



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“

The secret to staying young is to live honestly, eat slowly, and lie about your age. ”

— Lucille Ball

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Welcome New Members!

Nancy Barnum
Cathy (Cat) McClannan
Mary Mitchell
Peter Moffat

The Other American Gothic – Washington D.C., 1942

Washingtonians have a rich African American heritage that can be explored and celebrated any day of the year; as Black History Month winds down, I want to remind you of

By Eva M. Lucero,
Executive Director

some of the destinations within our city that highlight the African American experience all year long: Frederick Douglass National Historic Site; Greensboro Lunch Counter; Lincoln Theatre; Malcolm X Park; Ben's Chili Bowl; Anacostia Community Museum, and the National Museum of African American History and Culture.

Since its founding, the District of Columbia (DC) has always had a significant African American population, which initially grew out of the slave trade. In fact, slaves built the White House in 1792 and slave auctions operated in the District until 1850. On April 16, 1862, President Lincoln signed an act abolishing slavery in the District; Emancipation Day remains an important local holiday.

During and after the Civil War (1861–1865), the city was home to a growing number of free blacks who worked as skilled craftsmen, hack drivers (precursor to the taxi and Uber driver), businessmen and



American Gothic, Washington, D.C., 1942

laborers. DC has remained home to a large African American population, representing about 48% of the District's population of 681,170 in 2016 according to the U.S. Census Bureau.

African American photographer, Gordon Parks took one of the most

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President's Notes



As we start into 2018, I will be using this space to talk with you about the DCV strategic plan for 2018–2020. You can see the full plan on our website under the Library tab.

The first prong of the strategic plan is entitled: **Supporting The Village's Role In Member Care**. This aspect of the plan recognizes that our Members will need increased resources for their physical and psychological care in the coming years. We want the Village to have an appropriate role in these care activities.

This initiative will require that DCV determine our role in helping members. A major step in this area was the hiring of our first case manager, Barbara Scott, in 2017. The benefits of having this type of service was great enough that the Board has approved continuing the case manager services

for 2018, even though the DC government financial support has ended.

The strategic plan envisions that we will focus on three efforts in member care.

- Design and implement a model that allows the Village to be an integral part of our members' care as their needs change over time, consistent with our resources and volunteer skills, and which incorporates training and other support for volunteers.

It is clear that any care model will need to be continually evaluated and modified over time. So, there will be plenty of opportunity for your ideas and input on this.

- Work with neighboring Villages to create a stable model to ensure that professional case management assistance is available to our members.

The initial collaboration of three Villages in the hiring of a case manager in 2017 shows that all of the Villages can benefit if we work together. We hope to promote an expansion of this joint effort and to include other interested Villages in DC.

- Improve the use of our volunteer resources, including care groups, to provide both short and longer-term care assistance to members.

The recent expanded use of care groups for members and additional training for our volunteers has demonstrated the power of these activities to improve the lives of our members. We will work to build on this base so that we make the best possible use of our volunteer resources in member care.

The Other American Gothic — Washington D.C., 1942

Continued from page 1

iconic photographs set in Washington, DC. He arrived in the District in the winter of 1942 to join the staff of the Farm Services Administration's (FSA) photography unit. Parks was stunned to discover how deeply segregated the nation's capital was. He was refused service at restaurants, barred from a theater and dismissed by a department store clerk, all in a single day. To help Parks cope with these challenges, his mentor at the FSA, Roy Stryker, encouraged him to "Talk to other black people who have spent their lives here," adding that, "They might help give you some direction."

Parks sought out older African Americans to document how they dealt with such daily indignities. He met Ella Watson, a cleaning woman

who worked in the FSA building, and began a conversation with her. Over the course of an hour, Miss Watson took Parks through her "lifetime of drudgery and despair" including seeing her father killed by a lynch mob. Parks asked her to stand with her mop and broom before a huge American flag on the wall and asked her to, "think of what you just told me and look into the camera."

Parks' photograph of Miss Watson was based on his recollection of Grant Wood's *American Gothic* painting (1930), which he saw at the Art Institute of Chicago. Wood's iconic painting of two Iowan farmers and their pitchfork was seen as a depiction of the steadfast American pioneer spirit. Parks' striking photo, *American Gothic*, Washington, D.C., came to symbolize life in pre-civil-rights America and served as an indictment of the poor treatment of African Americans by accentuating



From Parks' same series *Neighborhood Children*, Washington, D.C., 1942

the inequality in "the land of the free". When Parks showed this photograph to Stryker, Stryker chose to suppress the image out of fear it could impact the FSA's Congressional funding. The portrait became famous only in the 1960s, when people became more open to accepting its bitter commentary on American racism.

