy. Without judgment, she showed him a magazine cover with the picture of Christine Jorgensen, the American trans woman who was the first person to become widely known in the United States for having sex reassignment surgery. His mother explained that this woman was once a man. It was a vivid memory for this young child.

DCV members were captivated by Diego's story as they kicked off Pride Month at the home of **Andres Doerenberg** and his partner, Michael Lavers. Diego shared his courageous and inspiring journey from a precocious youngster who was born female and led an award-winning corporate career spanning three decades that included the launch of Diet Coke, to transitioning to male and becoming the first openly transgender staffer on Capitol Hill. Diego has since moved into non-profit work and is currently the director of advocacy, policy and partnerships at PFLAG National (Parents and Friends of Lesbians and Gays).

Adopted from an orphanage in Germany by a Mexican-American father and an East German mother, Diego says he was dually socialized with both gender norms. His father, an army sergeant and a very loving man, taught him discipline, hard work, and accountability. His mother, a concentration camp survivor, taught Diego about faith, compassion, and the importance of keeping hope alive. He spent his formative years in the Panama Canal Zone and the family settled in Georgia. Diego went through university known as a female and was a standout on the tennis team. It wasn't until he was in his twenties that Diego began his physical transformation to male.



In the next chapter of his life, Diego spoke admiringly about being recruited by "the smartest and wittiest person in Congress," Barney Frank (D-MA), and detailed some of the policy work that the congressman assigned to him. He reflected on the incremental progress that was made on the legislative front including transgender-inclusive hate crimes and language, and the Employment Non-Discrimination Act (ENDA). Much work remains to be done and today Diego continues to advocate for transgender rights and fight against recent bathroom ban legislation and discriminatory adoption efforts against LGBTQ people. He also spoke about the alarming number of at-risk trans and gay youth and highlighted groups such as the Trevor Project that provide a critical line of support.

Salon attendees peppered Diego with questions about his transition and commendable advocacy and policy work. While much remains to be done to broaden acceptance and inclusion of transgender people, Diego's personal and professional transformation is an inspiration. Part of my own reflection of the evening is the incredible power of love and acceptance to transform an individual into their truest, greatest self. ■



## MONTHLY Calendar

### SOUP SALON

**Sunday, June 18 6:00-8:00 p.m.**

1760 Swann Street, NW (home of Caroline Mindel)

Please let Caroline know what kind of soup or bread or dessert you can bring to share.

Story teller Moira Daugherty, with a doctorate from University of Maryland, has been sharing her gift with children and adults for seventeen years. As you will see and hear, she can turn a life experience into a tale that will charm you. Story telling, the world's oldest form of communication, teaches us our history and shows us how to live our lives to the fullest. Come listen and learn. Questions for Moira? Great! Who knows? Perhaps she will answer in story form!

RSVP to Caroline:  
carolinejmindel@gmail.com

### TECH TUESDAY

**Tuesday, June 20 11:00 a.m.**

La Tomate Caffe, Connecticut and R  
Bring your questions and your latest discoveries of good software and hardware to share, especially if you have a new device that needs some tweaking. Have your questions answered and issues hopefully resolved. You can even enjoy a bit of breakfast or your morning wake-up coffee or tea. The company is great, too!

RSVP to Lucy Cooney:  
lucy1030@starpower.net

### FILM SCREENING

**Wednesday, June 21,  
6:30-9:00 p.m.**

Sibley Hospital  
5215 Loughboro Rd. NW,  
Building A, Room 1  
Free screening and panel discussion  
of the PBS Frontline film,

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## President's Notes

---Steve Kittrell

This month, I would like to focus on the relationship between DCV volunteers and DCV members. Volunteering is how many of us were introduced to DCV. Members using volunteers is also an integral part of why we have a Village. Since becoming President, I have learned a lot about how volunteering works and want to share some of it with you.

Did you know that:

- About half of our volunteers are not members (at least not yet)
- Even though we provide hundreds of volunteer hours each year, we generally have more volunteers than we have requests for services
- Counting our volunteer hours is a constant challenge
- Counting volunteer hours accurately can help DCV to obtain grants from foundations and governments.

