



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“

When you doubt your power, you give power to your doubt. ”

— Honore de Balzac

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Welcome New Members!

Arlene & Daniel Lutenege
Luther Brice
Marilyn Salenger
Barbara Sherwin

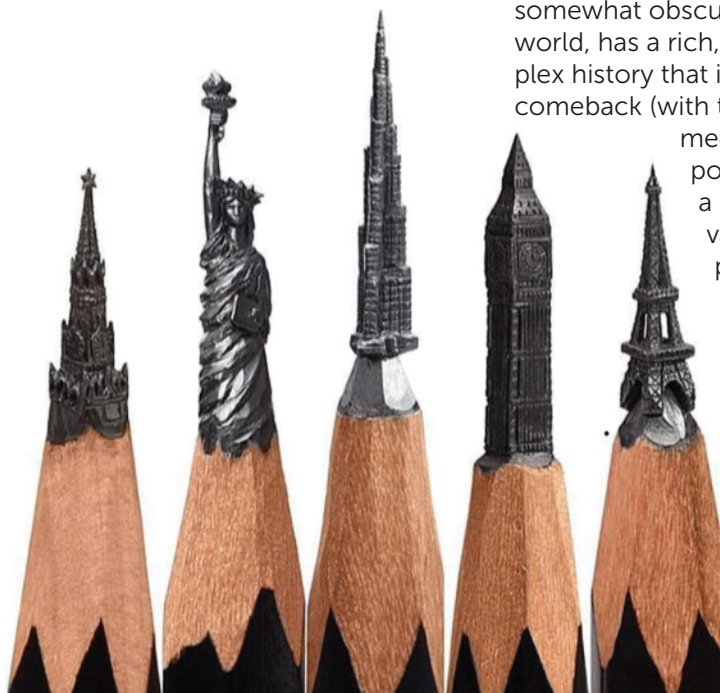
Pencilution – The Revenge of the Analog Nerds

At the start of every year there is always speculation about what will be the next big thing. Today, we hear a lot about artificial intelligence technology or “AI” as a potentially major disruptive force. Speculation on the next big thing was no different centuries ago when innovations that seem so simple now had tremendous social and economic impacts. For instance, take the pencil.

By Eva M. Lucero,
Executive Director

In 1662, Freidrich Staedtler figured out how to insert graphite into a hollowed-out wooden stick, which gave birth to the wood-cased pencil. Hymen Lipman took the next step in 1858 when he registered the first patent for a pencil with an attached eraser. Demand for this innovative writing tool boomed! Over 20 million pencils per year were consumed by the United States alone, remarkable for a population of only 31,500 million.

The pencil, almost quaint and somewhat obscure in today's digital world, has a rich, colorful and complex history that is enjoying a little comeback (with the help of social media!). There is a popular movement, a *Pencilution*, on various social media platforms keeping pencils relevant and useful. For many people, using a pencil for notes, journals or letters ushers in a feeling that can't be experienced with a keyboard. With pencil in



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President's Notes



Happy 10th Anniversary DCV

While I don't remember my actual 10th birthday, I am sure that I was excited. I do know that I am very excited and will remember the 10th anniversary of DCV. Yes, 2018 marks our 10th year of operations as an organization.

The first Village at Beacon Hill in Boston has just celebrated its 15th anniversary. At 10 years, DCV has one of the longest histories among Villages in the US. I think we can safely say that providing what our members want and need has been the key in our longevity.

During 2018, we will be celebrating and commemorating our 10th anniversary in a variety of ways. The first opportunity was our Winter Party. We had a great turnout and it was a roaring good time. If you did not make it, don't worry. We will be continuing to celebrate our anniversary at the 2018 Gala and other events this year.

At the Winter Party, we unveiled our new logo, which is on this newsletter. I hope that you like it. We will be using a couple of variations of the logo so keep your eyes out for them. We will also be announcing some other developments from the Rebranding Committee's work in the near future.

