

DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

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“If you must look back, do so forgivingly. If you must look forward, do so prayerfully. However, the wisest thing you can do is be present in the present... gratefully.”

—Maya Angelou

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Welcome New Members!

Julie Kaspar
Sandra Prater

Backstory of an Iconic Symbol of 4th-of-July Americana: Nathan's Famous

One version of the story goes something like this. In 1916, a 20 year-old Polish immigrant named Nathan Handwerker arrived in New York City and began working as a delivery boy in Coney Island, Brooklyn. Over the years, Nathan and his wife Ida were able to pool together \$300 and used a recipe developed by Ida to start a hot dog stand on the corner of Surf

and Stillwell Avenues on Coney Island.

Nathan and his wife realized that it would be an uphill battle because Coney Island already had several well-established hot dog vendors, specifically one owned by Charles Feltman, Nathan's employer. Mr. Feltman was a German immigrant who came to the United States in 1856 at age 15 and was soon selling pies from a pushcart at the beach.

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President's Notes



Last Minute Activity Idea? Invite other Villagers to Join You!

It seems so good to actually start doing things again. I have heard from many members who are participating in activities they loved before the pandemic, from attending

Nats games, the theater, spending time in museums and indoor dining. We are so lucky to live in an area that has so much to offer.

Some of our members have asked about Village activities.

The Membership and Activities Committee is responsible for coordinating many terrific activities for Village members. These programs are listed on DCV's Calendar on the website www.dupontcirclevillage.net. We encourage you to register for the programs. While most of the programs are free to members, we do keep track of usage. If there is a fee for a program it is indicated on the registration request.

Then there is the free-wheeling program part! Members think up an activity that interests them and then invite others to join them via the DCV list serve. All kinds of interesting things can happen when you invite members to join you. For example,

a member announced that she was going to a restaurant for lunch and asked others to join her. Seven members showed up—interesting conversations and new friendships were the result.

Let your creativity, your entrepreneurial spirit or your inner desires guide you and invite other DCV members to join you. If you want to share a walk in the park, find someone to join you to see a movie, hike the Appalachian Trail (may just a bit of it) go for it—invite people to join you and see what happens. Put an invite on DCV's member only list serv dupont-circle-village@googlegroups.com to reach other Village members. We would appreciate knowing about these activities—we want to keep track for program planning and reporting to donors.

I hope you enjoy the 4th of July weekend. What a gift after the pandemic shutdown. It is time to **Celebrate!**

Nathan's Famous

Continued from page 1

Eventually, he started hawking frankfurter sausages inserted into a long bun. This new handheld meal, was known as a 'red hot'.

Adding the bun was a modification from the way frankfurters were served back in Germany and made the sausage easy to eat at the beach. The term 'hot dog' wouldn't be coined for some years, but Feltman's American beachy take on the German beer-garden specialty proved to be a huge success. In 1871, Feltman leased a small seaside plot on West 10th Street and opened a restaurant called Feltman's Ocean Pavilion.

Nathan and his wife opened their shop a few blocks away from his old employer. The couple realized that to compete they needed to appeal

to the masses, so they sold their hot dogs at a nickel each, undercutting Feltman's, who by then, charged a dime for theirs. The price was so low that customers were hesitant to trust the quality of the Handwerker's hot dogs, believing they were inferior.

In order to remedy the situation, the Handworkers decided to hire local college students to pose as doctors (outfitting them with white coats and stethoscopes) and eat at their hot dog stand. The stunt was hugely successful and people began to believe that not only were the Handwerker's hot dogs cheaper, but they were also healthier.

The Handwerker's named their small shop Nathan's Famous and its popularity was almost instantaneous. In its earliest days, it had legendary characters such as Al Capone,

Eddie Cantor, Jimmy Durante and Cary Grant as regular customers. It gained its first international exposure when President Franklin D. Roosevelt served Nathan's Famous hot dogs to the King and Queen of England in 1939. Later, Roosevelt had Nathan's Famous hot dogs sent to Yalta when he met with Winston Churchill and Joseph Stalin. And even later, Nelson Rockefeller, Governor of New York, stated "No man can hope to be elected in this state without being photographed eating a hot dog at Nathan's Famous."

