

"I praise the fall: it is the human season."

— Archibald MacLeish, "Immortal Autumn"

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**New Members**

DCV warmly welcomes its newest members:

- Matthew Abrams
- Zoe Gleysteen
- Alejandro Lopez-Meija
- Carla Macario
- Joellen Schumacher
- Margarita Uricoechea
- Sheila Zubrod



# A Tale of Three Sightings

---Eva M. Lucero, Executive Director

On August 21, 2017, the US reached the end of the longest total-solar-eclipse drought in its history. A total solar eclipse—or totality—had not been observed from anywhere in the mainland US since February 26, 1979. On August 21, a coast-to-coast totality swept across the continent. Although none of these Villagers experienced the totality of the 2017 eclipse, at just 70 miles wide, the path of the totality is narrow; however, they did joyfully experience this rare event from various vantage points and with total awe. In case you missed this one, a second totality will unfold on April 8, 2024.

obscure the rest of the show and they experienced a sudden darkening of the sky, much like turning a dimmer switch from light to dark in a minute's time. The most spectacular moment was when clouds parted just in time to offer a view of the total eclipse. Cheers erupted throughout the park, the darkness turned back to light, and their 5 a.m. departure to assure a good viewing spot was rewarded.

"The best part of the eclipse was sharing this very special event with a very special group of people," remarked **Sheila Lopez**, one of 40 Villagers who took advantage

of **Ann McFarren** and **Bill Roberts'** kind offer to view the eclipse urban-style, atop their condo building in Adams Morgan. With an expectant feeling on the rooftop, Villagers shared viewing glasses and tidbits of knowledge about the eclipse. Villager **Gretchen Ellsworth**, "loved having this experience with so many friends including people who could explain some unknowns to me. While I would have loved seeing "totality" what we got was enough."

**Marie Marcoux** viewed all the wonder of the eclipse from a

perch along the scenic Blue Ridge Parkway in Virginia. She reported that "although it was too cloudy to see but a few minutes of totality, right at 2.37 p.m. it became windy, then the temperature suddenly dropped." It was awesome. ■



From Weston Bend State Park in Missouri, **Steve Kittrell** and **Susan Hattan** had a clear view of the first "bite" out of the sun—seeing it both through their eclipse glasses and as a reflection on a car windshield. Clouds then rolled in to partly

Photo: Top **Judith Krueger, Joan and Nick Ludlow**. Middle **Steve Kittrell and Susan Hattan**, Blue Ridge Parkway View. Bottom **Dick Arndt, unidentified and Kenlee Ray**



## MONTHLY Calendar

### **Soup Salon With Peggy Parsons Sunday, September 17, 6:30-8:30 p.m.**

Home of Sarah and Ed Berger,  
2301 Connecticut Avenue,  
Apartment 7A  
Peggy Parsons, recipient of honors  
too numerous to mention here, is  
the founder and curator of the film  
program at the National Gallery of  
Art. If you are a film buff, this is one  
of Washington's treasures!  
Contributions of soup, bread, wine  
or dessert are appreciated, but not  
required. Coordinate with Lynn  
Lewis.

RSVP to Lynn Lewis:  
(202) 365-7055 or  
lynnlewis940@gmail.com

### **Libations, Light Fare And Learning About The Village Monday, September 18, 5:30-7:00 pm**

A periodic gathering for those  
who have expressed an interest  
in learning more about the Village.  
Let Abigail know if you know of  
someone who should be invited.  
Hosted by Abigail Wiebenson, 1916  
S Street, NW  
Email: abigailwiebenson@gmail.com,  
Phone: (202) 332-6857

### **An Evening At Arena Stage-- Native Gardens, A Comedy Monday, September 18, 7:30 curtain**

Playwright Karen Zacarias brings us  
a new comedy about the clash of  
class and culture that pushes well-  
meaning neighbors over the edge.  
Discount tickets are \$40.00  
RSVP to Lucy Cooney: lucy1030@  
starpower.net Your reservation will  
be confirmed only upon receipt of  
your check, payable to Kathy Cardille,  
and sent to her at 1545-18th Street,  
NW, #416, Washington, DC 20036.

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## President's Notes

### *Welcome Back From Summer*

*---Steve Kittrell*

I hope that everyone in the Village had a great Summer, which was not too hot by Washington standards. My perspective may be a little warped since Susan and I took a trip to Scotland and missed the worst week of the Washington summer heat.

