



# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.”

~ Marcel Proust

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### Welcome New Members!

Lorna Doubet  
Brian Doyle  
James Hambuechen

## Empathy and Powdered Sugar at Gate A-4

Written in 2008, this poem seems decidedly relevant today. Kindness costs nothing and brings great rewards. May we all remember our common humanity and work towards a “shared world”.

Naomi Shihab Nye's poetry gives voice to her experience as an Arab-American through poems about her heritage and peace that overflow with a humanitarian spirit.

By Eva M. Lucero,  
Executive Director

### Gate A-4

By Naomi Shihab Nye

Wandering around the Albuquerque Airport Terminal, after learning my flight had been delayed four hours, I heard an announcement: “If anyone in the vicinity of Gate A-4 understands any Arabic, please come to the gate immediately.” Well—one pauses these days. Gate A-4 was my own gate. I went there.

An older woman in full traditional Palestinian embroidered dress, just like my grandma wore, was crumpled to the floor, wailing. “Help,” said the flight agent. “Talk to her. What is her problem? We told her the flight was going to be late and she did this.”

I stooped to put my arm around the woman and spoke haltingly.

“Shu-dow-a, Shu-bid-uck Habibt? Stani schway, Min fadlick, Shu-bit-se-wee?” The minute she heard any words she knew, however poorly



used, she stopped crying. She thought the flight had been cancelled entirely. She needed to be in El Paso for major medical treatment the next day. I said, “No, we’re fine, you’ll get there, just later, who is picking you up? Let’s call him.”

We called her son, I spoke with him in English. I told him I would stay with his mother until we got on the plane and ride next to her. She talked to him. Then we called her other sons just for the fun of it. Then we called my dad and he and she spoke for a while in Arabic and found out of course they had ten shared friends. Then I thought just for the heck of it why not call some Palestinian poets I know and let them chat with her? This all took up two hours.

She was laughing a lot by then. Telling of her life, patting my knee,

*Continued on page 2*

# President's Notes



**A**utumn Leaves are falling, the weather has been welcoming and Dupont Circle Village (DCV) is offering programming for everyone!

Be sure to check out the DCV Friday E-Blasts and sign up for the many offerings available.

It's definitely time to sign up for our Vaccination Clinic on **Wednesday, November 3**. You can receive injections to protect against COVID-19, Flu, Pneumonia, Shingles, and other diseases. Register with the DCV office. Keeping up with your health care is, in my view, the best way to keep on keeping on.

We all love the beautiful trees in our area. Some of us enjoy the trees without having to rake leaves, others of us are now raking away. For those who are doing raking and other yard work here are

some safety tips from Pivot Physical Therapy.

## Warm Up

- Do 5-10 minutes of a dynamic activity such as yoga, walking, elliptical, or stationary bike before starting your yard work.

## Power in Positioning

- Bend your knees to scoop up leaves or stoop down.
- Use your whole body, not just your arms, when raking.
- Avoid twisting and PIVOT your feet to change directions.
- When using a leaf blower, use a

strap and keep it close to your body.

## Rest Rules

- Take a break every 20–30 minute or try a different task that doesn't require the same movements.
- Make a plan and tackle manageable areas.
- Get help! Ask family, friends, or a neighbor teenager who might want to earn a few bucks.

Soon the work will be done and Thanksgiving will be upon us. I am so proud of DCV's Thanksgiving program which is so ably organized by our Membership and Activities committee. If you would like a Thanksgiving dinner, join others for dinner or cook part of the dinner please reach out to the office by email [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net) or phone (202)436-5252.

Enjoy the rest of the Fall, I wish you a very Happy Thanksgiving.

## Empathy and Powdered Sugar at Gate A-4

*Continued from page 1*

answering questions. She had pulled a sack of homemade mamool cookies—little powdered sugar crumbly mounds stuffed with dates and nuts—from her bag—and was offering them to all the women at the gate. To my amazement, not a single woman declined one. It was like a sacrament. The traveler from Argentina, the mom from California, the lovely woman from Laredo—we were all covered with the same powdered sugar. And smiling. There is no better cookie.

And then the airline broke out free apple juice from huge coolers and two little girls from our flight ran around serving it and they were covered with powdered sugar, too.

And I noticed my new best friend—by now we were holding hands—had a potted plant poking out of her bag, some medicinal thing, with green furry leaves. Such an old country tradition. Always carry a plant. Always stay rooted to somewhere.

And I looked around that gate of late and weary ones and I thought, This is the world I want to live in. The shared world. Not a single person in that gate—once the crying of confusion stopped—seemed apprehensive about any other person. They took the cookies. I wanted to hug all those other women, too.

This can still happen anywhere. Not everything is lost.