In 1972 Nathan's Hot Dog Eating Contest began to attract crowds and is now seen by millions of people every 4th of July. In 2020, during the pandemic, hot dogs were the most popular food and sales of Nathan's were up over 50%.

Monthly Calendar

Currently, most activities are being offered online, by way of Zoom, although some are now being held face-to-face. All fully vaccinated persons may attend a live meeting/event without a mask, although they may if they want to. Any unvaccinated persons must wear a mask.

We do ask you to register online at www.dupontcirclevillage.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@dupontcirclevillage.net or (202) 436-5252.

On hiatus until September:

CelebSalons

French Challenge

Movie Group

Sunday Soup Salons

Over 80 Group

Tuesday, July 13, 2:30–3:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

This monthly program addresses various topics identified by the members. It is moderated by Phyllis Kramer, MSW. Phyllis has over 30 years in private practice, and has counseled scores of clients working through isolation and illness and depression and dysfunction.

Men's Book Group

Monday, July 19, 11:00 am

Location: Virtual

RSVP: Robert Hirsch (rmhirsch49@yahoo.com)

This month's book is: ***This Side of Paradise*** by F. Scott Fitzgerald.

LIVE & LEARN

Maintaining Healthy Brains as We Age

Monday, July 26, 3:30–5:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Maintaining a healthy brain into our later years is something we all hope for. Do you wonder what a healthy brain should be able to do at your age and whether the changes you are experiencing are "normal?" Do you know what to do to strengthen your brain going forward? Best practices on preserving brain functioning are the focus of our July program presented by Louisa Whitesides, MD, an Assistant Professor of Medicine in the Division of Geriatrics and Palliative Care at the George Washington University School of Medicine & Health Sciences. She received her medical degree from Emory University and completed her residency in Internal Medicine-Primary Care at the University of Pennsylvania



and her fellowship in Geriatrics at George Washington University. She works in the GW memory clinic, on the GWUH inpatient Geriatrics consult service, and is Associate Director of the GW house calls program. Her other interests are in medical education, medical ethics, and innovations in healthcare delivery.

Mystery Book Group

Friday, July 28, 3:00–4:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Details will be announced in upcoming Friday e-blasts.

Online Meditation with Christina

Mondays & Thursdays, 9:00–9:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Accessible Mat Yoga

Mondays, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Chair Yoga

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

Coffee and Conversation

Thursdays, 10:00–11:00

Location: LIVE—upper terrace at Friends Meeting, entrance on Decatur a few doors up from Florida Ave.

RSVP: Register online or contact DCV Office

Mahjongg

Thursdays, 2:00–4:00 pm

Location: hosted live by Margot Polivy

RSVP: Bobbi Milman, rmilman@comcast.net or (202) 667-0245

Knitting Group

Thursdays, 4:00 pm

RSVP: Sheila Lopez at sheilablopez@gmail.com

Clutter and Health—Chicken and the Egg



Ask Ann

I remember when I bought my condo in 2004, I was thrilled to have a place so fresh, uncluttered, and totally clean. That felt so good! My first month or two, I loved

By Ann Talty how easy it was to clean, and I resolved to keep that up, and resist creating clutter. My therapist pointed out that once my work got into busy season, I might not have the time or energy to keep it like that. I already had trouble having a life, so did I want to spend that time cleaning? I ended up hiring monthly maid service. As I paid my bills, I would sometimes consider eliminating the maid service. Then I would come home to a freshly clean place—worth every penny of it!

