

*I don't believe in ageing. I believe in forever altering one's aspect to the sun. Hence my optimism.*

Virginia Woolf (1882-1941)

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# DUPONT CIRCLE VILLAGE

## Technology and Design in Service to the Deaf

Recently, Dupont Circle Villagers had the pleasure of DCV member **Sharon Barnartt** as their escort for a half-day tour of Gallaudet University. Sharon is the chair of Gallaudet's Department of Sociology and has authored two books on deaf politics.

Our first guide was **Patrick Baker**, a student at the University, who provided a short history of Gallaudet and its role in deaf politics and culture. We walked through the historical section containing 19th century Queen Anne Style and Victorian Gothic Revival buildings. Within that precinct, the school has just completed a geothermal field that provides all the energy needs of the surrounding buildings.

Authorized by Congress in 1864, and signed into law by **Abraham Lincoln**, Gallaudet is the world's only university in which all programs and services are specifically designed to accommodate deaf and hard of hearing students. Here, cutting edge breakthroughs in deaf politics, culture, design, and technology have taken place in a setting originally created by **Frederick Law Olmsted**, the father of American landscape architecture probably best known for his design of NYC's Central Park.

Asked how technology is changing the relationship between the deaf and hearing world, Patrick Baker commented, "technology today is bringing the deaf and hearing worlds ever closer; laptops, computers and cell phones are used to communicate by the deaf all the time."

There are also changes within the deaf world. Prior to society being more accepting of the deaf, hand signing was done at a lower level, with no facial expressions. Today, facial expressions are more common and signing is done higher on the body.



The original Gallaudet Academic Building. Members from left, Gerry Schwinn, Judith Neibrief, Judy duBerrier, Edith Chase, Marilyn Newton.



Interior public meeting space - Communications Building.

**Deaf/Space** The group then visited the recently-constructed Communications Building, where we met the school's architect and planner, **Hansel Bauman**, who explained the concept of DeafSpace. This is a building design that addresses the unique way deaf people inhabit space, their requirements in the built environment, and how these ideas can be applied to universal design.

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# When Main Street Came to Dupont Circle

## Sinclair Lewis in Washington

—Nicholas Ludlow

Where else but Dupont Circle was there a writer who turned down a Pulitzer Prize? And went on to be the first American writer to be awarded the Nobel Prize for Literature?

Gangling, red-haired Harry Sinclair Lewis was the son of a Doctor, born in 1885 in a small town, Sauk Centre, Minnesota, educated at Yale, and wrote 22 novels, of which a handful – starting with *Main Street*, published in 1920, were best sellers, including *Babbitt* (1922), *Arrowsmith* (1925), *Elmer Gantry* (1927), *Dodsworth* (1929), and *It Can't Happen Here* (1935).

"His central characters are the doctor, the pioneer, the scientist, the businessman and the feminist. The appeal of his best fiction lies in the opposition between his idealistic protagonists and an array of fools, charlatans and scoundrels – evangelists, editorialists, pseudo-artists, cultists and boosters" according to Martin Light in *The Quixotic Vision of Sinclair Lewis* (1975).



Sinclair Lewis

After graduating Yale, he began his writing career writing stories for magazines. In September 1919, when Lewis was preparing to write his first book, *Main Street*, he wrote his publisher Alfred Harcourt: "We've been down here [DC] house-hunting (with not much success yet). We decided that West Chester would bore us and Washington we like tremendously. Later the same month he wrote: "Above is our new address (1814 16th Street NW). We adore Washington

– it has all the stimulus that we found little gray West Chester to lack, yet also a clean quietude that New York lacks."

"For the next eight months, *Main Street* was with us day and night," his wife Gracie wrote. She was on call even when Lewis was working at his office – a room on the top floor of a boarding house near the Mayflower Hotel. On February 17, 1920, Gracie wrote her friend Stella Wood: "Hal has just finished the first draft of the big novel – 738 pages of 300 words to a page-whew! In about fourteen weeks, he had written 221,000 words." All on a portable Smith-Corona typewriter!

