

# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“You are not a drop in the ocean. You are the entire ocean in a drop.”

— Rumi

### What's Inside

- 1 What to Wear to a Medieval House Call
- 2 President's Notes
- 3 Monthly Calendar
- 4 Member Profile
- 5 Member Survey Results
- 6 Ask Ann
- Art Archive
- 7 Live and Learn: Can Prunes Save Porous Bones?
- 8 Celeb Salons
- June Birthdays
- 9 An Independence Day Memory
- 10 Quarantine Stories
- 15 Summer Corn Soup Recipe

## What to Wear to A Medieval House Call

Facemasks, one of the more visible manifestations of the COVID-19 pandemic, have become a symbol of our times. The call to wear facemasks has inspired many to dust off their sewing machines, but it has also sparked heated debate

and resistance.

By Eva M. Lucero,  
Executive Director

The ones used today are the

latest iteration of a medical accessory that has been around for centuries. Any burden or discomfort caused by wearing a facemask during COVID-19 pales in comparison to what was worn in the Middle Ages.

From the 14th through the 16th centuries, variations of the bubonic plague and diseases that caused the Black Death ravaged Europe and killed millions. Some estimates claim that 40 to 50 percent of Europe's population was decimated. With little knowledge about medicine or sanitation, the only known chance of survival was to ask a 'plague doctor' to your home. Plague doctors weren't necessarily real doctors. They were practitioners of superstition who rarely delivered a cure; in some cases, their unorthodox approach compounded the illness. They were most reliably known for recording the number of deaths and types of contamination. And, their curious costumes, right out of a horror movie, became an iconic symbol of the times.



The facemask from that time was known as a 'bird mask.' As you might expect, it was a tight-fitting mask that extended into a long beak (about half a foot) with two holes on each side near the nostrils. Plague doctors believed the miasma theory, which postulated that infectious disease is transmitted through bad smells. As a result, plague doctors packed the bird mask with theriac, a mixture of more than 55 herbs and other ingredients

*Continued on page 2*

# President's Notes



Few would say that this year has been boring, yet many people are bored! Between the pandemic and demonstrations, we are challenged to re-think many how we live our lives and some long-held beliefs. We are navigating through choppy waters!

This month you received a survey from the Membership and Activities Committee to assess how folks are doing. An article summarizing the report is in this issue. Happily, many Villagers are doing well. I am concerned however, that we are missing some folks who need a helping hand.

We are offering many of the traditional services and stand ready to support you. Please call the office or email for help! Our Volunteers and staff are trained and can provide confidential service. Leave a message and we will get back to you.

One of the best ways to take care of yourself during the pandemic is to get a **FLU SHOT**. I am pleased to announce that the DCV Member Services Committee will offer an Immunization Clinic this fall. Led by **Kathy Price**, members sign up and complete the paperwork prior to arriving. Scheduling and waiting areas are planned to assure maximum protection for members. Look for an announcement in August. We are working on a clinic for COVID-19 vaccinations as soon as a vaccine is available.

Through a Cafritz Foundation grant obtained by **Eva M. Lucero**, DCV executive director, we were able to find

an extraordinary volunteer consultant, Ed Sambuco, who offered his creative program development talents to help us organize recordkeeping for our volunteer activities. The program offers better coordination especially with Care Groups when situations are often complex. The program includes monitoring and reminder features and is very user friendly. Ed is a dream to work with—he has made an extraordinary contribution to our Village.

DCV continues to offer new programs and groups. CelebSalons will continue throughout the summer, if you have a friend who you would like to invite, please check with the office, if there is room, we will add them.

A Cultural Affairs Group has formed to explore the challenges of racism and racial equality that have been highlighted by the demonstrations of the last month. I hope you will join us as we form discussion groups around these important issues.

## Medieval Housecall

*Continued from page 1*

such as cinnamon, myrrh, and honey. The elongated 'beak' design of the bird mask was thought to cleanse the air with the herbs mixture before it reached the nose.

The bird mask was only a part of a very elaborate outfit designed by the French doctor Charles de Lorme. The outfit, modeled after a soldier's armor, consisted of goggles, a heavy, waxed leather, ankle-length overcoat, waxed leather gloves, boots, and an outer over-clothing garment. A wide brimmed hat was always worn as mark of a plague doctor.

Plague doctors also carried a wooden cane or rod, which was used to prevent physical contact with patients and keep others at bay.

In some of the more religious areas, people believed that the Black Death was a punishment from God and asked the plague doctors to beat them as part of their repentance. If a plague doctor did not comply, then religious zealots known as Flagellants, inflicted the beating upon the patient.

While to the modern eye, the plague doctor outfit is very Grim Reaper-esque, today the mask and costume went on to be associated with the Italian commedia dell'arte theatrical form and the world-famous Carnevale di Venezia festival, known for its elaborate masks.