Then in 2015 I lost my former job, and the first thing to go was the maid service—I could no longer afford it and all my energy had to go toward job hunting. When I was hired at DCV, my energy went to learning the new job. Then my hip became more and more painful, and I couldn't do anything physical. Then came the shutdown, and until now, I was going full tilt in switching us over to a virtual world. My dining room became my office, looming over me even when it was after hours. In January, work started on our balconies and I had to bring in my balcony furniture and pots. That filled up the rest of my dining room, some in my living room, and some in my bedroom. They are all still there for a few more weeks.

In the meantime, dust collected, temporary fixes failed, paperwork was processed but not filed or shredded. I re-discovered a dust allergy, and the clutter was making me nuts, ever present. I knew I needed not only to clean, but to do so much work, culling, physical labor, clearing out closets. My home environment was affecting my health, and my health had a factor in creating that environment. I felt claustrophobic



but overwhelmed about where to even start. Very depressing.

As I cleared out my law books (not used since I was in my late 20s), my church music books (not used since 1991), my church governance books and organizational development books (not used since 2015), I

realized that I was holding on to the past. As I packed up each of these sets of books, I felt so much lighter and freer—I could let go of these periods of my life and focus forward.

I now have most of my dining room back, and after I finish for the day, I can go to the living room and forget about work. I have a nice new desk in a good location in my bedroom—useful, clean, good natural light, and clean. I have already made two runs to Goodwill. I have a long way to go, but I will keep plugging away at it. Then I will start maid service again, once my floors and furniture are cleared enough.

I feel pounds lighter, happy, energized. I really recommend starting somewhere, then start weeding out. It is good for the soul, health, and mental health!

Art Archive



The Old Tower in the Fields, Vincent van Gogh (1853-1890, Dutch)

Christina Tolbert Mangino has been practicing meditation with DCV members for the last 15 months. She shared this article with us.

Balanced Lives

Coping with—Enduring and Overcoming— the Ongoing Uncertainty in the World and Finding Balance

There are so many techniques available to deal with anxiety and fear—yet coping is often an individual matter that many cannot achieve. As an individual living in a very—overly—hectic world where success and achievement are not always assured or often not commensurate with endeavors there is an atmosphere of uncertainty—exacerbated by the Pandemic—in which many question their fundamental principles, goals and way of life. [read more](#)

Out and About



▲ Zigzagging from left to right in the photo—**Charlotte Holloman, Don Symmes, Olga Hudecek, Linda Aikens, John Wiecking, Sandra Prater, Carol Galaty, Iris Molotsky, Stephen Grant, Leslie Carothers, Barbara Meeker** (almost hidden), **Kathy Price** and **Kenlee Ray**

Although all of our many native speakers were back in France or out of town for the summer and the expertise ranged from near native speakers to those delightfully mixing a bit of Spanish with their French, the group enjoyed a lively discussion about how each person happens to speak French. A high point was the anecdotes illustrating the theory that when you learn a third or fourth language you don't usually fill in with word from your native/first language, but with words from your second or third language.

After the group discussion, over drinks and French snacks, including homemade almond croissants made by Olga, members broke into animated small conversation groups of two, three and four!

▶ **Alex and Kathy Jordan** recently traveled to the SW coast of Florida (Siesta Key) looking for a home. Unfortunately they couldn't find one, but they did have a good time and found the sunsets to be jaw dropping.



Out and About



▲ **Gretchen Ellsworth**, with help from a couple of local rowing coaches and a coaches' launch, delights in a cruise down memory lane. Escorting her cruise on the Potomac River, were boats rowed by members of Gretchen's rowing team from the Potomac Boat Club. The picture of the two rowers saluting her are her friends Camilla and Cal, both of whom are over 80 and still compete nationally.



▲ **Geri McCann** at HOME! Dalkey, County Dublin, Ireland.



▲ Villager **Lynn Lewis** and daughter Katie sharing a moment at the National Arboretum during their reunion after two long Covid-19 years!



▲ DCV Silent Auction winner **Marie Marcoux** hosted five friends with a Soup & Salad dinner. Marie (left), Olive Hopkins, Foggy Bottom/West End Village (center) and Katherine Sears, Glover Park Village.