The book was published in October, selling like hot cakes, with sales eventually topping over two million as of 1996. Biographer Mark Schorer wrote the phenomenal success of *Main Street* "was the most sensational event in twentieth-century American publishing history."

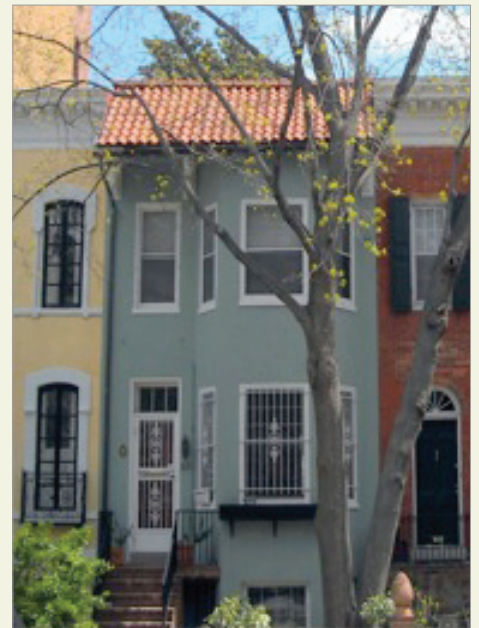
*Main Street* was initially nominated for the 1921 Pulitzer Prize for Literature, as 'the new novel best expressing American values' but was rejected by the Board of Trustees, who overturned the jury's decision to award Lewis the prize, as 'too critical of those values.'

After a long-needed break, the Lewises returned to Washington in October, 1920 and took a house at 1639 Nineteenth St NW, north of Dupont Circle near where they had lived earlier. Lewis again rented an office in the building near the Mayflower Hotel and began work on *Babbitt*. Every day he would have walked directly across Dupont Circle on his way to work.

From Washington, he went to the Mid-West to do research for *Babbitt*. As with many of his books, Lewis did prodigious research before writing this book.



Sinclair Lewis at his Smith-Corona Typewriter



The Lewis House at 1639 Nineteenth St NW

Lewis drew up capsule biographies of the characters and 'astonishingly complete' maps of Zenith, the medium sized town in which *Babbitt*, the realtor businessman, lived.

Again, Lewis had what is today called a "blockbuster hit."

In between travels to Europe and throughout the US, Lewis continued his writing, with *Arrowsmith* his next book, about an idealistic student trying to combat a plague with serum he was developing, only to be thwarted by the American medical establishment.

Five years after *Arrowsmith* was published, in 1930, for this novel Lewis was awarded a Pulitzer Prize, which he rejected. In his letter refusing the award, Lewis attacked the award as a "force that was dangerous to

*Continued on next page*

writers, keeping them "safe, polite, obedient and sterile."

Lewis told his publisher Harcourt he had three reasons for refusing the award: "the Trustees' high handed reversal; the fact that a number of publishers advertise Pulitzer Prize novels as the best novel of the year; giving the prize undue influence over writers and readers; and the "whole general matter of any body abrogating to itself the right to choose a best novel."

For his next book, as with his earlier novels, Lewis drew up detailed biographies of twenty four of over seventy characters for **Elmer Gantry**. After completing research for his fictitious ministry in a Missouri town, modeled after Kansas City, Lewis could write a prayer for a cleric who found it so good he used it the following morning for his sermon. Lewis actually gave sermons from pulpits in churches all over Kansas City. And he organized a diverse group of fifteen or so clergymen, including a Roman Catholic priest and the most distinguished rabbi in the city, to discuss religious topics: As he went round, he punctured the pretenses of every speaker.

In 1926 he returned to DC to continue writing his book. In letters to Alfred Harcourt, his publisher, Lewis wrote: Yes. Washington is working out beautifully; the house (at 3028 Q St NW) is charming, and



The Hotel Lafayette at 16th and I

I'm hard at work (on **Elmer Gantry**), with an office on the ninth floor of the Hotel Lafayette (at 16th and I, which closed in 1971)...Corking weather for work, just cool enough, and a perfect place for it – neither the country and lake, tempting one out to play, as in Minnesota, nor the noise and phone calls of New York...."