I don't expect a similar fashion and design trend will emerge from



Covid-19 masks. However, as we know in the Village, there are some really good-looking masks out there made with a lot of love and care. Please wear one.

# Monthly Calendar



Currently, activities are being offered online, by way of Zoom. Updates will be posted in the Friday e-blast. Instructions for Zoom can be found under the Library tab at <https://dcv.clubexpress.com/>. We do ask you to register online at [www.dupontcircuitvillage.net](http://www.dupontcircuitvillage.net) and select "Calendar," find the event, and register. If you can't join an online event or figure out how to register, please email or call Ann Talty at [admin@dupontcircuitvillage.net](mailto:admin@dupontcircuitvillage.net) or (202) 436-5252.

## CelebSalon: Taegan Goddard, Political Wire

Wednesday, July 1, 6:00–7:00 pm

Location: Virtual

Limit: 40; Cost: free

RSVP: Register online or contact DCV Office

Taegan Goddard, the founder of the Political Wire blog ([politicalwire.com](http://politicalwire.com)), aggregates and curates political news. In this era where journalists are accused of reporting "fake news," Political Wire has been categorized by the Media Bias Fact Sheet (<https://mediabiasfactcheck.com>) as least biased amongst more than 3,000 media sources. Taegan will talk about his experience reporting unbiased political news in these turbulent times, when news is a 24/7 business.

## Upcoming CelebSalon: Danielle Vogel, Glen's Market

Dates and times TBD and will be sent out in the Friday eblast

Location: Virtual

Limit: 40; Cost: free

RSVP: Register online or contact DCV Office

## DCV Movie Group Online

Thursday, July 9, 3:55–5:00 pm

Location: Virtual

Limit: 14—filled

RSVP: Register online or contact DCV Office

Movies for discussion this month: **I am Not Your Negro** (available on Amazon and Kanopy) and **The Learning Tree** (available on Amazon). Please see the movies before the meeting. Attendance is limited to 14, and we will activate a waiting list.

## Men's Book Group

Monday, July 20, 11:30 am

Location: Virtual

RSVP: Peter Vandevanter ([petervandevanter@gmail.com](mailto:petervandevanter@gmail.com)) or Robert Hirsch ([rmhirsch49@yahoo.com](mailto:rmhirsch49@yahoo.com))

The book for July is **Utopia for Realists** by Rutger Bregman.

## CelebSalon: Kate Haw, National Gallery of Art

Wednesday July 22, 6:00–7:00 pm

Location: Virtual

Limit: 40 Cost: free

RSVP: Register online or contact DCV office

Kate Haw is Collections, Exhibitions, and Programs Officer at the National Gallery of Art (NGA), overseeing the departments of exhibitions and installation design; the office of the registrar; the education, film, and music divisions; and the research library. Kate will share reflections on her early career at the Gallery some 25 years ago, what has changed between then and her return in 2020, the challenges and opportunities presented to the museum field due to COVID-19 and current social unrest, and new priorities and projects at the NGA.

## Mystery Book Group Online

Friday, July 31, 3:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

This month's book is **Caught** by Harlan Coben

## Live and Learn Online

Monday, July 27, 3:30–5:00 pm

Location: Virtual

Specific subject & description will be sent in Friday E-blast

## Online Meditation with Christina

Mondays & Thursdays, 9:00–9:30 am

Location: Virtual (could be done just by phone)

RSVP: Register online or contact DCV Office

## Exercise Class

Mondays and Fridays, 10:00–11:00 am

Location: Virtual

Cost: DCV Will pay the fees for 5 NEW attendees

Mid to advanced level Exercise Class to improve strength and balance with Mac Tyree, a Trainer at Washington Sports Club. If you wish to participate, contact: Jane Pierson-VerSteeg at: 202-265-3282 h; 202-841-4604 c; or at [jane@piersonversteeg.com](mailto:jane@piersonversteeg.com)

*Continued on page 4*



# Monthly Calendar

## Accessible Mat Yoga Online

Mondays, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

## Chair Yoga Online

Tuesdays, 10:30–11:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

## Online Feldenkrais Method Awareness Through Movement

Wednesdays, 10:00–11:00 am

Location: Virtual

RSVP: Register online or contact DCV Office

The classes are about improving function and well-being in our day-to-day activities, which is why they are good for improving walking, running, sitting, standing, gardening, relieving pain, breathing, working, and playing. The classes are usually done on mats on the floor, sometimes lying, sometimes sitting, or even standing. You may also do it on your bed.