Out and About



▲ **Judith Neibrief** enjoyed a birthday week with friends and family in San Francisco and across that oh so fine bridge.



▲ Early morning at the Chincoteague National Wildlife Refuge. **Richard Fitz** and **Kathy Spiegel** visited the Refuge at the end of April where they encountered few people but many lovely views including a 275 year old holly tree.

Out and About



▲ **Ann Talty** on her balcony at Deep Creek, Maryland during a very well deserved June vacation.



▲ The world is opening up again and **Ken Shuck** was thrilled to celebrate Father's Day with his son, Matt, who came up from the Eastern Shore to surprise him. They had dinner together with Ken's wife, **Carol Galaty**, in the bucolic splendor of the historic Old Angler's Inn on MacArthur Boulevard.

The Old Angler's Inn was opened in 1860 to serve those journeying to and from the Nation's Capital on the C&O Canal, as well as wealthy local gentlemen and ladies. During the Civil War, couriers from the Capital and military men of units of both North and South found respite at the Inn. In 1864, gold was discovered near the Inn and a mine operated successfully there until 1880. An owner of the gold mine was so appreciative of the fine food and good company he found at the Inn that he presented the proprietor with a set of solid gold fishing hooks from the ore of the mine. This gave the Inn its present name. It has been operated by the same family since 1957 and won some notoriety by refusing to serve Robert Kennedy and Stewart Udall when they stopped by after a hike because they were not wearing coats and ties.



A Dry Run Bike Excursion to Sycamore Island

By Abigail Wiebenson

On an idyllic June Friday, four Villagers trail-tested biking to Sycamore Island—a club founded in 1885 that one of us belongs to—for lunch. About seven miles away, we used a combination of the Crescent Trail and the C&O Canal Towpath. Our bikes were all different, as was our experience. **Pender McCarter** and I had not biked for a long time; I was on a folding bike I had never ridden before, a recent gift. **Lois Berlin** and **Larry Steubing** are old hands at biking and have touring bikes.

It turned out that we were completely compatible for the demands of the ride. Both trails are flat with a few easily navigated rises. We took time to admire blossoming trees, interesting birds including blue herons, basking turtles, and croaking frogs. Cicadas were present too. We stopped at Fletcher's Boathouse, about a halfway mark, for a water and bathroom break.

Arriving at the Island, we locked our bikes and rang the cowbell for the caretaker to bring the pull ferry to take us across to the Island. Sitting at a table on a floating dock we enjoyed the lunches we had brought while appreciating the peace and quiet beauty of the island and the Potomac. We could have canoed, gone swimming or played croquet, corn hole, ping pong or pool. We did none of these, preferring to enjoy our conversation and roam the length of the island. We were back to our homes mid-afternoon. Having set out shortly after 10, we agreed it was a totally satisfying excursion.

Reminders for the next trip: take plenty of water and a first aid kit (even though we had no accidents, we might have). Meeting across from the Shell station at P and 22nd was perfect and allowed us to fill tires if needed. Going on a weekday minimized meeting up with walkers and faster bikers.

We look forward to our next trip and hope other Villagers will join us.

Out and About



▲ First venture post pandemic—**Kathy Price** and friend Jock went to Grand Canyon, both rims; tenting on South Rim, Zion and Mesa Verde, also enjoyed the incredible Bryce, Arches and Moab, and the unexpected wonder of slot canyons.



▲ **Mike Silverstein** is accompanied by fellow Commissioners Kyle Mulhall, Matthew Holden, and Meg Roggensack marching from Dupont Circle down P Street to 13th Street and down 13th to Freedom Plaza on the June 12th Pride Walk. We were joined by thousands of our closest friends including the Vice President of the United States and the Second Gentlemen.

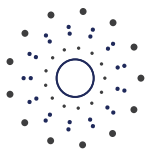
Poetry Corner

The Summer Day

Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean-
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down-
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

*By Mary Oliver
(1935-2019, American)*

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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