



President's Letter

---Steve Kittrell

"When I was a boy I was told that anybody could become President; I'm beginning to believe it."

---Clarence Darrow

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New Members

DCV warmly welcomes its newest members:

- Michaela Buhler
- Ed and Sue Elmendorf
- Ed and Angela Elkins

In this holiday season, I want to share my hope that every member of DCV has safe and happy holidays. We have a lot to be thankful for, particularly the special sense of community that DCV provides us. I also want to express my thanks to **Sheila Lopez** and **Bella Rosenberg** for their work on making the Newsletter such an important part of DCV membership. After three years, they are stepping down as editors. They have made the DCV Newsletter a model that has received praise from many sources, including numerous other Villages.

The leadership and skills of Bella and Sheila will be hard to replace, but we are working on it by creating a Newsletter Committee as part of the existing Public Relations Committee. We have some volunteers but can definitely use others who want to be editors, writers, organizers or otherwise help. If you are interested, please let me or Eva know.

While we are giving thanks, I also want to thank **Abigail Wiebenson** and the rest of the Membership Committee and others for their tremendous effort at Thanksgiving. DCV provided almost 50 meals to DCV members and our friends at Sarah's Circle and Jubilee Housing. Please read more about this wonderful outreach in this Newsletter.

All DCV members will have received our Annual Appeal letter. I hope you find the information and testimonials in the appeal helpful as you keep DCV in mind for your year-end charitable donations. Most of our donors are Village members who understand the important work done by DCV.

I especially want to mention our Open Village Fund (formerly the M+ Fund). This Fund supports full DCV membership for individuals with limited financial resources. To operate and expand this

program, we need to raise funds every year. You can specify your gift to the Open Village Fund with your check or when you donate online on the DCV homepage.



DCV's plans for 2017 are still being made. We know that we will continue to provide and expand our many volunteer services, which have averaged over 130 hours per month in 2016. We also will have as many or more opportunities for you to participate in our programs, like our Live and Learn seminars, Health and Wellness events, Sunday Soup Salons, museum visits and other social activities.

In terms of new initiatives, **Mike Gould** and the Volunteer Committee have scheduled two volunteer training sessions for early 2017. This training will be very helpful in making our volunteers even more effective. Also, we are working on defining roles that the Village can play in a variety of situations where our members need care. This continuum of care process will also help us coordinate the Village's activities with other care givers in a more efficient manner.

What would really make 2017 the most successful year in DCV history is getting your ideas. DCV is at its best when we respond to our members' suggestions. As we plan for 2017, your input is very valuable. Please contact me, Eva Lucero or any Board member if you have ideas on how we can make DCV serve our members better.

Happy holidays, and best wishes for a healthy and prosperous New Year. ■



MONTHLY Calendar

Soup Salon (Note Monday Date)

**Monday, December 19,
6:00-8:00 pm**

1719 Swann Street, NW (Peg Simpson's home)

Alicia (Lisa) Shepherd, veteran reporter who has just written a roundup on fake news for the Bill Moyers site, will lead an open-ended discussion on how to detect fake news. RSVP to Linda Harsh at lindajkh@mac.com or 202/234-2567, and let her know if you can provide soup.

Knitting and Stitching Group

**Monday, December 19,
4:00-5:30 pm**

1916 S Street, NW (home of Abigail Wiebenson)

You need not be an expert to join this convivial group. Work on your own project or on our latest one: making baby caps and blankets for infants in pediatric hospital wards. If you don't know how, we'll teach you. RSVP to Abigailwiebenson@gmail.com.

**Live and Learn: Tips for
Decluttering**

**Monday, January 23,
3:30-5:00 pm**

Foundry Methodist Church
1500 16th Street, NW (facility is wheelchair accessible)

If you are preparing for a move or for downsizing, or if you just want to get organized, Joel Danick, owner of TAD Relocation, can help by attacking the challenge of decluttering.