I also want to report that your Board has approved a new DCV three-year strategic plan for 2018–2020. The four main areas of the strategic plan are:

- Supporting The Village's Role In Member Care
- Aligning Our Programs With A Growing And Changing Membership
- Solidifying The Village's Future Membership And Operations
- Solidifying The Village's Financial Base

The plan is designed to allow DCV to adapt the implementation of these goals over the next three years to the evolving nature of DCV over this period. We will be highlighting various elements of the strategic plan over the coming months in the Newsletter and elsewhere.

Pencilution — The Revenge of the Analog Nerds

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hand, a writer can experience the art and tradition of writing, a deeply-felt uninterrupted connection between thought and language which technology seems to short circuit.

The pencil has been a best friend to many a celebrity writer. Ernest Hemingway and John Steinbeck wrote with and about their pencils. Henry David Thoreau was born into a family of pencil-makers and worked at his father's pencil factory, Thoreau & Company, known to have "the best-known pencils in the United States" that were "praised by artists and artisans." Beyond art circles, pencils were once so widely used and inexpensive that they became an advertiser's dream tool. The government also used them in

a number of public service announcements (PSA), some with more success than others. For example, one PSA used a pencil with the anti-drug slogan, "Too Cool to Do Drugs." Kids being kids, it wasn't long before one pointed out that the message changed as he sharpened his pencil. I'm pretty sure the PSA didn't want to deliver the message, "Cool to Do Drugs" or "Do Drugs." Clearly, the pencil wasn't the best fit for this PSA!

Today, tributes to the pencil can be found on numerous podcasts and blogs with catchy names like La Vie Graphite, Erasable, Pencil Revolution and



Pencilism. They all offer reasons why this simple writing instrument should never be forgotten and continue to be used. Additionally, The New York Times recently produced a delightful feature on the art of the pencil when it went inside one of America's last pencil factories in Jersey City, NJ. [New York Times](#).

My favorite pencil tribute isn't about writing but about art. It comes from a Russian artist named Salavat Fidai whose incredibly detailed craftsmanship on the tip of a pencil is amazing. Once you see his [artwork](#) I think you might never see a #2, sharpened, yellow, pencil the same way again.

Monthly Calendar

FREE PERFORMANCE OF THE PLAY "QUEENS GIRL IN AFRICA"

Thursday, February 1 | 11:00 a.m.
Mosaic Theater, 1333 H Street N.E.

Part of the 2018 Women's Voices Theater Festival, this is a world premiere by Caleen Sinnette Jennings, directed by Paige Hernandez and starring Erika Rose. We have been very impressed with the past three matinees at Mosaic, and recommend joining us! We may add a lunch after this if you're interested in that too. We can carpool, share a taxi or use the Red Line to Union Station, walk upstairs, and then get the free trolley right to the theater door. RSVP to Lucy at lucy1030@starpower.net. Limit 10

DOCENT-LED TOUR – MARK BRADFORD'S "PICKETT'S CHARGE"

Monday, February 5 | 11:30 a.m.

Hirshhorn Museum and Sculpture Garden, 7th Street SE at Independence Avenue

Please RSVP to Lucy at lucy1030@starpower.net

AN EVENING AT ARENA STAGE – SOVEREIGNTY

Friday, February 9 | 8:00 p.m. curtain
Tickets are \$47.25

"Some wounds refuse to heal." Mary Kathryn Nagle's daring new work, part of Washington DC's 2018 Women's Voices Theater Festival, travels the intersections of personal and political truths, historical and present struggles. Sarah Ridge Poison, a young Cherokee Lawyer fighting to restore her Nation's jurisdiction, must confront the ever-present ghosts of her grandfathers. With shadows stretching from 1830s Cherokee Nation (now present-day Georgia) through Andrew Jackson's Oval Office to the Cherokee Nation in present-day Oklahoma, "Sovereignty" asks how high the flames of anger can rise before they ultimately consume the truth. RSVP to Lucy Cooney at lucy1030@starpower.net and send a check for \$47.25 per seat made payable to Kathy Cardille at 1545 18th Street NW #416, Washington, DC 20036. No seats will be reserved until payment is received.

Recently, the NYTimes reviewed the play and its production at Arena Stage. Check it out:

<https://mobile.nytimes.com/2018/01/17/theater/mary-kathryn-nagle-native-american-playwright-lawyer.html>.



SENIOR MATINEE AT THE AVALON

Thursday, February 15 | 10:30 a.m.