On March 10, 1927 nearly all the 100,000 copies available in its first printing were sold that day...At the end of ten weeks, 200,000 had been sold.

He continued his writing with a first draft of **Dodsworth**. Lewis thought of **Dodsworth** first as a captain of industry, and his search for self-fulfilment...an 'American abroad story' about a business man. Within six months of its publication date, sales had surpassed the 100,000 mark.

**Nobel Prize** In 1930, Lewis was the first American ever awarded the Nobel Prize for Literature. While a Nobel prize is awarded to the author not the work, and itself does not cite a particular work for which he was chosen, **Main Street** was Lewis's most well-known work and enormously popular at the time.

In his autobiography provided to the Nobel Foundation in Stockholm, the prodigious Lewis said: "But my life, aside from such youthful pranks as sailing on cattleships from America to England during university vacations, trying to find work in Panama during the building of the Canal, and serving for two months as janitor of Upton Sinclair's abortive co-operative colony, Helicon Hall, has been a rather humdrum chronicle of much reading, constant writing, undistinguished travel à la tripper, and several years of comfortable servitude as an editor:"

"**Main Street**, published late in 1920, was my first novel to rouse the embattled peasantry and, as I have already hinted, it had really a success of scandal. One of the most treasured American myths had been that all American villages were peculiarly noble and happy, and here an American attacked that myth. Scandalous. Some hundreds of thousands read the book with

the same masochistic pleasure that one has in sucking an aching tooth.

"During these years of novel writing since 1915... I have traveled much; on the surface it would seem that one who during these fifteen years [traveled]...must have been adventurous. That, however, would be a typical error of biography. "The fact is that my foreign traveling has been a quite uninspired recreation, a flight from reality. My real traveling has been sitting in Pullman smoking cars, in a Minnesota village, on a Vermont farm, in a hotel in Kansas City or Savannah, listening to the normal daily drone of what are to me the most fascinating and exotic people in the world - the Average Citizens of the United States, with their friendliness to strangers and their rough teasing, their passion for material advancement and their shy idealism, their interest in all the world and their boastful provincialism - the intricate complexities which an American novelist is privileged to portray."

**It Can't Happen Here**, Lewis's last major novel (1935) is about the rise of fascism among the US middle class and election of a fascist to the Presidency.

Works by Lewis were made into major motion pictures starring Ronald Colman and Helen Hayes (**Arrowsmith**), Burt Lancaster and Jean Simmons (**Elmer Gantry**) and Walter Huston and Mary Astor (**Dodsworth**).

Sinclair Lewis died of a heart attack in Rome on January 10, 1951.

During his lifetime, he found Washington a "perfect place" to work. When he was living in the Dupont Circle area, he wrote "we adore Washington" with its "stimulus" and "clean quietude." Over the years, Dupont Circle was probably the closest he came to calling "home". ■

**References** – James M. Hutchisson *The Rise of Sinclair Lewis, 1920-1930, 1996*; Richard Lingeman *Sinclair Lewis, Rebel from Main Street, 2002*; Mark Schorer, University of California *Afterwords to Lewis Novels*; Gore Vidal *The Romance of Sinclair Lewis*; *New York Review of Books* October 8, 1992





## MONTHLY Calendar

### MONDAY, JUNE 25: 3:30 – 5:00 PM.

*Live and Learn Session: Depression: How to Help Yourself or Someone You Love.*

Tybe Diamond, Director of the Center for the Study of Aging at the Washington School of Psychiatry, will explain how to look for signs of depression. Merrill Lynch 1152 15th Street NW, 6th Floor Conference Room. For reservations, contact Linda Harsh, 202-234-2567, or lindajkh@mac.com. The talk is free for Village members and \$10 for others. The office is wheelchair accessible.