I know that following Village developments was probably not at the top of your list for Summer activities. So, I want to take this opportunity to review some of the Village matters that you may have missed.

**Find a Member-Recommended Contractor** - Many of us have used the DCV listserv to ask fellow Villagers for recommendations on contractors. We have now started collecting those recommendations into a new function on the DCV web page. By logging on as a member, you can access the information about contractors gathered from members over the past year or so. The information is organized by category (like Home Maintenance) and service (like Appliance Repair). We will continue to add to the information so let us know if you have a great company or person to share with the Village.

### **Volunteer Training**

Under the grant that we received from the DC Office on Aging (DCOA), we held six different volunteer trainings over the Summer. We intend to continue various volunteer training opportunities. Look for more training opportunities in the near future.

**Fall Meeting** - We will hold our annual Fall Meeting for all members on September 27 from 6:30 – 9:00 p.m. at the Chastleton at 1701 16th St NW. More information will be coming, but please hold that evening for a chance to catch up with many of your Village friends.

I look forward to seeing you at the Fall Meeting if not before. ■



## Member Profile: Mary Braden

After 30 years of service to the US Government, **Mary Braden** retired in 2003. Her career was bookended by 9 years on Capitol Hill working for a Congressman and 14 years at the Justice Department running its government ethics program for Department employees. She has enjoyed several activities since retirement, including auditing classes at George Washington University and taking exercise classes at a local gym.

However, her favorite is serving as a docent at the Smithsonian American Art Museum. She especially enjoys giving tours of the special exhibitions

and regularly gives members of the Village special tours. Over the past year, she has led Villagers on tours of the works of artists ranging from Isamu Noguchi, a Japanese American artist to Romaine Brooks, a strong female artist who lived most of her life in Europe. Mary finds it especially wonderful to have the friendly faces of Villagers on a tour, even when some of them admit they are not fans of abstract and other contemporary art but do enjoy the tours.



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**Celeb Salon – Norman Eisen – Sold Out!**

**Tuesday, September 19, 7:00-9:00 pm**

Celeb is Ambassador Norman Eisen, Brookings Institute and chair, Citizens for Responsibility and Ethics in Washington.

Hosted by Jane Pierson and John VerSteeg, 2022 Columbia Road, NW, Apt. 714. Tickets required.

**Celeb Salon – Carrie Hessler-Radelet**

**Wednesday, September 20, 7:00-9:00 pm**

Celeb was recently Peace Corps director, and now president and CEO, Project Concern International. Hosted by Lex Rieffel, 1709 Q Street, NW.

Space is still available. Register online or contact Linda Harsh at lindajkh@mac.com

**Senior Matinee At The Avalon Thursday, September 21, 10:30 a.m.**

\$5.00 gives you an opportunity to enjoy a first-run film at Washington's only non-profit movie palace. Available on the third Thursday of every month, so think about making this a regular habit. Popcorn for breakfast (costs extra) – what could be better! Listing in the Washington Post or on line at the Avalon website will tell you what's playing. If you don't want to drive, the L2 bus stops half a block away and several restaurants in the neighborhood offer an opportunity for "what did you think of the movie?" discussion.

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## Scavenger Hunt: DCV Website

--- Ann Talty

Did you know that about half of Village members have not logged onto our website as members this year? It's okay, we're starting small. For this game, you won't even need to log in, just go to: <http://dupontcirclevillage.net>.

It's time to look for treasures on the Village website, including membership benefits you may not know about or have forgotten. The first three who give me correct answers will be acknowledged in next month's column. Any first-time users get extra special credit!

**Hint for tablet or phone users:** you may initially see a menu across the bottom of the screen. Click on the icon in the middle (looks like a computer screen) to have it bring up the desktop view, which will make things much easier.

**Scavenge 1** – find the address of the Village. Tell me what it is, and where you found it or the link to it (just so I know you haven't memorized it!). (hint: it involves scrolling down to the bottom of the screen).

**Scavenge 2** – find the unique event occurring on October 4 in the afternoon. It should be easy to see on the homepage, and if you click on it, you will find more information. Email me with the name of the event. For extra credit, give me the name of the presenter and the link where you found it.