## Coffee and Conversation

Thursdays, 10:00–11:00 am

Location: Virtual (could be done by phone)

RSVP: Register online or contact DCV Office



## Meet Mary Harding Stevens

**M**ary Harding Stevens is a Washingtonian born at Sibley Hospital and pleased to say that two of her three children were also born there. She and her mother initially lived in Maryland and Adams Morgan and then when Mary went away to college in Texas,

she returned to DC with her husband, David. They bought a condo on S Street NW in Dupont Circle and

eventually purchased a house on the same street. In 2001, they left to live in Tokyo, Japan and London, England for 8 years as expats for David's job. Upon their return to the DC area, they lived in Virginia while their children were in primary and secondary school. They are now partial empty nesters and live on Decatur Place up the street from the DCV office.

A Jill of all trades, master of none, Mary has worked as a journalist, an editor and designer for a small Texas weekly, a legal assistant, law clerk



and a lawyer at a large DC law firm, a construction and home remodel design consultant, an assistant director and set designer for middle school musicals, and, before COVID-19, she was an event planner for large scale, high-end luxury, multi-day corporate events. The events industry is in flux at the moment, so she is looking for her next challenge. Anyone have ideas?

In her free time, she reads. A lot. A book or two a week. Usually fiction. She also walks their three dogs (one of them is in the photo). She

likes to entertain friends at dinner parties which often turn into discussions and debates. Some favorite places in DC have varied over the years, but she has always loved the Lincoln Memorial, especially the view from the "I Have a Dream" quote on the steps. She regularly brings out-of-town visitors to that spot. A cheeky fact about her: she climbed into Lincoln's lap one late night when she was in high school. She loves to travel and she and her family have been all over the world, for work and for fun. They regularly go back to London as many friends, who are like family, are there. Next travel on her list are some countries in Africa: Uganda, Rwanda and Botswana.

Mary's mother Fann, was a longtime DCV member. As a new member, Mary likes the sense of community through the emails and volunteer opportunities. She has enjoyed making new friends. The contractor resources offered over the DCV listserv have been amazing as she and David are fixing up their new home.

# Reporting Back: Results of DCV's Member Survey

**T**his past month we circulated a survey to hear how members were experiencing the pandemic lockdown and its aftermath. We asked a dozen questions. They

*By Abigail Wiebenson,  
Chair Membership/  
Activities Committee*

included areas of practicality (internet

access/competence, getting groceries and medications, help at home, etc.) as well as the economic and emotional impact. Responders had four choices of answers, from not challenging to very challenging—and in between. There was also space for comments.

As Village members know first-hand, Dupont Circle Village has been thoughtfully proactive about mitigating lockdown inconvenience and isolation. We receive daily “vitamins” of uplifting and enjoyable music, art, and old classics via YouTube from the DCV office. Zoom has become our faithful vehicle for yoga, meditation, book, knitting and movie groups, birthday celebrations, and an exercise class. We’ve helped organize grocery and medical supply deliveries. We created a calling tree so that all members receive a regular check-in by phone and email. Although formal volunteer services were suspended during lockdown, many neighbors who have come to know one another through the Village shared grocery shopping and delivered meals with proper precautions and distancing. Our listserv continued to be very much alive, informative and helpful.

In light of our efforts, the Membership/Activities Committee—in coordination with Eva M. Lucero, DCV executive director, Ann Talty, DCV office manager, and Ann McFarren, DCV’s Board president,—was interested in knowing more specifically if Villagers were faring well. The short answer is a heartening “Yes” from the 127 members

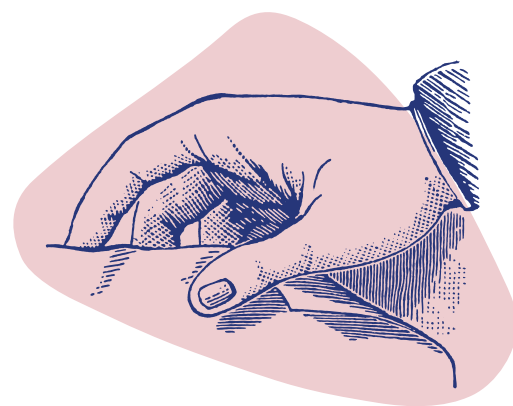
who answered electronically (or by mail for the handful of Villagers without internet accessibility). It is statistically remarkable that almost half of our membership responded; the average national response rate to surveys is less than 20%. While we feel that what we learned is valid, we are certainly mindful that surveys do not tell the whole story, especially for those who for whatever reason did not respond.

Consistently, for every question, the overwhelming majority of responses (76%–94%) was “Slightly Challenging” or “Not Challenging,” with one exception:

Question 8 about **Interruption of Services**. Understandably, 51% members’ lives were definitely impacted by not being able to get haircuts, go to the library, eat out, and attend cultural events.

We paid particular attention to the responses to Question 7 about **Loneliness and Isolation**, a major concern of our age group. More than 40% of older Americans self-identify as lonely and isolated. Our results could also be interpreted to reflect the negative effects of self-quarantining. 4.8% reported “Very Challenging” to this survey question. 18.4% found loneliness and isolation “Moderately Challenging”, 32.8% “Slightly Challenging” and 44% “Not Challenging”. **In what we viewed** as a related area, Question 3 was about Managing Anxiety, 4% found this an area that was “Very Challenging”; and 12.7% responded “Moderately Challenging”.