\$5.00 gives you an opportunity to enjoy a first-run film at Washington's only non-profit movie palace — in Avalon 1 on the Big Screen.

This happens 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, www.theavalon.org will tell you what's playing. You might also be interested in signing up for their newsletter.

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.

SUNDAY SOUP SALON

Sunday, February 18 | 6:00–8:00 p.m.
1760 Swann Street NW

"Dance is the hidden language of the soul of the body," observed American modern dance icon Martha Graham. Our February Soup Salon guest, Christopher K. Morgan, personifies that remark. Executive Artistic Director of Washington's Dance Place, Morgan's diverse, international modern dance career influences his work as an administrator, choreographer, educator, facilitator, curator and performer.

Described by the Washington Post as "direct, transcendent and entrancing," Morgan was also named by Dance Magazine as one of six breakout choreographers in the United States. Besides his Dance Place post, where he annually curates more than 45 weekends of performances by national and international choreographers, he heads his own contemporary dance company. Of Native Hawaiian ancestry, Morgan is at the forefront of international discussions on cultural appropriation, diversity, equity and inclusion.

RSVP: Lynn Lewis: lynnlewis940@gmail.com, or
202/365-7055

Offers of soup, bread and dessert are welcome but not necessary to attend.. Please coordinate with Lynn.

Monthly Calendar

DCV MOVIE GROUP

Thursday, February 15
6:30-8:30 p.m.

Home of Abigail Wiebenson, 1916 S Street NW
The films that will be discussed are "The Shape of Water" and "Darkest Hour". See the movies on your own at a local movie house, then come ready to discuss them with leaders Susan Doolittle and Jeanne Downing, and the others in the group. Bring: \$3, plus a side or beverage item to be determined. Limit: 16 on a first come, first served basis. RSVP: sdoolittle.dc@gmail.com

TECH TUESDAY

Tuesday, February 20
11:00 a.m.-12:30 p.m.

La Tomate Caffe, corner of Connecticut and R
Bring your questions and your latest tech purchases/discoveries to share. Ken Shuck, Rob Finkel and other tech-smart Villagers will be there to help, should you need it. Come for breakfast or coffee, possible solutions and good company.

RSVP to Lucy Cooney at lucy1030@starpower.net

LIVE & LEARN

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

First Baptist Church
1328 16th Street N.W.

The topic is Financial Planning for Long Term Care with Rick Gow. Register online or RSVP to admin@dupontcirclevillage.net

THE FRENCH CHALLENGE

Tuesday, February 27
4:00-5:30 p.m.

All those who want to use their French are invited to join "The French Challenge." This is an exciting, new DCV group for members who want to use their French, meeting to speak French; translate/discuss a French song or poem that members select; discuss members' travels; and enjoy French-themed food, drinks, and outings. Meetings are planned to be held on the 4th Tuesday of each month. For further information about upcoming locations and events contact, Carol Galaty at carolgalaty@gmail.com or 202.232.7259



Ask Ann

Event RSVPs

By Ann Talty

We love to see you at Village events! After all, that's one of the reasons for our existence — community, learning and socializing.

We want to thank and congratulate all of you who remember to RSVP — it really helps in the planning process. Especially when there is a limit on the number of people for a venue, we really need your RSVP.

Many of you are already doing online registrations. This is very helpful. As we transition more and more to online RSVPs, please don't panic. Also note that we always provide an alternative way to register, either by email or by phone. Of course, you can always call the office and have

me either register for you, or walk you through the process.

Why should I register online?

Well, it is helpful to have all the reservations in one place. We can also set automatic reminders for you, easily send a group email to you for any changes to the plan, etc. Also, if you are logged in and click on the event (see calendar), there is now a button under the "Register" button that says "Registrants." If you click on that, you can see who else is going. Event organizers can see how the registrations are coming along.

But I don't have a computer/tablet/smart phone. That's okay. We always give you the option to call it in, or to call the office to set your registration in motion.