**Scavenge 3** – Find the name of the President of the Board and where he retired from. (hint: explore the first menu tab on the homepage and click) No fair if you just know it – convince me you found it online by emailing me with the information, and telling me either where you found it or giving me the link.

**Hint on how to send a link** – while on the page you're looking at, highlight the web address, copy it, then paste into the body of your email. If you're using a mouse, right-click to get to copy/paste function. If this hint confuses you, please let me know. Really!

For help with any of this, including sending me the answers, contact me at [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net) or (202) 436-5252. I would love to walk you through it! ■

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**Live & Learn (September Only)**

*Simulcast program celebrating the 15th anniversary of the national village movement with Atul Gawande*

This event was originally planned for February, 2017, but postponed because of weather.

**Monday, September 25, 5:00-6:00 p.m.**

Friends Meeting House Assembly Room, 2111 Decatur Place  
Light refreshments and discussion will follow

RSVP online or to Ann Talty: [admin@dupontcirclevillage.org](mailto:admin@dupontcirclevillage.org)

**Celeb Salon – Dr. William Hearl**

**Tuesday, September 26, 7:00-9:00 pm**

Celeb is president and CEO, Immunomic Therapeutics, Inc.  
Hosted by: Ann McFarren and William Roberts, 1870 Wyoming Ave NW #603

Space is still available. Register online or contact Linda Harsh at [lindajkh@mac.com](mailto:lindajkh@mac.com)

**DCV Fall Meeting**

**Wednesday, September 27, 6:30-9:00 pm** at the Chastelton

More information to come.

**French Gothic Cathedrals – Illustrated Lecture**

**Wednesday, October 4, 2:00-4:00 p.m.**

Living Room above DCV office, 2121 Decatur Place  
Richard Moore, DCV member and principal author of Guidebook, Selected French Gothic Cathedrals, will present brief case studies of Notre Dame, Chartres and Reims Cathedrals. A bit of Europe and European history without leaving home! RSVP Lucy Cooney: [lucy1030@starpower.net](mailto:lucy1030@starpower.net)

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# Sleep as We Grow Older

--- Marie Matthews

Sleep. We all do it. But some of us find it harder than others.

Dr. Richard Waldhorn, a Clinical Professor at Georgetown University School of Medicine, explained to a large crowd at July's Live and Learn seminar that sleep is not the absence of wakefulness. Instead, it's active, highly regulated and involves different areas in the brain. Although its purpose is not fully understood, it is essential to life.

How we sleep during the night changes as we age. We experience less deep sleep and more light sleep. Because of this, we may have difficulty maintaining sleep and the sleep we do get is less efficient and more fragmented. Our internal biological clocks shift to earlier bed and wake times. We may be taking medication for a medical condition that interrupts sleep. All of this leads to a higher prevalence of sleep disorders among older persons.

One of these disorders is sleep apnea, characterized by recurrent episodes of the narrowing or collapse of airways during sleep despite ongoing breathing efforts. The brain, knowing the body is not breathing properly, periodically wakes the sleeper up, leading to fragmented sleep, excessive daytime

somnolence, impaired cognitive performance and possibly hypertension. Treatments include losing weight if obese, eliminating alcohol and sedatives and smoking cessation. Dental orthotic or mandibular positioning devices may be used. For severe cases, surgery may be a solution.

Another disorder, affecting 10 – 20% of all adults and 40 – 50% of the elderly, is insomnia. Insomnia is often a symptom of an underlying medical, psychiatric (particularly depression) or psychological condition, although 15 – 20% of insomniacs have no organic or psychological cause.

Some insomnia is "psychophysiological" (learned). Changing the patient's behavior is the first step in treatment. This could include improving the light conditions and room temperature in the bedroom; learning relaxation techniques; and avoiding electronics and other distractions in bed. Cognitive behavioral therapy is recommended for all adults with chronic insomnia. In some cases, medication may be called for.

Dr. Waldhorn concluded by encouraging his listeners to talk with their doctors if they experience chronic difficulty sleeping and/or have symptoms of a sleep disorder. An improved ability to get to sleep and stay asleep will positively affect the overall quality of life. ■



Eight DCV Villagers participated in the Medical Note Taking training on August 22. This training was funded by the DC Office on Aging.