### THURSDAY, JUNE 28, 6:15 - 8:30 PM.

*Free Symposium Addresses the Current State and Best Practices of Community Heritage Preservation in Washington, DC*

Deputy Director of the National Park Service Mickey Fearn will lead a panel of local historians in a discussion on the state of community heritage preservation in Washington, DC. In addition, there will be sessions on new ways to use digital tools to preserve history. Cleveland Park Library, two blocks south of the Cleveland Park Metro Station. Register at <http://dcchpsymposium2012.eventbrite.com/> (202) 387-8391 or [info@wdchumanities.org](mailto:info@wdchumanities.org)

### TUESDAY, JULY 10: 9:45AM – 1:00 PM.

*The World Bank, a Briefing and Lunch.*

A multi-component briefing to include history, development issues, fighting poverty, and the current work of the Bank. Lunch will follow at the World Bank cafeteria, with a global menu available at individual cost (approximately \$10).

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## Nooks and Crannies Mapped Out at Our New Office

### Falls Prevention Training Grant Received

—Peggy Simpson

The Dupont Circle Citizens Association has made a \$500 grant to the Dupont Circle Village, its second in two years.

The first was to pursue a Falls Prevention program and the 2012 grant follows up on that, to help underwrite a “train the trainers” initiative on falls prevention.

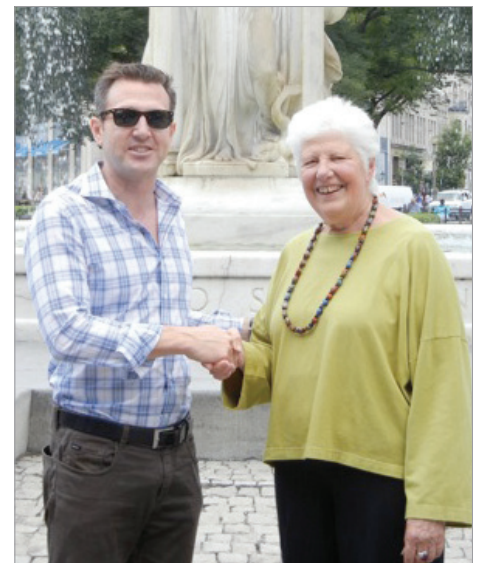
When I accepted the check from DCCA President **Doug Rogers** in a photo-op at the Dupont Circle fountain, he mentioned the DCCA's appreciation for the Village's support of its major fundraiser, the house tour in the fall.

And he also said the DCCA members appreciated the fact that the Village is helping develop a community structure that could benefit many DCCA members as they “age in place” right in our community.

I said they didn't have to wait until then. DCCA members could volunteer with the Village right now in any number of capacities. We're going to follow up on that.

In the meantime, the first “train the trainers” session is due to be conducted the last weekend in June, with two master trainers working for four hours each on Friday and Saturday with people from Dupont Circle Village and from Capitol Hill Village. Executive Director **Bernice Hutchinson** and volunteer coordinator

## FROM THE President



DCV President Peggy Simpson receiving the check from Doug Rogers, President of DCCA

**Bob McDonald** are working on a team of DCV members who would like to get this intensive training, with the understanding they could use it within the village – and to help others learn falls prevention strategies.

### OFFICE RENOVATION MOVES FORWARD

The office renovation is on fast forward. Which doesn't mean it will be ready for occupancy by the time this newsletter is out – or even by July 1. But it's moving.

The *ad hoc* office-move strategy team has spent much time mapping out the nooks and crannies of the space at the Quaker House. **Lois Berlin** and **Larry Steubing** lead the team and on an early inspection tour negotiated for a coat closet to be squeezed into the space. **Bob McDonald's** partner **David Insigna**, an architect, weighed in on the ADA laws mandating accessibility – in this case, with making sure the doors are wide enough for

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## MONTHLY Calendar

**THURSDAY, JULY 12: 6:30 – 8:30 PM.****New Member Dinner**

Peggy Simpson's home, 1719 Swann Street, NW

**WEDNESDAY, JULY 18, 6:00 – 8:00 PM****Summertime Pot Luck Mixer**

Caroline Galaty's home, 1910 S St NW. RSVP  
Caroline at 202-232-7259

**MONDAY, JULY 23: 3:30-5:00 PM.****Live and Learn Series: Facts about Alzheimer's disease. Speaker and location to be announced.**

For reservations, contact Linda Harsh,  
202-234-2567 or Lindajkh@mac.com. The talk  
is free for Village members and \$10 for others.