I don't know my username and password. We can fix that. I am always happy to walk you through that process. One trick is to change the

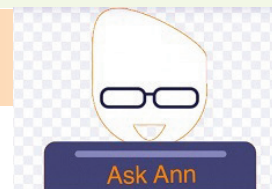
default name and password

to something you can remember. For any equipment that only you use, you can also check off the box "Remember me" so that the next time you go online, clicking "member log-in" will automatically log you in.

I know my username and password, but Club Express seems to always think I am my spouse/partner, so it doesn't work.

This is likely because your spouse/partner checked off the "Remember" box. There are ways around it. Call me, and I can walk you through it. Or if it's a portable device, call first, then come by and I can help you with it.

I don't want to. Well, that is your call. If it's because you have been frustrated, I really encourage you to give me a call so we can work through that together. I like setting people up for success!



Villagers Make Ample Use of Technology Services to Age-in-Place

By Pender M. McCarter

Ten Villagers responded to last month's (December 2017) newsletter poll on how we use technology to age-in-place. (An article detailing "High-tech Gizmos Available to Us Seniors" by **Joan**

This Month's DCV Member Poll

Treichel also appeared in the December issue on page five.) All 10 poll respondents employ technology to facilitate social connectedness and engagement; nine respondents, for learning and contribution; seven, for health and wellness; and six, for home safety and security.

Of the 10 who responded on using technology for social connectedness and engagement, three noted that Facebook was less important to them than other uses of this application. Several respondents mentioned benefiting from the DCV Listserv, and a couple cited alumni listservs available to them. One member consults LinkedIn "to follow friends in Africa and Canada." One found the social bookmarking site, Delicious, "most useful."

Of the nine using technology for learning and contribution, three members mentioned online courses, such as Coursera and EdX; and two, reading books online through Kindle and other applications.

Of the eight employing technology for contributing to health and wellness, three use the fitness app to record daily steps; one member maintains a list of emergency contacts and medicines on the lock screen at the front of her smart phone; one takes an online health assessment through her Blue Cross/Blue Shield account; one member uses CVS automatic prescription refills "whenever possible"; and one adjusts hearing aids on his smart phone.

Of the six respondents relying on technology for home safety and security, two mentioned utilizing fire detectors; two, on consulting GPS while driving; and one on screening visitors at his apartment entrance.

As this survey and Joan's article on high-tech gizmos attest, Villagers are no strangers to using technology to make our lives easier and better! Readers are encouraged to suggest topics to pmmccarter@verizon.net for the February 2018 newsletter poll.

Member Profile

Robert Hardgrove grew up in Willoughby, Ohio, a small town 20 miles east of Cleveland. In 1953, when he was 14 years old, his family took a car trip to DC. He was able to visit the House and Senate galleries while both were in session, he knew right then he would return to DC and work in national politics. This was an exciting goal for a young man!



In 1960, the day after he graduated from college with a political science degree in hand, he flew to DC to take a very minor job in Vice President Richard Nixon's office on Capitol Hill. That year Nixon and Kennedy were opponents in the Presidential race. Everyone knows the outcome of that election – it was the first and last time he voted for a Republican presidential candidate.

In 1966, he joined the staff of Congressman Bill Stanton who represented his "home" district in northeastern Ohio. He served as the Press Secretary and Communications Director for 17 years until retiring in 1983.

For the last 35 years Robert has been an independent interior design consultant. Strange transition from politics to design? Not really – for almost four decades he worked on design projects, the people who lived in these spaces were always his central focus.

Currently, he is proud to serve on Dupont Circle Village's Membership Committee and hosts member teas in his beautiful apartment in Adams Morgan when asked.



I didn't know that... Well now you do!

John Tyler, America's tenth President, was born in 1790. He has two living grandchildren. Yes, grandchildren.

1. John Tyler was 63 when his son Lyon was born (1853).
2. Lyon was 71 when Lyon Jr. was born (1924), and 75 when Harrison was born (1928).
3. Both sons (Lyon Jr. and Harrison) are still alive.