Free for Village members, \$10 for others. RSVP to Linda Harsh at 202/234-2567 or lindajkh@mac.com. ■

Advertising Age

--Eva M. Lucero, Executive Director

The activist Ashton Applewhite spoke at the annual Village-to-Village Gathering in October. She is the author of *This Chair Rocks: A Manifesto Against Ageism*, a book that lays out some compelling points about ageism in our society and how we should address it.

Applewhite has a strong historical perspective and observes how earlier movements always seem to leave a group behind. For example, she writes, the civil rights movement did little to advance women's rights, the women's movement largely left out women of color, and nobody was thinking about the disability community during either of these movements.

But she believes that we now have a chance to make the anti-ageism movement truly inclusive. After all, everyone is aging. And when you make the world a better place for growing old, it's a better place for everybody.

Yet ageism persists. One of the biggest culprits is the advertising industry, with its obsession with youth. Applewhite gives plenty of cringe-worthy examples of the advertising industry perpetuating stereotypes of elderly people "withdrawing from society in a cloud of lavender."

However, not all advertisers adhere to those stereotypes. Increasingly, the advertising industry is using sophisticated analytics and invasive data collection to target their marketing strategies at a deeper behavioral level. Brand messaging is beginning to reflect the reality of many older adults' lives: they are aging but their interests remain largely the same.

Marketers call this demographic the "flat agers." It's a growing force (and consumer group) that is revving up rather than slowing down and is typically portrayed as fun-loving, confident, tech-savvy children of the 50's and 60's.

A few examples of flat-ager advertising campaigns include:

- 94-year old Iris Apfel, the face of the Australian brand [Blue Illusion](#);
- 68-year old French actress Charlotte Rampling starring in print ads for [NARS Cosmetics](#); and
- the recent, very successful Nike ad, popular among all ages, that shows the 86-year old nun, Madonna Buder (Iron Nun), in [Unlimited Youth](#).

Could one of them be you? ■

SAVE THE DATE FOR THE 2017 DCV GALA!

FRIDAY, APRIL 28, 2017

6:30 PM – 9:00 PM

ALL SOULS UNITARIAN CHURCH
1500 HARVARD STREET, NW



The 2017 Gala Committee, chaired by **Lois Berlin**, is gearing up for another great event. This year's theme is Peace, Love and Party! Start hunting for your peace symbols and bell bottoms...and watch for additional details.

Celebrate & Improve

---Mike Gould, Volunteers Chair and Coordinator

We invite you to celebrate and enhance your work as a Village volunteer by participating in a new training program. Lunch will be on us!

Our training team has been working to pull together a highly professional, two-part training program that draws on our Village's best practices and includes materials from other Villages and IONA. The course will cover all the major essentials of caring for other members. We would like as many members and volunteers as possible to attend.

We hope that this course will create a more qualified volunteer corps that will serve our members well and be a model for other Villages.

The first session on **Thursday, January 26, 2017**, will cover the Essentials of Volunteering, which include topics to help volunteers establish effective relations with our member clients and provide basic services more effectively.

The second session on **Thursday, February 23, 2017**, will deal with more complex volunteer activities, such as transportation services for frail members, preparing for appointments, medical note-taking, hospital discharge essentials and participating on a Care Group Team.

This event promises to be a fun learning occasion and will also provide an opportunity for you to meet other DCV volunteers.

Please save **Thursday, January 26, 2017**, and **Thursday, February 23, 2017, 9:30 am – 1:00 pm**. Lunch will be provided on both days. More detailed information will be available soon. ■



Villagers “Wrap up” Holiday Adopt-a-Family Effort

---Susan Hattan

Village participation in the holiday “Adopt-a-Family” program organized by St. Matthew’s Cathedral came to a festive conclusion with a wrapping party that I and Steve [Kittrell] were happy to host. The Village sponsored a family of five: a couple and their three daughters.

With the generous support of Villagers, family members were each supplied with shoes and coats and with a blender and steam iron for the family as a whole. The three girls also received gift cards for books and art supplies. Villagers also stepped in with donations of clothing for related gift-giving for St. Matthew’s Homeless Ministry and Homeless Children’s Playtime Project.