**TUESDAY, JULY 24: NOON-2:00 PM.****Group Lunch at Distrikt Bistro,**

a kosher restaurant in the lobby of the  
Washington, DC Jewish Community Center  
1529 16th Street NW. Cost \$20 includes  
tax and gratuity. All beverages are additional.  
RSVP by Saturday July 21 to Judith Neibrief at  
jneibrief@aol.com thru 12 July, or Linda Harsh  
lindajkh@mac.com from July 13-21. Please put  
DISTRIKT in the subject line of your e-mail.

**TUESDAY, AUGUST 7: 11:30AM  
-12:30PM.****African American Art in the 20th Century.**

Smithsonian American Art Museum, between  
8th-9th and F and G Streets. By the Gallery  
Place Metro exit. NOTE: the museum does not  
open until 11:30 am. RSVP no later than Friday,  
August 3rd to Judith Neibrief at jneibrief@aol.  
com Put AFRICAN AMERICAN ART in the  
subject line of the e-mail. Limited to 20.

**DID YOU KNOW?**

Villagers get a free membership to  
the on-line version of Washington  
Consumers Checkbook, including  
ratings of products and services. For  
more information contact Executive  
Director Bernice Hutchinson

## Volunteers Visit DCV Members

### *From Bushes to Books and Computer Central*

Celebrating a day of community service,  
bright and early on June 5th volunteers  
from the **National Capital Bank  
(NCB)** Capital Impact Volunteer Day  
gathered at the home of **Iris Molotsky**  
where she and **Pat McDonald** welcomed  
them. Volunteers then visited DCV  
members who had earlier provided their  
wish lists to **Bernice Hutchinson**.

Volunteers **Judy Willett, Daniel  
Hagstrom, Natalie Galucia, Rita  
Kostiuk and Wiley Goodman** worked  
throughout the day to complete the  
requested chores. They trimmed bushes,  
moved furniture and helped with other  
household chores. **Kenlee Ray**, a member  
who needed her high bushes to be  
trimmed and her DVD to be connected  
"had great fun working with Daniel and  
Natalie. I appreciated their help and look  
forward to next year's 'wish list day.'"

Iris's house became Computer Central  
— members came with their computers,  
sitting down with Wiley, the tech volunteer  
who is the full-time NCB IT person when  
he is not a volunteer. Throughout the day  
members came with their computers  
asking for information on how to use their  
newly purchased MACs, DELLs, iPhones,  
iPads, and laptops. Most went away more  
tech savvy than when they arrived, and  
hopefully, more comfortable with the  
technology they had recently purchased.

For member **Matthew  
Evans** "Rita and Judy  
jumped right in and worked  
hard at sorting a variety  
of photos, drawings, and  
correspondence that I will  
be used for a book I am  
completing and a memoir  
I hope to begin writing  
shortly. The women accom-  
plished a great deal in a  
short amount of time."

Those members who participated thanked  
the Village for making the arrangements.  
The volunteer services were much appreci-  
ated by all.

NCB Capital Impact is a national non-profit  
organization/community development bank  
that hosts the National Village-to-Village  
Network that supports the technical assis-  
tance needs of Villages across the nation.  
Once a year they offer their services to the  
DCV Village in conjunction with the NCB  
Capital Impact annual meeting. ■



Above: Volunteers, from left, Wiley Goodman, Daniel Hagstrom, Rita Kostiuk, Natalie Galucia, Judy Willett.

Below: From left: Judy Willett, Daniel Hagstrom, Wiley Goodman, Iris Molotsky, Rita Kostiuk, Natalie Galucia, Bernice Hutchinson, Bettina Del Sesto.







## Summertime BBQ

-Judy duBerrier

Summertime. And we love that barbeque. Unfortunately, it is very unhealthy if we buy those bottled barbeque sauces and slather it on fatty meats. This sauce has 0 fat & cholesterol and about 200 calories for 2 cups of sauce.

### Chilean Barbeque Sauce

1 ½ cups pomegranate juice  
¼ cup balsamic vinegar  
¼ cup honey  
1 teaspoon garlic, minced  
1 teaspoon ginger, minced  
(or ½ tsp powdered)  
¼ cup tomato paste

Mix all together and simmer gently in uncovered saucepan for 20 minutes. Coat chicken pieces last 15 minutes, or fish last 5 minutes, of cooking. Note: omit honey for a more savory sauce.