The Mess in Myanmar/Burma the Fresh Look

By Andrés Doernberg

About 20 DCV members attended a presentation by **Lex Rieffel**, a longtime DCV member, and a scholar affiliated with the Brookings Institution who, for many years, has focused on Myanmar's economic development. The program, frequently interrupted by questions, lasted over two hours. He covered the history of post-independence Burma (now Myanmar), first under a parliamentary system followed by a series of three military dictators under which the country became a sad example of "de-development". Once listed among the most promising economies among post-colonial countries (at a time when South Korea was among the most impoverished), it was until recently an economic basket case, largely isolated from the rest of the world. They keep the well-regarded Aung San Soo Kyi, their symbol for democracy who was denied a Parliamentary victory in 1988, under house arrest. There has been a recent opening under a reformist gener-

al, and today Soo Kyi party controls 80% of the Parliament and exercises a degree of authority, although large parts of political and economic power remain with the military. Lex's informative slides from his recent trip show a rather modern Yangon (Rangoon) with many new cars, a result of these reforms. Myanmar now exports large quantities of its natural gas to its neighbors Thailand and China, and together with its traditional extractive industries (jade and precious gems, among others) is on the brink of being classed among "resource cursed" nations.

Lex spent a large part of the talk on the awful human rights abuses being carried out against the Rohingya, one of Myanmar's many ethnic minorities. There have been successive expulsions over the years, followed by periods when they were allowed back. Today, the largest refugee camp in the world is the one holding 600,000 Rohingya in neighboring Bangladesh with 250,000 more held inside Myanmar, and as Rex's slides showed, behind barbed wires. Rohingya towns are being razed by the army.



Myanmar's dominant ethnic group, living in the central part of the country along two major rivers, are the Burmans, now referred to as Barmars, from which Burma derives its name. Barmars are surrounded along all its borders by other ethnic groups and have been fighting armies controlled by ethnic warlords since independence. Like the Barmars, these other ethnic groups are Buddhist, unlike the Rohingya, who are Muslim. Lex gave us a very troubling and pessimistic view of the Bamar-Rohingya conflict, which in his view is fueled not so much by animosity to Islam but by Bamar hatred towards a darker skinned population who was never allowed citizenship, education, or the right to vote.

The last slide showed a very dapper Lex in a *lonyi*, the Bamar version of a sarong, worn by men and women alike.

Martis Davis

(1944 – 2018)

By Peg Simpson

Martis Davis helped DCV leadership navigate a path forward at a time when the Village was clearly successful but needed guidance in broadening its vision and clout.



He was DCV's first African American president, and the first to bring a wealth of experience in the worlds of media, public policy, corporate outreach and grass roots advocacy.

In Memoriam

One of his last jobs was head of media relations at AARP. That role introduced him to Beacon Hill Village and the Village movement.

Martis and his partner **Sloan Rogers** were initially active in the Kalorama Village, which was established before DCV but closed down within four years. When Martis and Sloan joined DCV, Sloan worked on the Health and Wellness Committee and Martis worked with some of DCV's brain trust members on "governance" issues.

He helped the Board establish a leadership succession plan, a hard look at future needs and an expanded vision on what DCV could be. As DCV President, he conducted a search for a fulltime executive director and brought

in **Eva Lucero**. He restructured the Public Relations committee to better define and explain the benefits of our Village and the overall Village movement. He pushed DCV to testify more before the DC City Council and to take a more public role in the city.

He's also the one who started the program to deliver Thanksgiving baskets for DCV members and recruited donors to cover the costs. Martis had been an Adams Morgan ANC Commissioner and he pushed to diversify DCV membership by recruiting Hispanics living in Adams Morgan to join the Village.

Some of Martis' priorities are still works in progress. But his energy and expertise and confidence in the Village movement have broadened our reach and given us a more solid future. We're grateful, Marty

Exploring My Roots In North Carolina:

A Trip into the Past to Appreciate the Present

By Charlotte Holloman

Over the past few months, I've been preparing to write a memoir about the accomplishments of some of my African American family members. So, in July 2017, as a part of my ongoing research into my family's origins, and to learn more about our unique and unusual traditions, I took a two-week solo drive through North Carolina to explore my roots, visit the lands where my great-grandmother Amy Freeman Holloman had raised my paternal grandfather and his eight siblings beginning in the last decades of the nineteenth century, and to see firsthand what had become of some of their offspring. My grandfather, was classified on the census as a mulatto, and it is certain that his father was a white man on whose nearby farm/plantation my great-grandmother had worked.