Monthly Calendar

ASK ANN ABOUT THE WEBSITE

Thursday, March 8, 10:30–noon
DCV Office – 2121 Decatur Place, NW

A new offering, 2nd Thursday of the month to help members learn how to use the DCV website: log on, register, pay, calendar, etc., tour of what is even on the website. Bring your smartphone, tablet or laptop. Some equipment also available. Register online at https://dcv.clubexpress.com/content.aspx?page_id=87&club_id=161481&item_id=782551 or contact the office at admin@dupontcirclevillage.net or (202) 436-5252.

AN EVENING AT ARENA STAGE – THE GREAT SOCIETY

Friday, March 9
8:00 p.m. Curtain
Discounted tickets are \$47.25 each

Last year DCV members met playwright Robert Schenkkan at a post-performance discussion of his *All the Way*, and he shared with us some of the trials he was undergoing while creating *The Great Society*. On March 9 DCV will see the fruits of those labors.

In its D.C. Premiere, *The Great Society* brings the second half of Schenkkan's epic story to its harrowing conclusion. As America is divided by civil rights protests and the anguish of the Vietnam War, LBJ struggles to maintain his relationship with Dr. Martin Luther King, Jr., to keep his political opponents in check and to complete a raft of impossibly ambitious social policy projects. Jack Willis reprises his "stunning performance" (*Broadway World*) in this political thrill ride that explores the America of our past to better understand the America of today. RSVP to Lucy Cooney at lucy1030@starpower.net, then deliver check payable to Kathy Cardille, 1545 18th Street NW, #416, Washington, D.C. 20036. Tickets will be ordered only after payment is received.



HAPPY HOUR WITH DCV

Monday, March 12
5:30–7:00 p.m.

Begin celebrating St. Patrick's Day early at **Across the Pond**, 1732 Connecticut Avenue, NW (between R and S Streets). On Mondays, a burger and a beer cost \$13. There's Guinness on draft and a selection of beer and wine. Happy hour drinks start at \$3.50; food choices are \$5. Slainte!

Please RSVP to Marie by **Friday, March 9** if you plan to come mariemattmarie@gmail.com

DESSERT AND DIALOGUE

Wednesday, March 14
7:00–8:30 p.m.
Quaker Friends Meeting House
Living Room, 2121 Decatur Street NW 7-8:30.
It is upstairs, with no elevator.

Steve Williams will discuss his recent book, *The Reformer: How One Liberal Fought to Preempt the Russian Revolution* (Encounter Books 2017), a biography-plus-history of Vasily Maklakov. Maklakov was a lawyer, famous among other things for the defense of Menahem Beilis in 1913 ("the Russian Dreyfus case"), and a leader in the Russian legislature from 1907 to 1917. In the interests of curbing state arbitrariness, Maklakov struggled to advance its antidote: the rule of law. Steve will discuss not only those efforts but the deficiencies in law, institutions, and civil society that made the struggle an uphill one — and in the end unavailing.

Steve Williams and his wife Faith have been members of the Village since 2011. Steve practiced law in New York City, then taught at the University of Colorado Law School 1969 to 1986 before being appointed to the U.S. Court of Appeals for the D.C. Circuit. His previous book on Russia, *Liberal Reform in an Illiberal Regime: The Creation of Private Property in Russia, 1906-1915*, came out in 2006.

RSVP to the Village at: https://dcv.clubexpress.com/content.aspx?page_id=87&club_id=161481&item_id=782082.

Dupont Circle Village

Save the Date!

Friday, April 27
6:30 – 9 pm
Embassy of Haiti
More info to follow

10th
anniversary
gala

Monthly Calendar

SENIOR MATINEE AT THE AVALON

Thursday, March 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?" chat.

SWANN STREET GALLERY JAZZ PARTY

Friday, March 16
6:00–8:00 p.m.
1767 Swann Street, NW — it is up one flight of stairs

DCV Member Marcy Logan, welcoming hostess and gallery owner of works by artist Robert E. Kuhn, is celebrating spring and Dupont Circle Village with a party for DCV members only. Come listen to a live jazz trio, have a libation and snacks and enjoy the delightful company of fellow Villagers. If you'd like to bring wine, it will be welcome. Please RSVP to the Village at https://dcv.clubexpress.com/content.aspx?page_id=87&club_id=161481&item_id=782087

SUNDAY SOUP SALON — SAVE THE DATE

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

Plans are being formulated, so watch for the particulars in an upcoming DCV Friday e-blast.