It is clear that being a volunteer is good for you. A number of studies show the personal benefits of helping others. It is indisputable that doing good helps people who volunteer lead better, healthier lives. So, don't you want to enrich someone's life by letting them be an active volunteer? I know that our members do not want to be selfish and therefore not use the available DCV volunteers!

So, I would like to encourage all DCV members to do one or both of these two things:

1. ASK if you can use a helping hand. If we don't know that a member can use a volunteer, we can't match up the right person for the volunteer service. Don't hesitate to ask. We all can use some assistance on occasion. You can look on the DCV website under "Lend a Hand" to see a partial list of ways our volun-

teers help our members. Even if you need something not listed on the website, please go

ahead and ask. If the task is something that a volunteer cannot handle, we will try to find an alternative for you. However, you would be surprised, as I was, at the range and depth of abilities among our volunteers.

The best ways to ask for a volunteer are:

- Send an email to [volunteer@dupontcirclevillage.net](mailto:volunteer@dupontcirclevillage.net)
- Call the DCV office at 202-436-5252.

2. IF YOU VOLUNTEER, please report your volunteer time. It is as easy as sending an email once a month to our Volunteer Coordinator at [volunteer@dupontcirclevillage.net](mailto:volunteer@dupontcirclevillage.net). We know that we do not capture all of the volunteer hours. If we can do a better job of tracking them, it will help us in obtaining funding for DCV in the future.

This reporting also includes volunteer hours spent helping to run DCV. Our committee members and others provide vital support to DCV and we would like to know better how much time they provide.

Thanks to all of you who volunteer and, equally importantly, thanks to those of you who allow our volunteers to enrich their lives by volunteering. ■



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*Being Mortal: Medicine and What Matters in the End.* This documentary explores the hopes of patients and families facing terminal illness and their relationships with the physicians who treat them. Be part of a national conversation that brings medical professionals and community members together around the shared responsibility of discussing what matters most to patients and families facing difficult treatment decisions and how to have these conversations ahead of a medical crisis.

Register at <http://bit.ly/2rwvkZr>

### SMITHSONIAN CASTLE TOUR

**Sunday, June 25, 11:30 a.m.**

Meet inside the Castle's Independence Avenue/Enid Haupt Garden entrance

Villager **Sheila Lopez** will take us behind the scenes and share with us the nooks and crannies, the history and even some of the secrets that are the iconic Castle. See it as few other visitors ever do, giving you another view of what makes life in Washington so exciting and special. While there are elevators to all floors, some areas require the use of stairs. RSVP to Lucy Cooney: [lucy1030@starpower.net](mailto:lucy1030@starpower.net)

### LIVE & LEARN

**Monday, June 26, 3:30-5:00 p.m.**

First Baptist Church of the City of Washington, DC

1328 - 16th Street, NW – O Street (wheelchair accessible) entrance

Dr. Jen Wolfe, a Board certified geriatric pharmacist, will address the subject of medication safety. She will clarify common misconceptions and outline some of the pitfalls of prescribed medicines. She will provide practical tips and steps to take to make sure your prescriptions are the most

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## Meet Ann Talty, DCV's Office Manager

Before coming to DCV in February, Ann spent most of her career on the staff of the Episcopal Bishop of Washington (5 bishops in a row!), on the Washington National Cathedral grounds. While there, Ann helped design a couple of databases and computerized procedures and data management, including web-site work. She managed over 30 annual conventions and numerous meetings, overseeing church governance and special projects. There is nothing she loves more than taking on projects, and working with members and volunteers.

Growing up, Ann lived in Somalia, England, and Italy, moving to the States in time for junior high. As a result, she enjoys learning other cultures – so DC is a good fit. She went to Lawrence University in Wisconsin, majoring in German (which added to the list of languages she has since forgotten, unfortunately). In her personal life, Ann sings in a small professional church choir performing



mostly Renaissance music; leads a knitting & crocheting group for seniors, attends concerts and plays when she can; and volunteers for Iona Senior Services. Ann has found that her work must be about a strong mission, and keeps coming back to working with seniors. She is really enjoying herself with this opportunity to blend her skills and interests. ■

## Congratulations Gretchen!

--- Robert Hirsch

On May 23, Villager **Gretchen Ellsworth** was recognized at the annual District of Columbia Awards for Excellence in Historic Preservation for her dedication and work in facilitating the restoration of the Potomac Boat Club (located in Georgetown, near Key Bridge). Gretchen is the founder and President of the Potomac River Boathouse Foundation, created to assure the continued preservation of the Potomac Boat Club (PBC) boathouse for the enjoyment of the public and the use of future rowers. The boathouse, constructed in 1908, is in the National Register of Historic Places. The first major project of the Foundation was the renovation of the iconic porch that overlooks the Potomac River and Key Bridge. Gretchen has been a member of PBC since 1995 and served many years as Vice President and Secretary of the club as well as rowing in

many competitions (including national and international regattas) as a member of the Masters Women's Rowing Team.