This holiday program is organized annually by St. Matthew’s to assist low-income families in the community. Last year, gifts were provided to 53 families, and over 80 guests from Homeless Ministry Program attended a special holiday function. ■

Member News

Dorothy Marschak writes us that she is now doing some programming for the Woman’s National Democratic Club, located in Dupont Circle. Specifically, she is organizing two theme-based series of monthly programs, the first on The US Role in a Changing World, and the other on The Social Role of the Arts. Congratulations, Dorothy! For further information on the programs, see the Club’s Event Calendar at www.democraticwoman.org.



Curtis Farrar: In Memoriam



Curtis Farrar, a former DCV board member and Village stalwart, passed away peacefully in his sleep in the early morning of November 22, 2016, at the age of 89. It had been his desire to remain in his home, and, as he had wished, he died there.

For the past few years, he was able to live at home with the support of his family, friends and dedicated caregivers. Although he battled decreasing mobility and other infirmities of old age, he retained his remarkable intelligence and engagement with life to the end.

Curt hailed from NY and graduated from Yale in 1949, going on to receive a Ph.D. from the London School of Economics on a Fulbright Scholarship. He then worked at the Asia Foundation in Pakistan and Cambodia. He returned to Washington and worked at the US Agency for International Development, the World Bank and the International Food Policy Research Institute (IFPRI). He wrote a history of IFPRI after retiring in 1995. During his retirement, he also was elected ANC commissioner in Ward 2B01 in Dupont Circle.

He married Eleanor Schneider Farrar in 1948 and had four children (John, Cynthia, Andrew and Erin). He and his second wife, the late Carol Lancaster, also a beloved Village member, married in 1980 and had one child (Douglas), who grew up in Dupont Circle.

Curt believed in the Village concept and served our Village as a board member, on the Soup Salon Committee and in the myriad ways in which he was called on for sage advice. **Iris Molotsky** recalls doing that frequently, often going to his house to talk over food and wine. "He was a charming, intelligent and kind man, and we will miss him."

Jane Pierson, Peg Simpson, Lois Berlin and many other Villagers who sent notes echoed that view. **Abigail Wiebenson** added that she and other Villagers "appreciated his well-considered ideas and opinions, which he quietly offered only after listening closely to a discussion. There was nothing extraneous about Curt."

To honor Curt and in recognition of his support for DCV, and the DCV's support of him during his final years, the family has suggested making a contribution to the Village by visiting dupontcirclevillage.net.

The Village mourns the loss of this "intelligent and gentle man" and extends its condolences to Curt's family in their time of mourning. ■

Thanksgiving Indeed....

Membership Committee Report

Hats off to the many Villagers who successfully prepared and personally delivered 87 meals the day before Thanksgiving! The office was stuffed with donated turkeys, sides and pies, which our volunteers packed up in containers and put into Village bags with a personal note attached for the recipients.

The Membership Committee spearheaded and participated in this effort in collaboration with Eva Lucero, Kim Kelley and **Steve Kittrell**. Two drivers and accomplices made sure the meals arrived intact into the right hands.

Several Villagers took us up on our offer to request an extra meal to share with a friend. One shared with the person at her building's front desk. Another invited a neighbor to join her. Yet another shared with his elderly neighbor.

We were particularly happy to provide 10 meals to residents at both Sarah's Circle and Jubilee Housing. One

comment sums up the sentiment so many expressed: "Just want to say how touched I am by this DCV outreach of giving and receiving for Thanksgiving. It gives me such a good feel for the values of my newfound neighbors."

Membership Updates: Our growing membership, now approaching 220, is due in large measure to the satisfaction of current members, who are spreading the word about DCV. Thank you! Never hesitate to be in touch about suggestions for prospective members.