TECH TUESDAY

Tuesday, March 20
11:00 a.m.–12:30 p.m.

La Tomate Caffé, 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 — SAVE THE DATE

Monday, March 26
3:30–5:00 p.m.

Plans are being formulated, so watch for the particulars in an upcoming DCV Friday e-blast.

THE FRENCH CHALLENGE

Tuesday, March 27
4:00–5:30 p.m.

The French Challenge is for DCV men and women, as well as their friends, who want to get together, have some fun and use their French. The Group meets once a month to discuss issues in French as well as to enjoy French food, drinks, theater and restaurant outings. Discussion issues will focus on such things as songs, poems or travel that members select a month in advance and that a member agrees to present. The March discussion will focus on Mont Saint-Michel. Meetings are held on the 4th Tuesday of each month at the home of Carol Galaty and Ken Shuck, 1910 S Street, NW. For further information contact, Carol at carolgalaty@gmail.com or phone her at 202-232-7259.

The first French Challenge outing will be on Tuesday, April 17th featuring a singer presenting a retrospective on the life of Edith Piaf at "Maison Francaise de Washington." Anyone interested in joining us at this performance should purchase tickets (if any are still available) on line at <https://franceintheus.org/spip.php?article7775>.



DCV MOVIE DISCUSSION GROUP — SAVE THE DATE

Thursday, March 29
6:30–8:30 p.m.

Look for all the particulars in an upcoming Friday e-blast.

What Can We Do to Address Homelessness in Our Neighborhoods? This Month's DCV Member Poll

By Pender M. McCarter

The Dupont Circle Advisory Neighborhood Commission 2 B convened a town hall this month on homelessness with representatives from the Interagency Council on Homelessness, Charlie's Place, N Street Village, Friendship Place, Miriam's Kitchen, Pathways to Housing DC, and the Metro-

politan Police Department. Speakers discussed such issues as housing and shelter, rehabilitation and employment, legal services and policing, case help, rescue efforts, health care and public health. One speaker estimated that there are as many as 7,500 people homeless in the DC area each night. Several members of the Village attended the forum at the

Keegan Theatre on February 6.

This month's DCV member poll seeks your opinions on how the city addresses homelessness in our neighborhoods and on our involvement with the issue:

1) On a scale of 1–5, with one "poor" and five "excellent, how do you rate the city's overall response to handling homelessness in the last year?

2) Where would you put the most emphasis to address homelessness in our neighborhoods (choosing one or more from the list below)?

- a) Affordable housing
- b) Employment services
- c) Health care
- d) Rescue efforts
- e) Community support

3) Are you involved with local groups that help combat homelessness; which groups?



4) Do you contribute to local charities aiding the homeless; which charities?

5) Should the Village address homelessness in our community; how?

Please send your responses to pmmccarter@verizon.net.

I'll summarize the results (without identifying respondents) in a future newsletter.

Linda Jean Kimball Harsh (1940 – 2018)

By Eva Lucero

Linda Jean Kimball Harsh was born in Lincoln, Nebraska in 1940 to Charles and Margaret Harsh. In her teens, the family, including her two siblings, Sherry and Rick, moved to California. Linda graduated from the Bishops Prep School in La Jolla in 1957 and then headed east to attend Wellesley, the women's liberal arts college in Massachusetts. Upon graduation from Wellesley, she enrolled at Columbia University in New York City and earned an MFA in Art History. Her first job after Columbia was organizing a traveling exhibition of the works of Alexander

In Memoriam

Archipenko, a Ukrainian born American avant-garde artist, sculptor and graphic artist. While Linda maintained a love of the arts throughout her life, she wasn't particularly fond of working in the NY art world and switched careers to her other favorite subject, foreign affairs. She secured a job with the Council on Foreign Relations (CFR) and after working there for a short time, she was offered the opportunity to work as Dr. Alton Frye's assistant to open and manage the CFR office in Washington DC. They were a two-person team for over 30 years. She retired from CFR in 2008.

Linda loved to travel and partook in annual trips abroad with family and friends. Her love of art and history were evident from all of the mementos and books she collected from

museums around the world. Linda was also a voracious reader of British mystery novels. In retirement, Linda became very involved in the Dupont Circle Village (DCV) where she held many leadership positions including Treasurer and Chair of the Live and Learn Committee as well as membership on the Board and Executive Committee.