A wonderful 2 minute video about the boathouse and the renovation work can be seen at: <https://www.youtube.com/watch?v=7GobLWzfBHg> (this link will also point you to videos about the other award winning projects). The video contains some wonderful views of the boathouse and the beautiful porch they restored. Here is a photo of the award presentation, showing Gretchen with the other people who played important roles in this preservation achievement.

The web site for the PRBF is at:

<https://potomacriverboathouse.org/>



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appropriate, effective and safest possible. RSVP to Linda Harsh: lindajkh@mac.com or at 202-234-2567

### **SPEAKER & RECEPTION**

**Tuesday, June 27, 5:30-8:30pm**

Woman's National Democratic Club  
1525 New Hampshire Ave NW  
The Most Influential Women  
World Leaders You have Never  
Heard Of. Speakers reception with  
Richard O'Brien, author of *Women  
Presidents and Prime Ministers*,  
which chronicles the 107 women  
who have served their nations  
in this capacity. Ground breakers  
all, these amazing women come  
from a multitude of backgrounds,  
and share a common success in  
overcoming the daunting odds to  
rise to lead their nations. Many were  
jailed on the way there, or even  
tortured, or attacked. When they  
finally broke through the ultimate  
glass ceiling, what issues have almost  
all of them concentrated on? Are  
women leaders different from male  
leaders? What is a new strategy that  
is effectively increasing women's  
leadership around the world? And  
can it be used here in the U.S?  
Register at [http://democratic-  
woman.org/richard-obrien](http://democratic-woman.org/richard-obrien) and  
use Promotion Code DCV2121  
for \$20 ticket. RSVP: Lucy Cooney:  
lucy1030@starpower.net ■

## **A Life Well Lived**

--- Peg Simpson

**Marilyn Newton** could have been the poster child for the national aging in place movement, and we are very saddened by her passing.

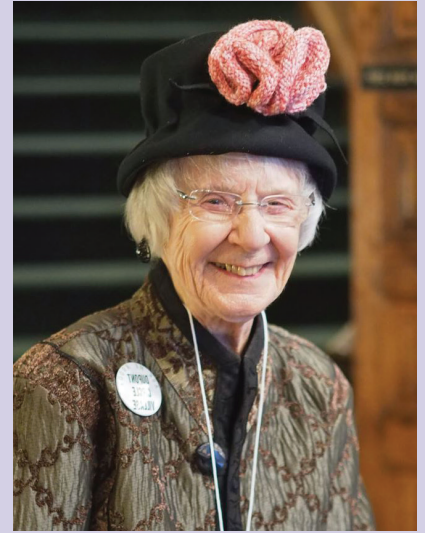
She was nearly 90, and lived an active and engaged life. She relished time with her family (four sons and grandkids) and the Dupont Circle Village (DCV).

Marilyn also demonstrated a commitment to self-care, which set an example for many Villagers and enabled her to give back to others in countless ways.

As one of the seven founding members of the Village, Marilyn helped establish the DCV operating principles and helped set the tone for a caring, inclusive organization with outreach to friends and neighbors. Marilyn oversaw a system where two Villagers checked in with each other every morning, making sure that we looked after one another. Marilyn later expanded the practice to monthly 'friendly calls' so that Villagers could connect with one another and make sure they were okay and needed anything. Days before she died, she hosted the monthly "Birthday Tea" for Village members born in June.

Marilyn was also an active member and champion of our monthly *Live & Learn* seminars that aim to provide villagers with "all the news they need to know before they need to use it", and wrote up promotions about the speakers for the *Washington Post* calendar. Whenever the DCV needed local contributions, Marilyn stepped up to engage dozens of nonprofits, churches, cafes, and businesses to donate meeting space or other items.