When the Committee looked at the comments section, there were many tributes of gratitude, exemplified by this one: “I think the Village is doing a good job of providing information and services to the members and keeping them connected.” Others thanked the Village for being a reliable support system. Tolerable inconvenience was mentioned in



several ways. A couple of responders who live alone are considering moving away from DC if the city or country will continue to require pandemic isolation. Two expressed fear about dealing alone with disease. On the positive side, many commented on how they have developed new interests, including cooking, during the quarantine. Others noted that they used the time to be in contact with family and friends, more often than they had been.

What will we do as a result of this survey? We’re following up on ideas the survey generated as we continue to develop new activities and events that will expand our programming even further. One, we’re in touch with those who offered ideas for new interest groups, including genealogy and racial awareness. Two, we are already acting on a suggestion to reach out more frequently to members who are living in restricted-access residences. Three, we will continue to be vigilant about isolation, loneliness, and worrisome anxiety, as we track Villager activity participation, create and run Care Groups and reach out to those we have not seen or heard from recently.

We on the Committee continue to sustain a supportive community that welcomes hearing from Villagers, particularly when they are worried or fearful. In conclusion, we think our Village is on the right track for listening, noticing and responding to member interests, expectations and needs. A dynamic organization is, by definition, always a work in progress.

# A few defining moments: Ouch!



**Ouch #1**—In the early 70s, my college chapel was rented out for a George Wallace rally. The college would not back down, and many discussions, arguments and plans ensued. Tempers erupted, our small African American population felt betrayed on many levels, and idealistic white students thought we were being supportive, and were confused.

*By Ann Talty*

During one large discussion, one of the white students asked for the opportunity to sit down with individuals to learn and understand more. The young woman who answered made it clear that she was also a student who needed to use her energy for her course work, and given the ratio of races there, that it took a lot of gall to ask her and others to sit down with so many people individually to teach them something they should already know. **Ouch!**

This prompted me to take two classes on race relations. Now I realize that I didn't remotely learn all about African American history in those classes, though more than many others. I needed to re-learn with a more mature brain.

**Ouch #2**—In my previous job, I worked with the Resolutions Committee for our annual convention. There was a resolution from a book group at a church that had read and discussed *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander. During preliminary discussion with the Resolutions Committee and book group, most of us learned a lot. I knew some of it, but had never pieced together most of it, much less all the factors that make it so difficult to succeed.

The discussion and book had a big impact on me. A defining moment was when someone said that white folks who marched for civil rights in the last century thought they knew it all. That they didn't know jack about

what has happened since then, and by not continuing to learn, were fostering racism. **Ouch!**

The book and that discussion really helped me to use a different filter when reading or watching the news. Not perfect, but an attempt.

**Ouch #3**—Although I thought I understood the Black Lives Matter movement, I now realize that I still didn't know a lot of history. Remembering Ouch #1, I set myself a daily task to learn and expand understanding.

I have watched films and documentaries about history and about African Americans I should know about or know more about. I have started my way through the new *Talking About Race* portal offered by the National Museum of

African American History and Culture (<https://nmaahc.si.edu/learn/talking-about-race>). **Ouch!**

I know a lot about trauma and the effects it can have. What has really struck me in all of this learning, is the collective trauma suffered over the 400 years. How anyone can be strong, brave, loving, and hopeful about anything with that history—a true miracle.

Two takeaways from Lonnie Bunch, educator, historian and 14th Secretary of the Smithsonian Institution, who was interviewed on Juneteenth: (1) when asked what people can do, "Educate yourself to the struggle; understand this history; understand this moment." (2) when asked about relations with police, "I've got to believe that change is possible."

## Art Archive



Mona Lisa, 1977  
(Fernando Botero  
1932—Colombian)  
Museo Botero,  
Bogota Colombia

## Can Prunes Save Porous Bones?

**"S**ticks and stones may break my bones..." so goes the English-language children's rhyme.

And so can a lot of other things if you have osteoporosis—that is, porous bones.

But there are numerous ways to prevent osteoporotic fractures, Justine Bernard told some 30 Villagers during a virtual Live and Learn Program on May 18. Bernard, who has a doctorate in physical therapy and who specializes in neurological and orthopedic rehabilitation, also directs a fitness and wellness center in the District.

The more osteoporosis you have, the greater your risk of fractures, Bernard reported. Three areas of the body are of major concern regarding osteoporotic fractures—the wrist, the hip, and the lower spine. Wrist and hip fractures are primarily due to falls.