I like to serve this with **grilled vegetables** (zucchini, asparagus, onions, thick tomato slices, etc.) which I dress with a little olive oil, salt & pepper.

Also, **roasted corn on the cob**: Carefully pull outer leaves from fresh corn to the bottom of the stalk. Strip silk from ears. Turn corn upside down in a big bowl of cold water and soak them for at least 30 minutes. Remove, shake off excess water. Make a paste of butter or margarine, adding chopped garlic and chives or parsley to taste. Coat each piece of corn with mixture. Replace leaves around corn. Cook on outdoor barbeque or indoor grill, turning occasionally, for about 20 minutes, or until tender.

Questions/Comments: judyduberrier@verizon.net. 202-328-9123. ■

## How to Sustain Village Communities?

### Introducing James Whaley, Volunteer Investigator

**James Whaley** has recently been appointed the new volunteer Project Director for the \$10,000 Village-to-Village/MetLife Foundation Sustainability Grant Project awarded to the Dupont Circle Village. According to Jim, "the two outcomes of the grant will be a white paper with recommendations to the Dupont Circle Village board of directors and, in addition, the findings will be presented at the Village-to-Village Network Annual Meeting in Atlanta in October 2012."

The grant, written and submitted by **Iris Molotsky and Bernice Hutchinson**, is to support research into the sustainability of Villages: more specifically, this grant is designed to investigate the Membership Plus Program, which subsidizes low-income members' annual membership fees and in some instances, additional activities offered by Villages. Having the program allows the Villages to reflect all income levels currently represented in the community rather than serving only those who can pay.

Jim explained that the national investigation will first find out how many Villages have Membership Plus Programs, and if so, how they are funded, what benefits accrue to participants and what additional monetary credits are offered where Villages have additional fee-based services. Additional questions include, but are not limited to, how Villages determine eligibility income, whether these members use more services than fully-paid members and how the demand for these additional services impact the Villages.

For 35 years Mr Whaley has worked with private non-profit and government agencies in the creation and management of programs and services for older individuals and persons with disability. This provides a strong base from which to conduct the research. Jim was the executive director



**James Whaley**, Project Director for the Village-to-Village/MetLife Foundation Sustainability Grant Project

or board member of local non profits in North Carolina. His experience includes working as a program associate in the North Carolina Unit on Aging, the executive director of the Tennessee State Agency on Aging. At the national level he served as a Senior Program Associate at the National Association of State Units on Aging.

Jim experienced what his associations' clients did when he found himself on crutches after a bad fall. He said "All of a sudden, common everyday activities were difficult or impossible – without the help of my neighbors. I would have had a very difficult time as well as going hungry, if it wasn't for their kindness! I fully understand the importance of community and how valuable its support and help are when an accident or emergency befalls a person." ■

## You Are What You Eat: Two Tasty Sessions on Nutrition

### *An Evening with Nora Pouillon and an Afternoon with Katherine Tallmadge*

—Abigail Wiebenson

"Everyone who eats conventional foods eats four pounds of pesticides a year", began **Nora Pouillon's** conversation with Villagers assembled at Iris's for Sunday Soup Salon on May 20th. She got our attention. There's a reason Nora is a living legend; she's a pioneer: her Restaurant Nora, established in 1970 became in 1999 the nation's first certified organic restaurant. She knows whereof she speaks. And speak she did.

We learned about the nutritional danger of buying food that looks good. Often it's been grown or raised for speed of maturity, long shelf life, looking good, and shipping well. In other words, profit rather than nutrition drives decision making. To accomplish this, animals and produce have often been injected/sprayed with artificial chemicals that do damage to human health. Often these and other manufactured foods don't satisfy; their "empty calories" lead to impaired health and obesity.

Nora gave us many pieces of sound advice. Sardines have the highest nutritional value. Cook in quantity. For example, cook a bunch of asparagus and have it hot one day, with a dressing cold another day, stir fried with a few other ingredients a third day. Consider gathering for a communal meal once a week which adds conviviality to the experience as well as pooling cooking expertise. Eat seasonally; it's healthier and less expensive.