Marilyn had gained many professional contacts over the years because she was also very civic minded. She was the secretary of the Dupont Conservancy, a docent at the Heurich Mansion, a member of Dupont Circle Citizens



**Marilyn Newton**  
**1929 – 2017**

Association, and she also served as a commissioner on the ANC2B. Additionally, Villagers can see the results of her work every day as she spearheaded the original restoration effort for 22 neighborhood call boxes and last summer, aided by other DCV volunteers, she led a third round of sprucing them up.

Marilyn prized physical, financial, and mental fitness. She played tennis three times a week and could be found with the DCV walking group on most weekday mornings. She renovated her elegant Victorian house decades ago, managed several investment apartments, and was at the heart of historic preservation organizations. She was an active member in several book clubs and a fabulous talent scout for speakers for Sunday Soup Salon, which drew on her years at Studio Theater and active participation in the OLLI seminars at American University.

After she died in her sleep on June 11, the DCV listserv recorded an outpouring of grief and touching words of appreciation for a life well lived. She served as a role model for many and we continue to be inspired by her kind spirit and example. ■

## Jenny Bilfield Keeps WPA Rocking!

---Peggy Siegel

On May 19th, DCV member **Lucia Edmonds** welcomed 19 attendees, including Celeb Salon speaker Jenny Bilfield and her composer husband Joel Friedman, to her lovely home on 15th Street, NW. Jenny, a New York City native and former Artistic Director of Stanford University's performing arts program, has served as President and CEO of Washington Performing Arts (WPA) since April 2013. It quickly became apparent why Washingtonian Magazine twice named her one of the most powerful women in Washington as well as why WPA, represented by Jenny, is the first organization of its kind to receive the prestigious National Medal of Arts from former President Obama during a White House ceremony.

Collaboration is in Jenny's DNA as well as WPA's, whose "The City is Our Stage" tag line aptly describes a 50-year old organization with a social justice mission that showcases local talent alongside visiting artists across a wide range of live events. Since it does not own its own building, WPA hosts performances with other venues, including the Kennedy Center, Library of Congress, several Smithsonian museums, GW Lisner Auditorium, and Sixth & I, as well as with DC Public

Schools, embassy row, and numerous choruses in DC, which she called the "choral center of the world." WPA also is the artistic partner for the 11th Street People's Bridge Project, connecting communities across the Anacostia River.

"Our greatest value is based on relationships with the artists," she explains, acting as a catalyst to secure funding. "I love pulling organizations together and involving different people as partners"—like the time that a collection of diverse artists, civil rights activists, and political leaders came together as a vocal mosaic to honor the 75th year anniversary of Marion Anderson's iconic concert at the Lincoln Memorial. Jenny measures success not only by WPA's commercial success, but also through impact, making the arts available and accessible to the entire community and potentially for generations to come.

Combining her love of the performing arts and community comes naturally to someone who as a young girl became her mother's "art buddy" as they explored NYC together. Flash forward to today, when Jenny has emerged as Washington's art buddy—"curating the experience" for those of us interested in exploring WPA events across DC—and who graciously spent a wonderful evening exposing the Village to what is ours to discover. ■

## Meet the Tanners!

Formerly longtime residents of California, **Michael** and **Eileen** moved to Washington from Chicago in 2011, when Michael became VP at the Association of Public and Land-Grant Universities. They bought a condominium at 22nd and O and joined Dupont Circle Village a couple of years later.

Eileen had just retired from a career in higher education and began building their new life in the nation's capital. Michael retired in January 2016 and now consults.

Eileen and Michael both share an interest in music, art, history, and French language and culture. They speak French and travel to France annually. Michael is an avid tennis player as well as a serious classical guitarist. They both love gardens and hiking.

Life in DC has been wonderful for them!



# If You Haven't Thought About How You Want to Die, It Isn't Too Late!

---Joan Triechel

As the old saying goes, "Two things are inevitable: Death and taxes."

Well, maybe not taxes. Some people (we won't name names) have figured out how to get around them. But death? If anybody has learned a way around that, please let me know!