Lower-spine fractures are primarily due to compression. The risk of wrist fractures is consistent throughout a person's lifespan. In contrast, the risk of lower-spine fractures increases after age 40 and the risk of hip fractures after age 70. Fractures of the lower spine are more often silent than not—that is, only 25 to 30 percent come to clinical attention. Signs that you may have experienced one or more are a loss in height, stooped posture, or back pain.

One way to prevent all three types of fractures is by strengthening your bones. "You can build bone at any age," Bernard emphasized.

You can strengthen your bones through diet. Calcium and vitamin D are essential for bones. But bones also profit from a variety of fruits and vegetables. And rather intriguingly, prunes may particularly benefit bone.

In one study, prunes, compared to dried apples, were found to increase

significantly the bone marrow density of the wrist and spine in postmenopausal women. In another investigation, prunes, compared to dried apples, markedly increased blood levels of insulin-like growth factor (IGF) and of bone-specific alkaline phosphate (BSAP) in postmenopausal women. Higher levels of IGF and BSAP have in turn been linked to greater rates of bone formation.

You can also strengthen your bones through exercise. There are two types of exercise that can build and maintain bone density. One is weight-bearing exercise such as fast walking, dancing, or jogging. The other is exercise that pits your body against gravity—such as lifting weights or working out with elastic exercise bands.

Another way to prevent osteoporotic fractures, Bernard continued, is to make lifestyle changes that can reduce your risk for them. For example, smoking, having more than two alcoholic drinks a day, eating food involving a high salt intake, and inadequate physical activity are risk factors for osteoporotic fractures. If you regularly indulge in one or more of these, you might want to consider altering your habits.

And pay attention to environmental factors that might increase your chances of falling and having fractures. Remove or tack down throw rugs that might cause you to fall. Install a nightlight so that, if you have to get up during the night to go to the bathroom, you won't fall. Be careful when walking over uneven sidewalks or when stepping off the curb. Hold onto handrails going up stairs as well as down. If a sidewalk looks slippery, walk in the grass. And, Bernard noted, if you are afraid of falling while walking outside, trekking poles are more effective than a cane in maintaining balance.

Yet another means of preventing fractures: Doing exercises that can reduce your chances of falling and fracturing bone. For instance, just prancing a little in place can enhance the ability of your feet to feel, and if your feet can feel more effectively, that can help you with balance, and balance in turn is critical to not falling. Exercises that strengthen muscles on the outside of the hip can also improve balance and in turn reduce the danger of falls.

Poor posture is a risk factor for falling. Raising your shoulders and rolling them back can improve your posture and likewise reduce the perils of falling.

Finally and most importantly, Bernard warned, avoid bending forward and placing downward pressure on your spine at the same time. Such actions can compress your lower spine and thus potentially fracture it. For example, do not lean over and attempt to pick something up that is too heavy for you. Or, if you are lying on the floor and want to get up, never attempt to lean forward and sit up, but instead, roll to your side and use a hand to push yourself up. This way your lower spine is spared any strain.

---

Justine Bernard, DPT, heads up the Elements Fitness & Wellness Center at 2233 Wisconsin Avenue, NW, Washington, DC 20007.

Website: [www.elementscenter.com](http://www.elementscenter.com)  
Tel: (202) 333-5252. She offers group classes and currently a virtual one as well.

More information about osteoporosis and how to prevent and deal with it can be found on the National Osteoporosis Foundation's Website: [www.NOF.org](http://www.NOF.org).



# CelebSalons

## The Voice of the Terrapins—Johnny Holliday

Sports broadcasting legend Johnny Holliday, who has been the voice of Maryland athletics for 41 years was

the CelebSalon guest on June 17. Even though Holliday is in his 80s, he's still working and has not slowed down at all. That evening he had just finished a broadcast story on the 34th anniversary of Len Bias' death.

The promising University of Maryland basketball star was headed to play for the Boston Celtics when he suddenly died from a cardiac arrhythmia. An engaging, fun and friendly speaker, Holliday regaled the Villagers with stories of his theater feats, his most memorable interviews, his children and his long career. A member asked him if there was anybody he could be, who would he be? Holliday answered, Brooks Robinson, the Hall of Fame,

former, Baltimore Oriole. "Brooks was the consummate professional and an all around good guy." From the rousing applause after the Salon, I think Johnny already fits that description.

## In Good Company—Keegan Theatre

Longtime Dupont Circle residents may remember the Church Street Theater from the 1990s. In 2009,

Church Street Theater became

The Keegan Theatre. Highlighting the latest renovations is how Josh Sticklin, Keegan's associate producer, began his CelebSalon presentation to 40 DCV theater lovers. Josh played a short film on the new theater enhancements including a new elevator, new concessions, new bathrooms, an enlarged and updated lobby all with environmentally conscious design and recycled materials when possible.