Mine was a large African American family where everyone, including my four grandparents, both parents, sisters, aunts, uncles and first cousins, had at least graduated from college. I have two graduate degrees myself. While I've known a great many people of my generation whose parent(s) and grandparent(s) got bachelors, masters and/or doctorates, mine is an exceptional circumstance, even among white families, and it can be documented.

For the first leg of the trip, I drove to Durham, NC and stayed with a retired friend. She and I are members of the same African American professional women's social club. I had thought that Durham would be more cosmopolitan, it's really a huge aggregation of small country neighborhoods and communities that exist in Duke University's shadow. My hosts took me to Chapel Hill to see the University of North Carolina (UNC) where a young cousin was a "Lady Tarheel*", and where my father, who was a medical doctor and hos-

pital administrator in NYC, had once commuted regularly to teach at the school of public health.

From Durham I drove to Charlotte, NC to spend three nights at the home of my second cousin, a former nurse, and her physician husband. Our paternal grandfathers were brothers. I know most of the rest of their close-knit family, including her four grown college educated children:

Their eldest daughter was at home from Toulouse, France where she played professional basketball last season. She has played point guard for teams throughout Europe for the past eight years.

We visited their eldest son, a racing car enthusiast who trains pit crews for a major NASCAR motor car company. NASCAR is headquartered in Charlotte and a visit to the NASCAR museum was on our agenda. His wife, a financial analyst was expecting the birth of their first child not long after I left.

Their other son practices law in Charlotte, and the youngest daughter lives in Washington, DC and designs offices and furnishings for a government contractor located in northern Virginia.

I understand why people might want to retire to Charlotte; it's a place full of southern charm, and it's the big little city I had expected Durham would be. It has a few corporate skyscrapers, a real downtown, a few hospitals, and you can generally get wherever you need to be in under thirty minutes. With my friends, I attended a Christian megachurch where at least 3,500 other people worshipped together under one roof, mostly African Americans, but all races and ethnicities. Their church has a huge network of church supported enrichment activities including a grade school from which all four of their children graduated. I had only seen megachurches on television, and this was something new for me. I even made a visit to the seashore and some natural Vitamin D before I headed out

for the drive across the state to the coast.

Throughout the state, in every city and town, there were crepe myrtles, flowering trees in different shades of red, pink and purple, more than I have ever seen before, and lots of low slung houses that looked like stationary motor homes or army barracks, as well as, huge trailer trucks on the roads filled with fresh cut lumber, with hundreds of long tree trunks destined for NC mills and factories. The six-hour-plus drive to Duck, NC on the Outer Banks took me through the Great Dismal Swamp. I knew when I saw signs advertising alligator heads and tails that I must be getting closer to where I wanted to be. Crossing the Virginia Dare Bridge, I entered the Outer Banks at Nags Head, and then drove north on the two lane roadway through Kitty Hawk, Kill Devil Hills and Duck to the Sanderling Resort where for three nights.

Driving north to two house from the Outer Banks to the 28-acre Holloman family farm is on Rock Pile Rd outside the town of Ahoskie AKA Powellsville, I met up with my second cousin from Charlotte and a cousin whose father was my grandfathers' youngest brother. Both had lived on the farm in their youth and willingly shared their recollections.

Great-grandma Amy left a piece of the farm to each of her surviving children. My grandfather who was the eldest of his siblings, and a Baptist minister and theologian, believed that the land should never be sold. The parcel that was left to my grandfather contains the Holloman family cemetery where there are 15 or more graves and now belongs to my father's only surviving sibling, my 94 year old aunt Grace who got a doctorate in mathematics when she was in her sixties. The house once belonging to great-grandma Amy and her husband, Turner, and the

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Although a Positive Attitude Can't Cure Parkinson's, it Sure Can Help

By Joan Treichel

His name is John Vine. He lived what seemed to be a charmed life for many years. He graduated from Harvard Law School; practiced law in Washington, D.C., and had a loving wife and terrific children. But then, at age 60, his good luck seemed to run out. He was diagnosed with Parkinson's, a progressive neurological disease without a cure.

Vine was shocked and anguished. Why me? he asked himself.