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### Happy Hour

Tuesday, October 10, 5:30-7:00 pm  
at I Ricchi. More information to  
come

### Falls Prevention Class

8 session series – free - DCV  
members only

**October 10 – December 5,  
10:00 a.m.-noon**

(Tuesdays, except Nov. 21)

Meetings are held at DCV office,  
2121 Decatur Place. Classes will be  
led by a certified falls prevention  
instructor from George Washington  
University, Helaine Roisman, LGSW  
Limit – 8-10 participants  
Register online for the series or  
contact Ann Talty:

admin@dupontcirclevillage.org or  
(202) 436-5252 ■

## Putting Our Best Feet Forward

---Joan Ludlow

The *Live and Learn* presentation, 'All About Aging Feet', had a full house at the DCJCC. It was presented by Dr. Benjamin Stein, Assistant Professor of Orthopedic Surgery, The Johns Hopkins University, on August 28.



Dr. Stein addressed a variety of foot issues, including Ankle Pain and Arthritis, the Painful Flatfoot, Bunions, Hallux Rigidus (Big Toe Arthritis), Lesser Toe problems, Metatarsalgia (pain in the ball of the foot) and the dreaded "Heel Pain," known to many as Plantar Fasciitis.

For each of the topics, Dr. Stein first discussed the conservative care route, including lifestyle changes, physical therapy and drug injections. He then moved up to surgical management and finally, in some instances, fusion surgery. The doctor explained the surgical process and the positive (and sometimes negative) outcomes of surgery. The aim of each treatment is returning the foot to functionality.

Dr. Stein stressed the importance of good shoes and stretching exercises as the key to many of your foot problems.

Conservative care for flat foot pain involved the use of anti-inflammatories, braces of one kind or another and custom orthotics. Addressing the surgical management of this type of foot problem requires fusion surgery and/or orthotics.

Dr. Stein emphasized that bunions are not a bone growth but rather a deviation of the big toe caused primarily by shoes that were not properly sized. The solution to this problem includes comfortable shoes with a wide toe box, silicone padding and a toe spacer. Bunions can be addressed surgically, but recovery is significantly long and there could be collateral damage to the knees.

Big toe arthritis is defined by extra bone formation which causes pain and swelling of a bony big toe and that can be painful with motion. A bunion or a previous injury can cause this symptom and, with conservative care including anti-inflammatories, shoe adaptation, and an extension orthotic, can be addressed. Surgery can be done, with either removal of bone spurs, fusion surgery, or having a dowel implanted in the toes for pain relief.

Lesser toe joint deformities (Hammer, Mallet and Claw Toe) are usually a result of poor fitting shoes. Hammer toes can be taped or padded with silicone or a toe cap. There are also surgical options for each of these imperfections.

Metatarsalgia (pain on the ball of the foot), of which there are multiple diagnoses, can be addressed by wide shoes, a semi-rigid orthotic, and metatarsal pads or extrinsic silicone and gel padding. The doctor advised avoidance of multiple cortisone injections.

Plantar Fasciitis is a thickening of the fascial muscle and tightening of the Achilles tendon. Conservative care includes control of inflammation, a dedicated regimen of stretching and perhaps a one-time shot of cortisone. Surgery is almost never needed and there is a ninety-five percent (95%) success rate with long-term stretching exercises. ■



**New Member Profile:  
Jeanne Downing**



Jeanne Downing has lived in the Dupont/Logan Circle for almost 30 years. Like so many others, she was drawn here by work. During those 30 years, she worked for a university, NGOs, for-profit firms and as a consultant for the US Agency for International Development (USAID). While not a foreign service officer, Jeanne worked inside USAID for almost 15 years and continues to consult for them since her retirement in 2014.

She is still trying to learn how to retire – how to build a new life for herself outside of or alongside of work. She's thrilled to have found DCV. For her, volunteering and helping others are an important source of meaning.



**August Birthday Tea**



Villagers **Rob Finkel, Robert and Caroline Harlow, Sheila Lopez and Monica Heppel.** All celebrate birthdays in August.

**CelebSalons**



A September CelebSalon with Dr. Ricardo Salvador, a senior scientist and the director of the Food and Environment Program at the Union of Concerned Scientists. Dr. Salvador spoke passionately about our current food system, sustainability, crops, farm workers and socially equitable practices. Lots of great questions. **Heather Kaye** and **David Neubauer** hosted in their lovely Kalorama home.