He and two other Keegan staff members, Alexis Hartwick, director of education and administration, and Emily Dwornik, production manager, provided an overview and some insight on how a small neighborhood theatre with big ambition is coping with the pandemic. Like all theaters in the region, adapting to COVID 19 means going virtual. Keegan has already planned for their summer children's camp which will all take place via Zoom. Keegan's very popular Boiler Room Series (BRS) performances will be live streamed on the theatre's Facebook page and if possible, during the District's Phase 2 reopening, Keegan may have an actual stage performance with two social distancing actors. A member did inquire about the possibility of having an older adult theater group and Alexis enthusiastically said she would consider this possibility. Stay tuned, some DCV members may be performing on stage when this pandemic is all over.



## June Birthdays



Sending lots of birthday cheer to our members who celebrate June birthdays! Enjoy the chocolate and the card. **Richard Busch, Laurie Calhoun, Patricia Daniels, Alice Day, Bob Hirsch, Lindsey Holaday, Leslie M. Jadin, Marie Lovenheim, Marie Matthews, Susan Meehan, Judith Neibrief, Erik A. Neumann, Elaine Reuben, Marilou Righini, Mary Stevens, Robert Weiss and Patty Zweibel.**



# An Independence Day Memory

**Editors note:** DCV has been offering a Memoir Writing class with memoirist and author, Bea Epstein, since spring of 2019. Participating villagers have now completed Memoir Writing Part 3. They will be sharing some of their writings in the monthly DCV newsletter.

**I**t was July 4, 1959. In the early afternoon, my mother stacked a picnic basket filled with fried chicken and chocolate chip cookies, a metal cooler of iced lemonade, and a large blanket by the front door. My father ferried those and two galvanized steel buckets from the garage to our turquoise and white Chevy station wagon. Last he added a large box of fireworks, the result of his annual pilgrimage out Route 7 to his favorite stand. Finally, along with my two younger brothers, my sister and I were told to grab our pillows and pile into the car.

At our grandparents in Alexandria, our cousins joined us while my dad loaded two folding lawn chairs into the trunk of my uncle's sedan. Our two cars gradually merged on to the GW Parkway. About ½ mile south of Memorial Bridge we slowed, drove over the curb onto the grass, and took our place behind the last car in a single line that stretched as far as I could see. Before we were out of the car, another one eased in behind us. The line of parked cars grew steadily throughout the afternoon, as did the blankets spread along the grassy riverbank.

Branches from the weeping willow trees stretched to the ground. My sister Leslie and I, along with our cousins, ran through them, feeling the leaves brush our cheeks, as my grandparents settled into their lawn chairs, my mother and aunt entertained my brothers, and my father



and uncle lay on the blankets. I heard my mother call, undoubtedly wanting us to help with my brothers. Leslie and I exchanged a glance. "Nothing doing" I whispered, and we raced off.

Hot and sweaty, we eventually collapsed on the blanket, ready for dinner and a well-deserved scowl from our mother. As dusk fell, my father distributed sparklers to the kids. The long gold ones made the best light. Along with other children, we ran back and forth, tracing large circles in the air until spent, we carefully placed the still-glowing sticks in a bucket and waited for him to light another. After the sparklers, came the fountains. We turned the second bucket upside down as a platform. Multi-colored lights spewed several feet in the air before fizzling out. Flashes of color dotted the bank as other families lit their own displays. Last were the torches. I could see

my father silhouetted in the dim light, legs braced, holding the sputtering stick like the Statue of Liberty.

The box empty, we lay on the blanket, wriggling with anticipation. Heralded by a loud boom, the sky over the Potomac lit up with a shower of twinkling gold lights. These were mirrored in the still river water as the sharp smell of smoke drifted toward us. The deafening noise, the flashing red, green and gold lights, and the heavy smoke filled my senses. For a half hour I was transported to another world. A thundering crescendo and abruptly it was over, the riverside filled with people cheering and applauding.

With the car packed and our goodbyes said, we waited patiently for our turn as car after car slowly bumped over the curb and back onto the Parkway for the drive home, the end of a 10-year old's idea of the perfect Independence Day.

# Quarantine Stories

## Black Lives Matter: The Story in Photos

About three times a week, at 7a.m., a friend and I walk about 3 miles, starting at our respective homes in the Dupont Circle area, down 16th Street to Lafayette Park over to 17th Street and continue south to Constitution Avenue. From there, we turn east and return on 15th Street. The walk was always uneventful until the death of George Floyd on May 25 who was killed by a policeman in Minnesota who knelt on his neck for 8 minutes and 53 seconds. After that, the streets around Lafayette Park teemed with protesters in the afternoons and evenings and the scenery changed. Boundaries moved further north as wire fences were erected and police and military personnel, standing shoulder to shoulder blocked entry south of H St., NW. Angry messages spray-painted on the pedestals of statues in Lafayette Park on the first evening, gave way to clever posters left by marchers as a reminder of the injury they sought to correct. The conflict between President Trump and Mayor Bowser over who owned the streets of Washington, DC was settled, at least temporarily, when Mayor Bowser authorized the painting of BLACK LIVES MATTER in bold yellow letters on 16th Street, leading to the house Donald Trump occupies and requiring him to see it every time his helicopter rises to take him to or from his golf course or a rally. By June 20th, the fences had been moved back and the Smithsonian had decided to collect some of the posters but many still remain and new ones have been added. I call these photos **hearts prints** because they tell what was in people's heart.