The Membership Committee is also grateful for our Village's high renewal rate. Increasingly, members are taking advantage of annual automatic renewal. Should you wish to activate this option, please contact our Treasurer, **Linda Harsh**.

If you would like to receive a printed Membership Directory, please request one by calling the DCV office. Finally, if you are a Sustaining Member (one not requesting volunteer services), you will be receiving a letter to this effect for tax purposes early in the new year. ■ **Abigail Wiebenson, Chair**

Fly by Light

Soup Salon, November 20

"At the end of the day, what we all need is each other," says Hawah Kasat in the opening of *Fly by Light*, his award-winning documentary about the mission and work of One Common Unity. Kasat, co-founder and executive director of the organization, talked about his work with teenagers and the experiences that inspired him to develop this innovative program to improve the life outcomes of vulnerable youth.

Kasat was raised in an affluent, supportive environment that enabled him to make positive life choices. Schooled in the U.S., he spent summers with relatives in Mumbai. It was in India that he first became aware of a world very different from his own, a world where people lived in abject poverty without running water, electricity or any of the other amenities that he took for granted in his home in the U.S. He was struck by the glaring inequity between the two worlds: "one where people have, and waste, so much, and the other where people are hungry and conscious of each grain of rice."

Kasat attended American University, where he received a degree in Peace and Educational Philosophy. He was mentored by Coleman McCarthy, the progressive writer and peace activist, who helped him realize the importance of teaching peace to young people in order to cultivate a world without violence.

Kasat began his mission to achieve those goals as director of Peaceable Schools at Wilson High School. Also serving as a big brother, mentor and tutor in less affluent neighborhoods, he found himself spending most of his time breaking up fights. He noted that "the traditional school focus on curriculum and testing was not providing space for social/emotional learning that is essential to success in academic learning. Character education in the form of dialog, communication, relationship and conflict resolution skills were not being taught in formal classrooms." He learned that "young people will invest in learning if they feel their own lives have meaning and purpose." It was out of this gap in traditional public education that One Common Unity was born.

Founded in 2000 after a string of shootings in DC public schools, One Common Unity is currently functioning in six high schools and one middle school. It works with students who are "on the fence," teaching skills that schools do not and filling the void left by parents who are not there. Students with high need are identified by school teachers and counsellors.

The staff of three full- and four part-time professional facilitators, assisted by volunteers, work with approximately 120 12-18-year-olds

providing constructive after-school activities and weekend field trips. Through creative arts programming with popular music and culture, wilderness immersion programs, peace education and social/emotional learning curricula, students learn to overcome adversity and hatred and engage in learning skills that will lead to productive lives.

Kasat said the program is evaluated with logic models built around their curriculum and programs. They conduct extensive pre- and post-program surveys to measure goals and outcomes and have engaged an independent evaluator to process the data, which show that 90 percent of youth enrolled in their programs graduate from high school.

One Common Unity has an annual operating budget of \$370,000, funded by private foundations, individual donors, government grants, including the DC Commission on Arts and Humanities, and fundraising events.

Kasat showed an abbreviated version of his uplifting film, *Fly by Light*, directed by Ellie Walton, which chronicles the lives of a group of One Common Unity students who participated in its peace education program. It explores the often acute hardships they faced and overcame in their journey toward building a better life. For more information about the film and the program, and how you can help, visit OneCommonUnity.org.

Many thanks to **Caroline Mindel** for hosting; **Sarah Burger**, **Lucia Edmonds** and Caroline for the delicious soups; and **Nancy LaVerda** for cookies, bagels, cream cheese and butter.

■ SL



A New Look at the Winter Holidays

Live and Learn, December 5

It is well established by now that there's more depression around the winter holidays. People set up rosy expectations about what the holidays should be like – Norman Rockwell scenes of happy families forging shared memories, for example – and when reality can't fit the expectation, gloom and self-pity often set in.