So, Villagers, here it comes whether you are an agnostic, atheist, believer, or whatever: The crossing over to the "Other Side" (whether it is heaven; nirvana; reincarnation; a showering of your ashes into the C & O Canal; or a good long rest in a cemetery, where your descendants will have some fun deciphering your gravestone).

Are you making plans for the trip? You should be, Mark Dann, the federal affairs director of Compassion & Choices, advised some 20 of us Villagers attending the Village **Live and Learn** Seminar on May 22. The title of the seminar was "Death with Dignity."

What do you need to do to get ready? Think about how you want to die (not exactly a popular subject), then talk with your family or loved ones about it, Dann advised.

For example, do you want to die at home? Only about a fourth of dying individuals manage to do so, Dann said. And if you are one of this elite minority, do you want hospice care arranged while you are in the dying process? What would you like as far as pain management is concerned?

Or suppose you end up dying in a hospital. Would you like extraordinary measures, such as feeding and drinking tubes or a life-support machine, to be used to extend your life – or not? This is where an advanced medical directive can be valuable, but also discuss it with your family and loved ones, Dann recommended.

How about expediting your trip to the "Other Side"? If the dying individual stops eating and drinking to speed the process, it is legal in all 50 states, Dann informed us. There is also physician-assisted suicide (or "death with dignity," as Compassion & Choices puts it). Six states – California, Colorado, Montana, Oregon, Vermont, and Washington – have already made it legally available. The District of Columbia is in the process of doing so, Dann reported.

The criteria for physician-assisted suicide (aka death with dignity) are the same in all six states and D.C., Dann explained. A patient must be terminally ill; be certified by two different physicians that he or she is of sound mind and not clinically depressed, which could influence his or her wish to die; and also be capable of taking a lethal medication himself or herself. Individuals with Alzheimer's do not qualify, he pointed out.

Oregon was the first state to legalize physician-assisted suicide – back in 1997. Since then, few dying Oregonians – less than one percent -- have taken advantage of the procedure, Dann noted. Yet at the same time, dying Oregonians have increased their use of hospices and other end-of-life resources. "So even if you aren't thrilled with all of this, it has gotten people interested in dealing with death," Dann attested.

Compassion & Choices provides end-of-life consultation for dying patients and their families at no cost. More information about the resources that Compassion & Choices offers the public can be found at their website: [Compassion&Choices.org](http://Compassion&Choices.org). For instance, professional consultants and trained volunteers offer assistance in completing advanced medical directives; make referrals to local hospices and illness-specific support groups; give advice on pain management; and provide information on legal methods for aid in dying. ■





## Out & About



On May 13, longtime DCVillager, **Susan Meehan**, was the winner of the DC Poet Project, a local competition created to support participation in the practice of professional poetry. It's a partnership between Day Eight, the DC Public Library and funded by the DC Office of Arts and Humanities. Susan has been writing poetry since age 6 and is currently finalizing a book of poems with the possible titles of either *The Color of the Distance Unknown* or *The Color of Magic*. Stay tuned!



**Judy duBerrier** recently directed two plays performed by the Seniors on Stage group: Noel Coward's "Brief Encounter" and her first-ever composed play, "In Common".



May Birthday Tea Celebrants! **Marcia McDonnell, Kenlee Ray, Massimo Righini, Barbara Meeker, Joan Treichel, Beth Merricks, Mike Higgins, and Ken Shuck**



DCV members, **Robert Hirsch, Lois Berlin, Abigail Wiebenson, Jeanne Downing, Susan Hattan and Nancy Turnbull** recently participated in the Volunteer Training hosted by Northwest Neighbors Village and funded by the DC Office on Aging.





## Where Are They Now?



**Kenlee Ray** and her grade school friends at a 50th anniversary party in Saugatuck, Michigan over the Memorial Day weekend.



**Abigail Wiebenson** was recently in Botswana. A magical, concentrated experience and a check off of her bucket list.

**Judith Neibrief** spent the last week of May exploring northern New Mexico with friends and visiting cousins. She and her friends really enjoyed Santa Fe and day trips west, northwest, and north of the city. The landscape is amazing and the architecture so sensuous. Highlights of the trip include Bandelier and Kasha-Katuwe Tent Rocks National Monuments (for ancestral Puebloan cliff dwellings and for volcanic cones and a slot canyon).