◀ Washington DC Mayor, Muriel Bowser, orders the removal of all military personnel and has city workers paint BLACK LIVES MATTER on 16th Street in front of the White House. Here, a white passerby asks if he can help and is gladly handed the roller.



◀ These signs speak to cultural appropriation, e.g., the affection of whites for Black music, slang and physical greetings, like the high five and beloved fist bump, termed a "terrorist fist jab," when first used by Michelle Obama to congratulate her husband when he won the Democratic presidential nomination. Today, with Covid-19, we are encouraged to bump fists, hips or elbows, all long standing black greetings.



◀ I guess I knew but didn't know there were so many. Seeing the names, I feel like, I can't breathe.



[illegible]

**Bob Spiegel** and **Mary Stevens** meet for walks in the neighborhood. This snap of Bob is on 17th Street and signs that protesters left behind near the White House.



**Donna Batcho** discovered the Tregaron Conservancy and the Klinge Brook Trail and continues her walks in Rock Creek and Oak Hill Cemetery.



# Quarantine Stories



**Georgette Sobel** brought her mother Harriet Sobel her favorite flowers and they continue to blossom as her mother does. Harriet, who lives in Cleveland Park, will be 98 in November.

**Thank you so much** for the daily email from the DCV office and especially for the Marian Anderson short. She has a very special place in my memory: My mother grew up in Philadelphia and went to the same high school as Ms. Anderson. By then she was already recognized as outstanding. My mother recalled that she left classes every Wednesday afternoon for voice lessons.

**Iris Molotsky**

**I want to thank you** for these daily email pick-me-up messages. I now look forward each morning for your next one. Every now and then what you send has a special meaning for me, as this one did.

In the fall of 1966, I was in the Army in Vietnam and had an opportunity to get away from the fighting that I had been involved in for four months. I had gone to an Air Force base in the central part of South Vietnam near the city of Pleiku where I was waiting for a ride to Saigon to take a one-week trip to Taipei, Taiwan on what was called R&R (Rest and Relaxation). As it turned out, Nancy Sinatra

and her women dancers were giving a USO performance that day at the Base in a big open field where they built a raised stage for her to perform on. When she and her dancers came out dressed as in the video and dancing to that song "These Boots are Made for Dancing" the thousands of soldiers and airmen watching went wild shouting and hooting even though it was extremely hot and humid (as usual). Fortunately, I was close enough to the stage that I could actually distinguish Nancy and the others on stage, even if they were only 3–4 inches tall in my vision. She wasn't all that great of a singer, but she must have sung that song for 15–20 minutes. That cheered me and everyone else up a lot and I then went on to have a better time in Taipei than I had previously expected—before returning to the war for another 7 months. I remember humming that tune at times throughout the rest of my tour in Vietnam.

Thanks for bringing back the good memories.

**Ken Shuck**

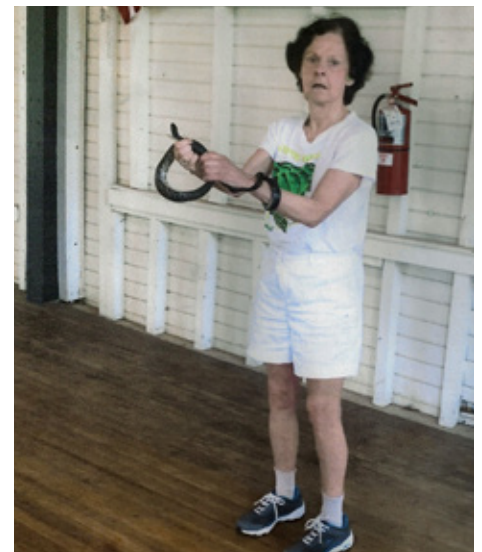
## Villager charms snake: or is it vice-versa?

*By Joan Treichel*

On June 4, people were playing pickleball in the old dance hall in Sherwood Forest, Maryland. Dupont Circle Villager **Joan Treichel** was one of the players. For some reason, a snake decided to crawl through a crevice in the dance hall onto the pickleball court. Someone cried "Snake!" Players fled toward the exit. Joan, however, bounded toward the snake and called out, "Don't worry! I'll take care of it."