It doesn't have to be that way, counseled Dr. John C. Parkhurst, a therapist and professor of psychology. The first thing to do is to examine your expectations. Because many people think they should be happy around this time of year, when something bad happens during the run up to the holidays, which it invariably will, they think they can no longer have happy holidays. Thus, a death, divorce or family dispersal signals an end to tradition and, with it, an end to happiness at the holidays. Believing that everyone else is enjoying picture-perfect holidays – they're not – only makes the feeling worse.

"If we can be aware that we create meaning around the holidays, create new meaning when bad things happen," advised Dr. Parkhurst. For example, if you always stayed home or went to a particular place during the holidays, go someplace different the first time something bad happens. "Create a new tradition. Or do something different every year. You don't really have to have a tradition," he added.

Take the pressure to feel capital-H happy off yourself. Much of this expectation is created by advertising and your own often erroneous beliefs about what others are experiencing. And if you feel sad because family or friends have died or dispersed and things aren't the same, that's an understandable and perfectly fine feeling, so long as it doesn't become disabling.

Dr. Parkhurst recommended finding other people to be with and doing things you enjoy. Have a potluck dinner. Check out your church; most have lots going on during the holidays. Check out Zoo Lights, the Botanical Gardens and many other special holiday events around the city. Take advantage of the Village's many activities!



Dr. Parkhurst also pointed to feelings of sadness that set in during this time of year irrespective of the holidays. Seasonal Affective Disorder (SAD), which is triggered by relative lack of exposure to natural light, affects many people to varying degrees. There is now evidence that SAD is also related to lack of fresh air during the dark winter months. Because it gets dark early and light late, we tend to become shut-ins. Resist the hibernating instinct, he said, and get out.

Understand, too, that the body affects the mind, and that taking care of your body can make a big difference in keeping your mood up during this time of year, when we're particularly likely to let ourselves go. Eat right and limit holiday indulgences. Get enough sleep. Above all, exercise, aiming for 30-60 minutes of daily movement. "It is remarkably cleansing, physically and mentally, so just do it."

Dr. Parkhurst's final bit of advice? "Laugh. Laugh at yourself, laugh at a bad situation, laugh with others." Just think: maybe Santa's ho, ho, ho's are what's making him jolly rather than the other way around. ■ BR

Kudos to the Turkey Crew!

- Donna Batcho
- Rick Busch
- Kathy Cardille
- Kathy Davin
- Marty Davis
- Helen Dye
- Annie Groer
- Fann Harding
- Sawon Hong
- Kim Kelley
- Eva Lucero
- Ted Mann
- Frances Oakley
- Abigail Wiebenson
- Sandra Yarrington



Congress Makes It Easier to Donate to Charities

Rollover to DCV, Please

---Iris Molotsky, Development Committee

Have you thought about donating funds from your IRA (Individual Retirement Account) to the Village or another favorite charity but hesitated because you were uncertain whether the tax advantages it provided would exist when you were eligible? The good news is that Congress has made the law allowing for IRA Charitable Rollovers permanent. You're now free to make annual gifts to the Village from your IRA this year and into the future.

HERE'S WHAT YOU NEED TO KNOW

- You need to be age 70 ½ or older at the time of the gift
- You can annually transfer up to \$100,000 directly from your IRA (it applies only to IRA's and not to other types of retirement plans) to a qualified charity
- Your gift can be used to satisfy all or part of your required minimum distribution (RMD) under the law
- You can transfer the funds outright to one or more qualified charities. The Village is a qualified charity. (The law does not permit direct transfer to charitable trusts, donor advised funds, charitable gift annuities or supporting organizations.)

HOW DO I CONTRIBUTE?

- Individuals must instruct their IRA trustee to make the distribution directly to the Dupont Circle Village. You or your trustee can contact executive director Eva Lucero, 202-436-5252, for wiring instructions or other needed information on the Village.

GIFT ACKNOWLEDGEMENT

- Dupont Circle Village will provide a written acknowledgement of the contribution, which affirms that no goods or services have been received in return for the contribution.