She is survived by her brother Rick and his wife, Kim, her sister Sherry and many friends including Alton and Patricia Frye, Jan Murray, and members of the DCV.



Quality of Care in Nursing Homes – Celebrating 30 years of The Nursing Home Reform Law of 1987

By Sarah G. Burger RN, MPJH, FAAN

The Consumer Voice for Quality Long Term Care (CV), <http://theconsumervoice.org/> a consumer advocacy organization, held a Briefing for members of Congress and their staff in November to explain why the Nursing Home Reform Law (NHRL) is so important to the 1.4 million residents in 15,600 nursing homes. Federal and state governments have an interest in nursing home quality because most of the care is paid for by the Medicare and Medicaid programs. Future residents can access the government data at www.Medicare.gov/nursinghome-compare. At the briefing, residents and other experts explained the law: its strengths and weaknesses and current threats (deficient RN and other nurse staffing and poor enforcement of the law.)

The law requires nursing facilities to “care for its residents in such a manner and such an environment as will promote maintenance or enhancement of the quality of life for each resident.” The law requires nursing facilities to “attain or maintain the highest practicable physical, mental and psychosocial well-being of each resident according to the written plan of care.” The keys are Quality of life and Quality of Care, given equal weight, for EACH resident. Imagine how different the effect would be if the law applied only to Residents collectively, there would be no accountability.

Two decades of consumer advocacy by residents, family members, ombudsmen and other community advocates across the country were required to pass this law. Federal and state regulations were weak. In some nursing homes, residents sat in clothes soaked with urine and feces, were restrained with sheets, suffered

malnutrition, dehydration and died in fires. These and other horrific conditions received searing press coverage. Congressional hearings conducted by the Senate and House Aging Committees in the 1970’s and 1980’s, exposed these abuses.

In response to the poor care and regulatory impasse, Congress in 1983 commissioned an Institute of Medicine (IOM) study on nursing home regulation that was funded by the Centers for Medicare and Medicaid Services (CMS, formerly HCFA — the Health Care Financing Administration).

In 1986, the IOM report, *Improving the Quality of Care in Nursing Homes*, was released, Elma Holder, CV founder, seized the moment and launched the Campaign for Quality Care (CQC) with 22 national organizations representing consumers, providers and professionals. Based on the IOM recommendations, the CQC developed consensus positions and recommended language, which were presented to Congress. Through bi-partisan and bicameral negotiation, Congress produced the NHRL. President Reagan signed the NHRL of 1987. The law includes extensive Resident Rights, required services for physical and mental health, nursing, rehabilitation services, individual assessment and comprehensive care plan, and “sufficient staff to meet each resident’s assessed needs.”

Robyn Guy, nursing home resident and member of Consumer Voice’s Leadership Council, explained what the law means to her. She is in street clothes daily, supported to walk to the dining room, has choices in food, individualized physical therapy to meet her goals, her mail is unopened, and staff knocks on the door before entering. But Robyn was very frank that persistent low nursing staff means unmet needs. In order to obtain passage of the law, consumers



had to compromise on staffing. Facilities are only required to have RNs on the day tour of duty. Without an RN staff 24 hours a day, residents are at risk for harm on evenings and nights when there are no other health professionals in the buildings.

Some facilities are implementing both quality of life and care for residents as the law requires. In three NYC homes, facility staff has transformed dementia units to focus on comfort first. Crying out, moaning and spitting is the language used to express discomfort in a person with dementia. Staff must uncover what is causing the distress such as hunger, cold, noise, pain. Removing the distress is achieved by individualized routines, foods, bedtimes, awakening times and treatment of pain. These facilities will expand this kind of care to transform the non-dementia units. This is the care Atul Gawande describes in chapter five of his book, *On Being Mortal*. He describes Dr. Bill Thomas’ Eden Alternative and the Greenhouse project. The Pioneer Network is the clearinghouse for those providers who are intent on implementing the law. www.pioneer-network.net

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Ask Ann

Did you know...?

By Ann Talty

I find that many people who are not used to computer-based information and systems tend to be wary of it. That is understandable. The column this month is for you.

Did you know that I can help you figure out how to log on to our website? Some information is in the public view, but some is in members-only view, and you need to be logged in. I can walk you through it as many times as you need to get comfortable.