Vine is now age 74, and he talked about his 14-year journey with Parkinson's at a Village Live and Learn Seminar on January 23.

Parkinson's disease is essentially a movement disorder due to a paucity of the nerve transmitter dopamine in a specific area of the brain, Vine explained. The cause or causes are unknown — perhaps a mix of genetic and environmental factors. Men are more likely to get it than women. The average age of onset is 60, which is when it hit Vine.

Common symptoms are hand tremors, which may make it difficult to pick up a glass, button a shirt, or perform other tasks involving fine

motor skills; stiffness; gait and balance problems. But the disease can cause a spate of psychiatric symptoms as well. Vine reported — anxiety, depression, sleep difficulties, even personality changes or cognitive impairment. Symptoms vary from patient to patient. For instance, Vine has been challenged with movement difficulties, but not with depression. "It scares the hell out of me that the disease might affect my intellect, but so far, so good," he said.

Although there is currently no way to cure Parkinson's, some treatments can reduce motor symptoms, Vine continued — notably medications that increase dopamine in the brain or a deep brain stimulation device (sort of like a heart pacemaker) that blocks nerve signals that cause motor symptoms. Vine had such a device implanted in his brain a decade ago, and "It has kept my symptoms at bay," he attested.

There are also ways to combat some of the psychiatric symptoms of Parkinson's. For example, exercise has been found to reduce patients' anxiety, cognitive behavioral therapy (CBT) and antidepressants their depression. Actually antidepressants may

also subdue motor symptoms of the disease, several studies suggested.

Walking and swimming are good forms of exercise for Parkinson's patients, Vine pointed out. Interestingly, a number of Parkinson's patients have taken up boxing, "A therapist is not going to take a swing at a patient, but a therapist will certainly let the patient take a swing at her," he wryly commented.

Yet if Vine could give somebody newly diagnosed with Parkinson's only one piece of advice, he said, it would be this: "Stay positive, stay involved in life, because it is really tempting to hang it up."

One thing that has helped Vine stay involved was writing a book to help others with Parkinson's. The book is titled *A Parkinson's Primer: An Indispensable Guide to Parkinson's Disease for Patients and Their Families*. The book has been well received by a number of people throughout the country. For instance, CBS journalist Leslie Stahl had this to say: "My husband has Parkinson's, and I devoured this book. It is wise, wonderfully readable, and, above all, helpful."

Vine's book is available for sale through Amazon. More information about it, as well as a listing of some other resources for Parkinson's patients, can be found on Vine's Web site: www.parkinsonsprimer.org

Exploring My Roots In North Carolina:

Continued from page 7

houses belonging to two of her other sons are no longer standing. The one house that remains on the property is rented to a long-haul trucker who also farms enough of the land himself to pay the taxes on the entirety.

After checking out the farm, my cousin and I went to the neighboring town of Winton to see the former campus of the Waters Normal Training Institute where my grandfather had attended grade school, and to see the church in Winton where he was once the pastor. My grandparents first met as teachers at Waters

which is now the campus of the C.S. Brown School and museum. My grandmother was from Charlottesville, VA. She had just graduated from Hampton Institute in Hampton, VA where she worked full-time in the laundry to help pay for her education. Waters was her first teaching job. My grandfather held a doctor of divinity degree, and was a teacher of Latin and math as well. They married in 1912 and lived in a house on the Waters campus until 1917 when my grandfather was called to Washington, DC to the Second Baptist Church in NoMa where he served as pastor for 57 years until he died. My grandfather's original homeland, the

Ahoskie Winton area, is still so rural that it has no mall, no decent restaurants or places to stay overnight above the Motel 6 variety. So, after I parted with my cousins.

On the way back home, I reflected on the scarcity of real entrepreneurs in my family, some were farmer, ran professional offices, a few published, become scholars and judges, and establish institutions of higher learning. I must say in conclusion that I've never found anything stereotypical about any of my African American relatives, and my trip to the farm made me forever grateful to have been born into my family.

* A woman who went to UNC

Out & About with DCV

▼ January Birthday Tea hosted by **Judith Kirvan** and **Mike Higgins**. L- R **Susan Hattan**, **Lee Budendeck**, **Audrey Katz**, **Bob von der Lippe**, **Bella Rosenberg** and **Frances Oakley**.