The permanently reinstated law allows you to transfer up to \$100,000 from your IRA account directly to the Village **without being subject to income taxes on the distribution**. This Charitable Rollover is more beneficial than taking a taxable IRA distribution and then contributing all or part of it to a charity. That's because taxable IRA distributions are included in your adjusted gross income. A larger Adjusted Gross Income can increase income taxes on Social Security benefits, reduce itemized deductions and increase Medicare insurance premiums.

There's still time to gain a significant 2016 tax deduction **and** help the Village. ■

New Member Profile: Charlotte Holloman

I was born in Harlem in the 1940s and raised in Queens, NY. My parents were both Washingtonians. My father was a physician and public health advocate, and my mother, after whom I was named, an opera singer and a vocal arts educator. They bought a waterfront home on Martha's Vineyard in 1960, and I've vacationed there for most of my life.



My family believed in self-discipline and the importance of higher education.

I moved to DC in the 1970s to finish college, earning a Bachelor of Science degree from DC Teachers College (now UDC), a Master of Arts in Teaching from Trinity College and a Juris Doctor from Catholic University.

My employment experience included being a high-school government teacher; Women's Research and Education Institute congressional research fellow on the US Senate Judiciary Committee staff; legislative liaison for international programs for Planned Parenthood Federation; a volunteer and paid political operative for Democratic presidential campaigns; and public liaison and special projects director for the Democratic National Committee.

I've traveled widely, beginning as a young person. I've lived in Boston twice, in Ohio and in Los Angeles.

I've been a volunteer board or committee member with several organizations, among them the American Red Cross of the National Capital Area, WPFW-FM and the Pacifica Radio Network, Girls Inc of the WDC Metro area and Stoddard Baptist Nursing Home.

In 1956, I was a patient at Memorial Sloan-Kettering Cancer Institute in NY. I lived with chronic pain for many years, and I am a bone cancer survivor. Since 1999, I've been caregiver for several people, most recently for my mother, who passed away in 2015. I've lived continuously in my Dupont Circle condominium since 1989, and I love my neighborhood. ■

Out & About

Knitting and Stitching Group (11/28). At the home of **Joyce** and **Bill O'Brien**, the knitters are busily at work on the baby caps and blankets to be donated to Children's Hospital.

High Tech Alpaca Trek (12/8). **Olga Hudecek** had already been nuzzled by friendly alpacas – smaller relatives of llamas – when she visited the Andes in Peru. But she got a refresher course in alpaca bonding on December 8, when she and 13 other Villagers made their way to Villa de Alpacas Farm in Aquasco, Maryland.

This wasn't just any alpaca trek. It was a high-tech alpaca trek, spearheaded by **Bob Meehan**, where the three vehicles transporting us Villagers were connected by a conference call on how to get there. Our computer expert, **Chris Hoban**, had set up the call and was in the lead vehicle.

So there we were, making our way through heavy downtown D.C. traffic heading towards southern Maryland. Amazingly, we managed to keep in contact and ultimately reach our destination.

Lo, what awaited us was not alpacas – they were apparently preoccupied elsewhere on the 46-acre farm – but a charming 1871 farmhouse replete with colorful shutters and wind chimes rustling in the cool breeze. The owner, Angel Forbes Simmons, and her assistant came out to greet us. They also invited us to partake of a tasty lunch of chili, hot apple cider, banana bread, and other goodies that had been placed on the front veranda.



Left to right: Gail Snyder, Judith Neibrief, Olga Hudecek, Judy Krueger, Joan Treichel, Ann McFarren and Bill Roberts

Inside the house, we savored the Victorian décor and the beautiful shawls, scarves, socks, gloves, and other items that Angel had woven from the fur sheared from her and others' alpacas. Yes, these items were for sale. And yes, Villagers like **Chris**, **Judy Krueger** and **Gail Snider** were enthusiastic buyers. There is little doubt that Angel recouped the cost of feeding us lunch, and made a tidy profit besides.