## Where Are They Now? *continued*

Last month **Bill Roberts** and **Ann McFarren** went on a most extraordinary trip to Europe. Bill and his friend, Don Brown, were both educated as physicists and had long wanted to visit



CERN, the world's premiere nuclear collider located just outside Geneva, Switzerland. Ann, and Don's wife Margo, wanted to see tulips in Holland at the peak of their flowering season. They cobbled up a trip to Amsterdam to see the tulips in April, take a cruise up the Rhine River – ending near Geneva, where they received a personally guided tour of CERN with three physicists working at the facility. From there they went to London for a few days.

During their visit to Holland they saw tulips – in all their glory, both at the flower auction and at Keukenhof Park. The cruise up the Rhine included stops at Kinderdijk, Netherlands; Cologne, Koblenz and Heidelberg, Germany; Strasburg, France; Breisach, Germany; disembarking at Basel, Switzerland. Each stop had fascinating things to see and experience, a couple of their highlights being the cathedrals in Cologne and Heidelberg.

Their visit to CERN was highlighted by the chance to see the Atlas, CMS, and Alice operations, with scientists who are intimately familiar with those experiments/operations. You may know that Atlas and CMS found the Higgs Boson a couple of years back – they are still feeling the glow from that success around CERN. Don and Bill soaked up every word they said, and shared their joy at moving a step closer to understanding how our universe operates. This qualified for their “bucket list” – IN SPADES!

In London their favorites included a Shakespearian period play – “Nell Gwynn” (as in Charles II mistress) at the Globe Theatre, a tour of Wimbledon, and a visit to Churchill's War Museum. ■



**Carol Galaty** and **Ken Shuck** are in the back yard of Carol's daughter and son-in-law's home, that is perched on a bluff within the walls of Visby, a mid-eval, walled city on Gotland, a Swedish island in the Baltic Sea. It was the largest Hansiatic city in the world in the 1200's. It is now a UNESCO world heritage site, surrounded by an intact city wall, and filled with the ruins of dozens of churches, large Hansiatic houses, small adorable mid-eval cottages (that probably weren't so adorable before they were gentrified in the past century) with winding narrow cobblestone streets, restaurants, shops and plazas.





---Lois Berlin

let the blender do the real work. I also tend to heavy up on garlic and Siracha, but you can adjust accordingly for your palette. I also substitute cilantro for parsley or add basil when I have it (which I always do in the summer). I don't over blend the ingredients so there is still some tooth to this soup.

6 ripe tomatoes, peeled and chopped  
(I blanch the tomatoes in boiling water to make them easy to peel)  
1 purple onion, finely chopped  
1 cucumber, peeled, seeded, chopped  
1 sweet red bell pepper (or green) seeded and chopped  
2 stalks celery, chopped  
1-2 Tbsp chopped fresh parsley  
2 Tbsp chopped fresh chives  
1 clove garlic, minced  
1/4 cup red wine vinegar (I use Balsamic)

1/4 cup olive oil  
2 Tbsp freshly squeezed lemon juice  
2 teaspoons sugar (I never use sugar, but its up to you)  
Salt and fresh ground pepper to taste  
6 or more drops of Tabasco sauce to taste (I use Siracha and much more than 6 drops!)  
1 teaspoon Worcestershire sauce (omit for vegetarian option)  
4 cups tomato juice (I use V-8 or Bloody Mary mix if I have it)

#### METHOD

Combine all ingredients. Blend slightly, to desired consistency. Place in non-metal, non-reactive storage container, cover tightly and refrigerate overnight, allowing flavors to blend. Yield: Serves 8. ■



---Judy Silberman,  
Yoga Master



Continuing with the use of a tennis ball to self-massage, sit toward the front of a comfortable chair and place the ball on the floor in front your right foot. Bare is best, but a light-weight sock is also fine. Step on the ball and work it up to the toes and down to the heel, putting enough pressure to keep control of the ball. Use your arms and engage the abs, as your body moves on the rolling ball. Be aware of taking deep, full breaths, as you stimulate all parts of the foot and the proprioceptors on the sole, which are important for balance. Feel the texture and dimensions of the ball. When you have had enough, move the ball to the left foot. This can also be done standing against a wall. Enjoy, and notice how invigorated your body feels! ■

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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