It was yet another fascinating and informative Sunday Soup evening. Not to be lost in our attention to Nora were the delicious soups provided by Villagers. Caroline Mindel made a unique gazpacho whose recipe she will share and Iris made a beautiful and delicious cold cherry soup. Judy duBerrier contributed delicious bruchetta. Definitely a good time was had by all, close to 20 of us. The following afternoon, 15 Villagers – some of whom had been at the Sunday Soup Salon the night before – met at a pleasant room in

Foundry Church to further advance our knowledge about nutrition. The speaker was **Katherine Tallmadge**, a nutrition consultant, author and columnist particularly focused on the importance of eating after illness and surgery. To that end, she also is an advocate of cooking in batches and freezing meals. The foods she stressed as important are yogurt, nuts especially almonds and walnuts and seeds, particularly flax seeds as a source of Omega 3's which are "brain food" that reduces inflammation and are good for the heart.

Like Nora, she's also a fan of sardines as well as wild salmon and anchovies. And she suggested roasted chicken and vegetables, chicken salad, chef's salad, tabouleh and mushroom soup as "healing" foods that are easy to digest. Katherine shared her list of five so-called health foods to avoid: enhanced waters including sports drinks, reduced fat peanut butter, multi-grained bread, energy bars and "popped" chips.

Katherine stressed the importance of exercise, particularly weight training, as a way of keeping muscle strength. She advocates that Villagers purchase and continuously wear a pedometer and recommends a \$30 model HJ303 made by OMRON. Walking is essential – 10,000 steps daily -- for keeping strength and absorbing sunshine which wards off depression, common in older individuals. Physical activity also protects bones, skin and



*Above: Nora Pouillon sharing soup with DCV members*

*Below: Speaker Katherine Tallmadge and Faith Williams at the Foundry Church.*



muscles from breaking down, a particular danger during illness. Her website, [www.katherinetallmadge.com](http://www.katherinetallmadge.com), is filled with articles and information that Villagers will certainly appreciate.

Each of these speakers added considerably to the importance of paying attention to particular foods. As always, we are grateful to Linda Harsh for organizing these events and preparing the handouts. The next Live & Learn will be June 25th. Be on the lookout for details. ■

*Technology and Design in Service to the Deaf  
continued from page 1*

The emphasis is on sight. For example, light that allows no contrast and sight lines that allow continuous viewing of hands and facial expressions are always important in this design. Horseshoe-shaped seating, rather than schoolroom-- style seating, provides continuous viewing of others. White walls and bright light causes eye fatigue so glass is used as often as possible to allow maximum transparency. Balconies have railings of glass so that, in an atrium, there is no barrier to seeing all activity within the atrium space.

These are just a few of the esthetic sensibilities considered when designing for the deaf. As Mr Bauman pointed out, "We are always learning and improving on our design. One way to do this is by including the deaf in the initial design stage."

We thank **Judith Neibrief** for arranging a fascinating visit. ■

*Letter from the President continued from page 4*

wheelchairs. And a lot more.

For those of you who might like to contribute to the office fund, please do!

For those who have tangible items you would like to donate to the new office – hold off a bit.

Lois, Bob and Bernice are working on a list of must-have items and Bernice will let you know when that is finished – after all the architectural changes are made and the construction itself is near completion and a final assessment of the space is possible.

You can query Bernice in an email but she and Lois will measure your potential donation against what we already have in hand versus what we need.

### WE WELCOME MEMBERS OF KALORAMA VILLAGE!

The Kalorama Village has ended its yearlong hibernation and is disbanding. The Dupont Circle Village is the beneficiary

in one tangible way: a gift of \$5000 that had been made to the Kalorama Village has now been "re-purposed" and donated to the DCV.

We also are getting more applications from Kalorama residents.

Last month, the board reiterated its long-standing policy that it would consider membership applications from people living in "contiguous" neighborhoods. We have about a dozen members from the Kalorama area, for example.