She quickly reached down and grasped the snake behind its head before it could bite her. The snake wound itself around her arm. Joan and the snake posed for a few photos. Joan then carried the snake out of the dance hall and released it back to nature.

This was not Joan's first snake encounter. Actually she is an old "snake charmer" from Kentucky. If you'd like to hear more about her adventures and misadventures with snakes, give her a call at (202) 531-7666.



# Quarantine Stories



**Carmela Vetri** joined thousands of protestors in and around Lafayette Square marching for justice and racial equality.



**Abigail Wiebenson** sharing the best BLM sign she has seen on her extensive daily walks, the last yield of radishes from her 5' by 5' roof garden plot she built at the start of the lockdown and a view from her piece of heaven.

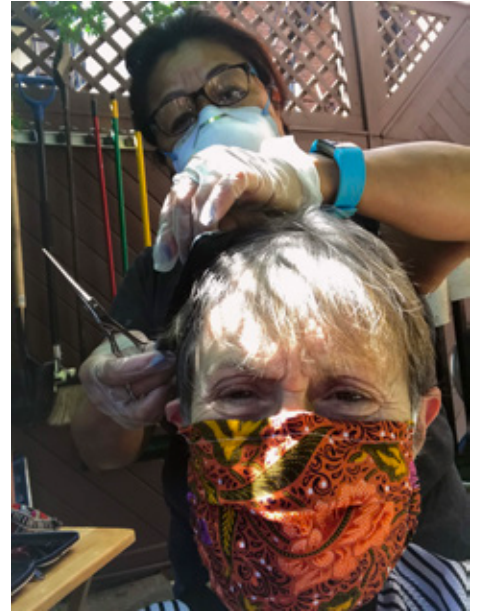




# Quarantine Stories



**Caroline Mindel** and **Lynn Lewis** turn their tree-shaded garden into an outdoor beauty salon observing masking, gloves and social distance.



Jug Bay Wetlands Sanctuary, plenty of trails, overlooks and boardwalks, Lothian, MD. Birdsong: redwing blackbirds, swallows, osprey; beaver, otter (if you can spot them). Photos by **Jeanne Downing**.



# Summer Corn Soup

[adapted from *Once Upon a Chef*]



Abigail Wiebenson

when cooking) or skip them. If you don't have shallots, use onions. If you don't have unsalted butter, use the butter you have. If you don't have an immersion blender or conventional blender, just enjoy the soup with the kernels. HOWEVER, if you can make this soup the way the recipe reads, you will be richly rewarded. From start to finish, it's ready in about 45 minutes.

## Ingredients

4T unsalted butter  
1 heaping cup of chopped shallots  
6 C. chicken broth  
6 ears of fresh corn (white or yellow or a mixture)  
1 ¼ t kosher salt (or more, to taste)  
½ t ground black pepper  
for garnish: chopped fresh basil and thyme

**Note:** This is the most interesting-to-make of the 10 soups I have made during our Pandemic lockdown. I am a big believer in improvising when cooking. To wit, if you don't have fresh corn, frozen will do, especially Trader Joe's Mexican Style roasted corn. If you don't have fresh basil or thyme, the dried ones will do (add to the soup

## Instructions

Remove husks and silk from corn and strip the kernels off the corn. Save the cobs and break in half (for ease of cooking)

Melt the butter in a large pot over medium heat. Add the chopped shallots and cook, stirring from time to time until they are soft and translucent, about 8 minutes. Add the chicken stock, corn kernels, corn cobs, salt and pepper. Bring to a boil then, turn the heat down to medium low and cook for about 20 minutes. Remove broken cobs; once they have cooled enough to handle, scrape them over the pot to get all they have to offer. They add a lot of flavor.

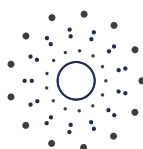
Cool the soup a bit so you won't get burned as you puree the soup with an immersion blender. If you want it thicker, add more stock. If you want it thinner, cook a bit more.

Garnish with herbs.

Serves 4. Can be served hot or chilled. Serve with bread or bread sticks. It pairs well with a tomato salad and a crisp wine.



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  
ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

**Dupont Circle Village**  
2121 Decatur Place NW  
Washington, DC 20008

[www.dupontcirclevillage.net](http://www.dupontcirclevillage.net)  
[admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

202-436-5252

## Board of Directors

Ann McFarren, president  
Steve Kittrell, treasurer  
Jane Pierson, secretary  
Lois Berlin  
Andrés Doernberg  
Gretchen Ellsworth  
Mike Gould  
Mike Higgins  
Charlotte Holloman  
Michael Kain  
Bob McDonald  
Mary McIntosh  
Abigail Wiebenson

Eva M. Lucero  
executive director

Mike Gould  
volunteers chair and coordinator

## Newsletter co-editors

Eva M. Lucero  
Sherri Monson  
Helene Scher

## Design

Saiz Design