▲ Over 125 members gathered at the Chastleton Ballroom to kick off DCV's 10th Anniversary on January 23.



◀ The newly formed DCV Movie Lovers Group met over dinner to discuss and consider the provocative questions from **Jeanne Downing** and **Susan Doolittle** about *Three Billboards Outside Ebbing, MO*. The one thing everyone definitely did have consensus: they are eager to continue this group!

▲ DC Village Executive Directors and friends closed out 2017 with a luncheon at the Arts Club of Washington. (l-r) Cleveland Woodley Park, Palisades, Waterfront, Foggy Bottom West End, Northwest Neighbors, Mt. Pleasant, Dupont Circle, Glover Park, East Rock Creek, Age Friendly DC and Capitol Hill.

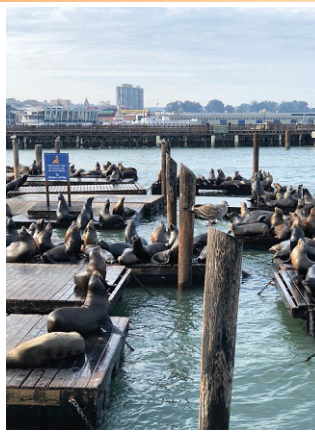
Where Are They Now?



▲ **Ken Shuck** and **Carol Galaty** snowshoeing in Yellowstone between buffalo and geysers. The snow was above their waist in most places and the day had really warmed up to 17 degrees.



▲ **Judy duBerrier** and **Rush Fritz** in a mud bath at the top of El Tutomo volcano in Colombia.



▲ **Kathy Beckman** vacationed in San Francisco in December visiting many places including the Legion of Honor Art Museum and enjoying a cluster of sea lions on Pier 39.



Sun-dried Tomato Pasta with Feta and Olives



By Lois Berlin

This is one of my go-to recipes and one I have served at several DCV events. It is inspired by an Ina Garten recipe that I edited to suit my taste. It's great in the winter since all the ingredients are readily available.

Ingredients

1/2 pound fusilli (spirals) pasta
Kosher salt
Olive oil
1/2 box of cherry tomatoes, sliced in half
3/4 cup good black olives, such as kalamata, pitted and rough chopped
1 pound feta cheese, crumbled
1/2 cup fresh basil leaves julienned (if available)

For the dressing:

5 sun-dried tomatoes in oil, drained
2 tablespoons red wine vinegar (I use balsamic)
6 tablespoons good olive oil
1 garlic clove, diced
1 teaspoon capers, drained
2 teaspoons kosher salt
3/4 teaspoon freshly ground black pepper

Directions

Cook the pasta in a large pot of boiling salted water with a splash of oil to keep it from sticking together. Boil for 12 minutes, or according to the directions on the package. Drain well and allow to cool. Place the pasta in a bowl and add the tomatoes and olives and toss lightly.

For the dressing, combine the sun-dried tomatoes, vinegar, olive oil, garlic, capers, salt, and pepper in a food processor until almost smooth.

Pour the dressing over the pasta, sprinkle with the feta and basil, and toss well.



Yoga Tips



Judy Silberman,
Yoga Master

We will start out the new year with a quote from the 14th century: "When the breath is irregular, the mind is also unsteady, but when the breath is still, so is the mind." In this space, over the years, we have discussed yogic breathing, but let us have a quick review. Sit quietly, feet flat on the floor or on a cushion, hands in lap, and eyes and lips gently closed. Inhale through the nose, filling up the belly, as if blowing up a balloon. Then, exhale through the nose, using the belly muscles to push back your navel, emptying your lungs. Keep the breath slow and even, counting to 4 for each part. Try to visualize the clean air going into your nostrils, throat, larynx, lungs, and then the stale air leaving your lungs, larynx, throat and nostrils. Try to relax your shoulders with each full breath. You may notice that after 4 or 5 breaths, you are feeling less stressed, more optimistic, and even a bit more energetic.

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



DUPONT CIRCLE VILLAGE
SHATTERING THE STEREOTYPE
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