Did you know that you can have the website remember you so you don't have to remember that pesky ID and password? Or change the ID and password to something more intuitive for you?

Did you know that you can look up contact information for fellow members? Or print a full list of current members with their contact information?

Did you know that you can look up member-recommended contractors? We have a partial list on the website, tracking recommendations made on the DCV Google listserv.

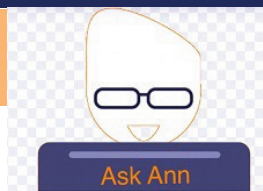
Did you know that you can register online for many events, see who else is going, sign up a spouse/partner, or even your fellow Village member in addition to yourself?

Did you know that if the look of the monthly calendar seems confusing, you can switch how you view it to a more bite-size way?

Did you know you can read old newsletters to find that bit of information you know was in one of them recently?

I love helping people learn how to do any of this and get more comfortable with technology. This gives rise to a new activity:

Ask Ann about the Website: Starting on March 8th, the second Thursday of every month, 10:30-noon at the DCV office, 2121 Decatur Place NW. Bring your own smartphone, iPad, laptop. If you only have a desktop computer, come anyway — we do have a laptop here, and I will bring my iPad so that you can learn the principles. Please sign up ahead, along with any burning questions you may have. You may register online, or by email or phone.



Vintage Ads!



Cringeworthy? You Decide!



Celebrating 30 years of The Nursing Home Reform Law of 1987

Continued from page 6

While staffing and enforcement remain inadequate, other threats to the law abound due in great part to the power of the industry, which is 69% motivated by profit. The NHRL implementation depends on regulations. Outdated regulations from the 1990s were revised with input from providers, consumers and professionals over a 5 year period during the Obama Administration. This process included strengthened staff training, individualized care, and

protections against abuse in nursing homes. The nursing home industry strongly opposed these revisions. The current administration has proposed new regulations that weaken enforcement, reduce fines and open up the newly revised regulations for review declaring them "unnecessary, obsolete, or excessively burdensome on facilities."

At the same time one in five nursing homes are recognized as having serious quality problems, 33% experiencing adverse events that caused harm. Twenty-two percent of residents experience hospitalizations, for preventable reasons such as poorly trained staff, costing the government

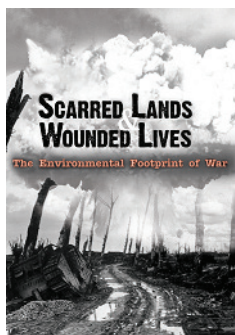
billions of dollars.

Implementing, preserving and strengthening NHRL provisions continue to require the same vigor and focus as was true at the time of passage. Dr. William Scanlon, then director of Health Financing and Public Health Issues at the General Accountability Office, declared, before the Senate Finance Committee in 2003, that.... "We must not confuse a wish to improve quality in all homes with the more pressing need to ensure minimum quality of care in every home, to eliminate the possibility that nursing home residents can be at risk of harm, due to woefully deficient care."

Scarred Lands and Wounded Lives: The Environmental Footprint of War

By Pender McCarter

More than a dozen members of the Dupont Circle Village (DCV) attended a showing of *Scarred Lands and Wounded Lives: The Environmental Footprint of War*, an award-winning documentary produced by the Women's National Democratic Club and DCV Members **Alice and Lincoln Day**. The film includes interviews and personal ac-



counts with scientists, field workers, military personnel, and people whose lives have been directly affected by the environmental consequences of war, plus footage from the United Nations Environment Program and the Pulitzer Center for Crisis Reporting. Alice and Link responded to Q&A at the end of the 66-minute film. The two retired sociologists describe their film below.

What prompts this film is recognition of our deep dependence on the natural world and the significant threat to that world posed by war and preparations for war.

The scale of environmental damage over the last half century is unprecedented. Falling water tables, shrinking forest cover, declining species diversity — all presage ecosystems in distress. These trends are now widely acknowledged as emanating from forces of humanity's own making: massive population increases, unsustainable demands on natural resources, species loss, ruinous environmental practices. Ironically however, war, that most destructive of human behaviors, is commonly bypassed.

In all its stages, from the production

of weapons through combat to cleanup and restoration, war entails actions that pollute land, air and water; destroy biodiversity; and drain natural resources. Yet the environmental damage occasioned by war and preparation for war is routinely underestimated, underreported, even ignored. The environment remains war's "silent casualty."