The finale: heading out to the back of the house to meet and greet some of the alpacas. They appeared to be curious and friendly animals and were ready to schmooze with us if we had a tasty treat to offer them. ■ **Joan Treichel**



Where Are They Now?

Susan Hattan and **Steve Kittrell** spent Thanksgiving with Susan's family in Lincoln, Nebraska and Olathe, Kansas. Thanksgiving was a big gathering of 15 people. Susan and Steve made time for an annual bowling outing with some of the family. They did not release their scores.



Dorothy Marschak will be on a Caribbean cruise from December 9-16 with writers for the *Nation*. This is her eighth time participating in the magazine's annual cruises.



Bettina Del Sesto writes that she is moving to Leisure World in Silver Spring, MD, "to age in place in another way. I have been a member of the Village for over five years, have done lots of volunteering and am grateful for all the wonderful Villagers and all the well-planned events. I will continue to be a member, as I don't know how I can keep going without my connection to the Village, its activities and the Google group." Good luck, Bettina!



Sheila Lopez and **Bella Rosenberg**, your mostly friendly Newsletter editors for the past three years, will be on a worldwide cruise, sipping cocktails in between giving highly-paid lectures about the nuts-and-bolts and, above all, satisfactions of producing a publication for the extraordinary Villagers and volunteers of DCV, a beacon in the vitally important aging-in-place movement.



OK, we're not going on a cruise, and no one needs to pay us to extol the Village and to thank you all for the opportunity to serve, which we intend to continue to do in other ways.

We have some special thanks: to **Iris Molotsky**, **Marty Davis**, **Lois Berlin** and **Steve Kittrell**, the DCV presidents during our tenure, for trusting our judgment; to **Emily Morrison**, the Newsletter's able designer, who was a pleasure to work with; to **Eva Lucero**, for the myriad ways in which she's helped us; to **Joanetta Bolden** and **Kim Kelley** for unfailingly getting the Newsletter onto the website and to members; and to **Joan** and **Nick Ludlow**, our predecessors, who set a standard for what a Newsletter could be that inspired (and terrified) us.

All hail to the next Newsletter team! ■ BR with thanks to the contributors



---Sheila Lopez



These treats are perfect for a Christmas cookie exchange. The only problem is that they are so good you won't want to give them away!

Almond Crescent Cookies

- 1 cup unsalted butter (softened)
- 1/2 teaspoon salt
- 7 tablespoons sugar
- 2 tablespoons vanilla
- 2 cups all-purpose flour
- 6 ounces finely chopped almonds
- 1 tablespoon water
- 1/2 teaspoon almond extract

Mix the butter, sugar, vanilla and almond extract in a bowl until well blended. In a separate bowl, mix the salt with the flour. Slowly add the flour mixture to the butter mixture until it holds together and forms a smooth dough. Mix in the water and fold in the chopped almonds. Shape dough into crescents using a generous rounded table-spoon for each. Place on buttered cookie sheet.

Bake at 325 degrees for about 15-25 minutes, or until golden or lightly browned. If desired, sprinkle with powdered sugar. Makes about 3 dozen cookies. ■



---Judy Silberman,
Yoga Master

To keep the spine straight and aligned, we must be aware of our head positioning.

When the head (10-12 pounds) is habitually tilted down -- to read a book on your lap or a cell phone at waist height, for example -- your neck and upper back muscles become weak from disuse. Your posture is negatively affected as your spine curves forward, and your balance is more tentative. Even if you feel that this forward head posture is genetic, you can improve the condition with awareness and exercise.

Stand with your buttocks against a wall. Press your wing bones into the wall. Keep your chin parallel to the floor as you retract it, creating a double chin, and pushing your skull into the wall. Keep your shoulders back and down, but relaxed. Notice that your ears are over your shoulders and that your back feels straight. By doing this often, you can re-strengthen your neck and upper back muscles as they keep your head straight and tall. ■



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
2121 Decatur Place NW
Washington, DC 20036
www.dupontcirclevillage.net
Email:
admin@dupontcirclevillage.net
202-436-5252

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