## Out & About with DCV



Villagers enjoying a Happy Hour at the Riggsby Hotel



Ward 1 Council Member **Brianne Nadeau** and **Kirk Perrow** at the DCV ice cream social. Over 60 Villagers had their choice of nine different ice cream flavors. Salty Caramel and Chocolate Mint were favorites!



Sunday Soup Salon with Michael Lavers - *What's up with Cuba?*



**Tricia & Chris Hoban** are settling in to their new home in Queen Anne, Seattle. This is on a ferry to Bainbridge Island.

Congratulations to **Urban Dwell**, a home and gift store in Adams Morgan owned by Tom McMahon, a retired Air Force intelligence officer turned local shop owner. Urban Dwell has been chosen as this year's national winner of the Outstanding Veteran Owned Small Business of the Year Award! Urban Dwell was featured in the December 2015 DCV newsletter. Urban Dwell is the perfect place to find unique gifts for any occasion and the best way to preserve small businesses by shopping local. It's located at 1837 Columbia Road and its website is [www.urbandwelldc.com](http://www.urbandwelldc.com).

# Where Are They?



Nick and Joan Ludlow spent the summer in England and Scotland, visiting relatives and old friends, from south (Portsmouth) to north (Edinburgh) via Oxford, Cheshire, Sussex, Norfolk and London.



Alan Lopez and Brad Edwards in one of London's fabulous Black Cabs this summer on their way to King's Cross Station to catch a tour to Windsor Castle, Stonehenge and Bath.



Susan Hattan and Steve Kittrell relax on the Isle of Skye after a week of hiking the Rob Roy Way in Scottish Highlands.



After a family reunion in Stowe, Vermont, Nancy Turnbull and sisters spent time in Kennebunkport, Maine.



Kathy Cardille and Judi Lambart and their friend Elaine on the Isle of Capri.

## Where Are They? *continued*



**Carol Galaty** and **Ken Shuck** hiked a stretch of the Pacific Crest Trail; it felt just like being in the book/movie "Into the Wild." They found patches of snow along the way, and laid down in the snow to cool off!



**Abigail Wiebenson** and **Ann** and **Bob Von der Lippe** at the Von der Lippe's wonderful house overlooking the ocean in Little Compton, Rhode Island.



**Jane Cave** and **Eugene Versluysen** spent much of August at one of their favorite places on the planet, Stonington, Maine, where they whiled away the time eating too many lobster rolls and watching the tide roll in and out.



**Andrés Doernberg** and **Michael Lavers** attend the mayor of Madrid's reception in Cibeles Palace during WorldPride Madrid in late June.



**Ann Claassen** spent some time cruising the Middle Rhine viewing castles from the Middle Ages.



---Lois Berlin

**Asian Potato Salad**

When **Judith DuBerrier** was doing recipes for the newsletter, she posted this recipe that is one of my go-to's when the little potatoes appear at the Sunday FreshFarm Market in Dupont Circle. It's easy, fast and so delicious. It also keeps well.



- 2 lbs unpeeled potatoes cut into 1" pieces or small new potatoes
- 2 Tbsp rice vinegar
- 1 1/2 Tbsp dark sesame oil
- 4 tsp minced lemongrass
- 1 Tbsp water
- 1/4 tsp salt
- 1 jalapeno pepper minced
- 1/3 cup thinly sliced scallions
- 2 Tbsp chopped cilantro

Cover potatoes with cold water and simmer until fork tender. Drain. Combine next 7 ingredients (rice vinegar through jalapeno) and stir well with a whisk. Add potatoes to this mixture and cool completely. Sprinkle scallions and cilantro on top and mix. Can be served at room temperature or chilled. ■



---Judy Silberman,  
Yoga Master

You can use a tennis ball, a sponge, or a glove or mitten to do a dry-brush massage on your whole body. This is called Garshana in Sanskrit and can be very relaxing as well as cleansing, as dead skin cells are sloughed away. Use long strokes on legs and arms, always going up toward the heart. Use circular movements around joints. The pressure is up to you, as is the amount of time you devote to your massage. When finished, you might shower and prepare for sleep. Using hot water and then cold water will further stimulate and energize your body's cells. ■

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



**Dupont Circle Village**  
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