Activities that do such damage cry out for far-reaching public scrutiny. The very sustainability of our planet is at stake. We can no longer maintain silence about the environmental impact of war on the grounds that such scrutiny is "inconvenient" or "callous" at a time when human life is so endangered.

If we cannot eliminate war, we can at least require a fuller accounting of war's costs and consequences, and demand that destructive forces used in our name leave a lighter footprint on this highly vulnerable planet. It is to this change in values and actions that this documentary film is directed.



Alice and Link met at Columbia University as graduate students in sociology. They've been working on joint projects since their student days, focusing on issues of population, peace, and the environment. Their earliest joint project was *Too Many Americans* (1964), a book that explored the impact of overpopulation in rich countries on the quality of life in those countries, and on the global use of natural resources. For more information on *Scarred Lands and Wounded Lives*, visit http://www.semckhor.com/show.asp?s=scarred-lands1&content_id=26457



Out & About with DCV

Very productive DCV leadership retreat in February! Hardworking board, staff and volunteers make for a forward thinking, successful Village.

Front row **Jane Pierson, Lindsey Holaday, Andres Doernberg, Kathy Cardille**, 2nd row **Lois Berlin, David Chalker, Abigail Wiebensohn, Ann McFarren, Peg Simpson**, 3rd row **Steve Kittrell, Mike Gould**.
Not shown **Mike Kain, Eva Lucero** and **Mary McIntosh**



▲ February Birthday Tea L-R **Bob Hirsch, Kathy Cardille, Harvey Friedman, Sarah Burger, Gretchen Ellsworth**.



◀ Members enjoyed a happy hour outing to Thai Chef on Connecticut Avenue, where the happy hour prices are just right!



▲ **Sawon Hong, Pender McCarter and Richard Moore**, with DCV Volunteer Mary Doyle, enjoy a Sunday brunch and celebrate Presidents' Weekend at Marcel's, the French-Belgian restaurant on Pennsylvania Avenue.

The initial meeting of the DCV French Speakers Group is off to a great start and looks forward to meeting the fourth Tuesday of each month from 4 – 5:30.



► **Lynn Lewis** hosted the February Soup Salon. 19 DCV members were riveted by Christopher Morgan's discussion of dance in the US and his aspirations for Dance Place since becoming its Director last September.



Where Are They Now?



▲ **Mimi Higgins** in Marrakech after visiting Casablanca, Fez & Rabat.



▲ **Iris and Irv Molotsky** in Paris for the Women's March in January. With them is ex-New York Times and ex-International Herald Tribune friends Anne Bagamery and Bob Marino as they all endured horrible weather at the Trocadero for the beginning of the march. An indication of the day can be seen in the disappearance from view of the top of the Eiffel Tower in the background.



► **Donna Batcho** had a lovely time in Italy.

She visited the Piazza Navona, the Augustus Temple Ruins, the Forum, and the Campo di Fiori Market and reports that the artichokes were in season in February!



Decadent Dates



By Lois Berlin

This recipe is one you'll want to do for special occasions, events or holidays because it is really not what you would call healthy. I first tasted these at a Brazilian restaurant in Brooklyn that we went to with our niece and her husband who lived

there at the time. I fell in love instantly and knew I would have to exercise restraint! When I do make them, they are absolutely amazing and so easy!

Ingredients

Dates — preferably Medjool dates
Parmesan cheese in solid form so you can cut pieces off
Bacon strips cut in half
Tooth picks — wood, not plastic!!

Directions

Pit the dates by making a small slit with a paring knife. Place a piece of Parmesan cheese in the space vacated by the pit. Wrap the date with a half strip of bacon and secure in place with a toothpick. If the bacon wraps completely around the date and overlaps, the tooth pick is not necessary.

Place dates on a rack over a baking sheet (preferably with sides) and place in a preheated 400 degree oven. Bake for 20–25 minutes or until the bacon is crisp.

Remove from the oven and serve almost immediately. You want to be careful since the Parmesan will be very hot, so waiting 10 minutes or so is advisable. These are particularly yummy with red wine!! Enjoy.



Judy Silberman,
Yoga Master



Yoga Tips

Two thoughts:

- 1) Worry well and only once. Take it seriously. Figure out actions to take, and move on. When it pops up again, say to yourself, "Already worried." Move on to another thought.
- 2) Instill a calm before meals. One minute of silence or 5 deep breaths before eating can sharpen the senses and change the feel of the meal. It can help you relax into the moment, increasing mindfulness, bringing more enjoyment of the food and of family/friends eating with you.

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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Ann McFarren
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