We've gotten queries from people living well beyond the National Zoo, two to three neighborhoods away. We've said no, even though there is no village in those locations to serve people.

Our primary obligation, however, is to our own members – and to our volunteers, who do yeoman work as it is and who have said they do not want to be asked to go too far out of the neighborhood. ■

### NEED TECH SUPPORT...

Saturday mornings are an opportunity for you to obtain one-on-one support for using your portable electronic gadgets (smart phones, hand-held readers, laptop software applications and other items of interest to you). To match you up with the right person, please provide your wish list for the kinds of help you need. **Please Note:** This is not a sign up for computer repairs! Send your wish list to [Bernice@dupontcirclevillage.org](mailto:Bernice@dupontcirclevillage.org).



Team DCV Office Construction  
Hats are off to the ad hoc team working on getting the new Quaker House office ready for occupancy by the Dupont Circle Village.

No, they're not doing the actual construction. But they bring much expertise to the table in engineering, architecture, accessibility rules and office organization.

**Lois Berlin**, who retired last year as superintendent of schools in Falls Church,

VA., and her husband **Larry Steubing**, who recently retired as an architect with the Smithsonian, lead the team.

In addition to Executive Director **Bernice Hutchinson**, other members are volunteer coordinator **Bob McDonald** and his partner, architect **David Insigna**. Also helpful has been lighting consultant TKTK, brought to the table by **Iris Molotsky**.

THANKS to all! ■



## Jazz in the Circle

### *Air Force Swing Band*

The 1912 Annual Report of the United States War Department lists that in June 1912, the Army's Engineer Band from Washington Barracks and the Fifteenth United States Cavalry Band from Fort Myer treated residents to a concert on Dupont Circle park. A "portable band stand and camp stools were provided, which were hauled to the park the day of the concert and removed the day following. Lamps were provided for the musicians."

Exactly 100 years later, Dupont Festival, a neighborhood organization formed last year dedicated to bringing a wide range activities to the greater Dupont Circle area throughout the year, brought a portable stage back to the park, along with one of the most outstanding military bands, to the inaugural "Jazz in the Circle" event! ■



*A handful of Villagers, joined by about 200 others, spent a toe-tapping few hours at Dupont Circle listening to the "Airmen of Note," a military jazz band.*



# Where Are They?



**Nicholas and Joan Ludlow** are off to cool Vermont for an extended July 4th weekend in East Ryegate, Vermont. They always enjoy visiting their long time friends, who have lived in Vermont for over 40 years, after leaving NYC.

**Marilyn Newton** is visiting Disneyworld with her family of 14 for the week of July 4th staying in a large 7 bedroom house – sun and fun in a great place for both grandchildren and adults.

**Kenlee Ray** won a 2-night visit to the Lamplight B&B in Berlin, Ohio. She uses **B&B On-line** to find pet-friendly B&Bs because of her sometime travels with her cat. She hopes to use her prize sometime this summer.



Berlin, OH: Lamplight Inn



– Judy Silberman

The tip for this month is to warm-up slowly with gentle stretches or self-massage before starting any exercise. The reason this time is that jerky and quick movements can hurt your fascia. What is fascia? We all have it, and it's a good thing. Fascia helps the muscles lengthen and shorten easily and move smoothly over your organs.

Imagine pulling on a rubber glove and then a woolen glove over that; the rubber one is fascia and the woolen one is muscle. Age, injury, stress, toxins, inactivity, and excessive activity can negatively affect fascia, so be sure to warm it up, even before your daily walk. More next month. ■

## DONATE TO THE VILLAGE

You can support DCV in many ways, including contributing to our matching grant office program or by serving on a committee. Contact Iris Molotsky for further information.

The Dupont Circle Village is a **NONPROFIT** neighborhood organization that **CONNECTS RESIDENTS** to services and cultural/social activities. Membership enables Villagers to **MAINTAIN** their **HEALTH** and home as they **EMBRACE** the **BENEFITS** and **CHALLENGES** of aging.



Dupont Circle Village  
9 Dupont Circle  
Washington, DC 20036  
www.dupontcirclevillage.org  
Email: contact@  
dupontcirclevillage.org  
202-436-5252

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