# Monthly Calendar

Currently, most activities are being offered online, by way of Zoom, although some are now being held face-to-face. Anyone attending an indoor event must be masked, whether or not they are fully vaccinated.

We do ask you to register online at [www.dupontcirclevillage.net](http://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](mailto:admin@dupontcirclevillage.net) or (202) 436-5252.

## CELEBSALON

### Angela Vallot, Legal Defense & Education Fund

Wednesday, November 3, 6:00–7:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Angela Vallot has served on the Board of the NAACP Legal Defense and Educational Fund, Inc. (LDF) for more than a decade. She was recently elected as co-chair of the Board along with Kim Kooper Smith, which marks the first time that women will lead the LDF Board. For the last 10 years, she has served as Chair of the Board's Development Committee.

## Walking Tour: Secrets of DC

Saturday, November 6, 2:00–3:30 pm

Location: Meet at Dupont Circle

RSVP: Register online or contact DCV Office

Off the Mall Walking Tours will be taking DCV on a tour of the weird, wonderful and obscure right in our own backyard. No spooky stories on this tour, but lots of little known history about our neighborhood. The tour will start at Dupont Circle, then head to the Brewmaster's Castle, the Sonny Bono Memorial, the Indonesian Embassy, the Phillips Collection, Dupont Underground, 16th Street, and end at the Barbie Pond. The tour is about 1 mile and will last an hour and a half. There are no stairs so it is wheelchair accessible.

## Men's Book Group

Monday, November 8, 11:00 am

Location: West End Library conference room, 2301 L St NW

RSVP: Robert Hirsch, [rmhirsch49@yahoo.com](mailto:rmhirsch49@yahoo.com), (703) 994-5204

The book being discussed is **Wildland: The Making of America's Fury**, by Evan Osnos



## Over 80 Group

Tuesday, November 9, 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.

## Bike Ride to Sycamore Island

Friday, November 12

11:30 am–3:00 pm

Location: from 22nd & P to Sycamore Island

RSVP: Register Online or contact DCV Office at (202) 436-5252 or [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

Meet at 11:30 at the gas station at 22nd and P. This allows last minute inflation of tires (you would need \$2.50 in quarters).

Bring lunch and water. We'll use the Crescent Trail to Fletcher's Boat House where we'll stop for a water and bathroom break. We'll use the C&O Canal after that to the Island. Flat terrain all the way. Limit: 12 cyclists.

## Open Art Studio

Monday, November 15

2:00–3:30 pm

Location: Friends Meeting House, Living Room, 2111 Decatur Pl NW

Limit: 8 people

RSVP: Register Online or contact the DCV Office at (202) 436-5252 or [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

Laura Mahon, DCV's Art Therapy intern, will facilitate our first Open Art Studio. Join us for an afternoon of artmaking, music, and meditation alongside Laura and other members of the village.

The Open Art Studio is not an art class, but it is yours to use in whatever way you would like, be it for creative expression, to meet other village members or to try something new! Open Studio practice brings together a communal space for art making while still allowing for individual expression and for each member to work at their own pace.

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# Monthly Calendar

*Continued from page 3*

## **CELEBSALON:**

**Alicia Adams, VP International Programming, The Kennedy Center**

Location: Virtual

RSVP: Register Online or contact the DCV Office at (202) 436-5252 or [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

Come meet the cultural attaché as she explains how she assembles and curates the cultures of the world to present to Americans under the Kennedy Center's roof. She has been doing this since 1992. Some of her efforts include the African Odyssey, Latin American AmericArtes, Maximum India, the Arabesque Festival, On the Fringe: Eye on Edinburgh and Artes de Cuba. What is she working on now? The Kennedy Center's 50th Anniversary.

## **Sunday Soup Salon: Sleep is your Superpower**

Sunday, November 21, 5:00–6:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Getting enough sleep helps you stay healthy and alert. But many older people don't sleep well. In fact, insomnia is the most common sleep problem in adults 60 and older. Are you a night owl or a morning lark? How much sleep do you really need...and what problems can result if you don't get enough? For answers and fresh insights, join our Soup Salon TedTalk featuring scientist and professor of neuroscience Matt Walker as he presents a highly informative, entertaining Master Class on sleep: its physical, mental, emotional and health implications. As always, we'll meet on Zoom and expect a lively conversation after Dr. Walker's TedTalk.

## **Mystery Book Group**

November date: t/b/a

Location: Virtual

RSVP: Register online or contact DCV Office

## **DCV Movie Group: t/b/a**

Wednesday, November 17, 3:55–5:15 pm

This group meets monthly. 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

RSVP: Register online or contact DCV Office

## **Coffee and Conversation**

Thursdays, 10:00–11:00

Location: Live—t/b/a

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](mailto:rmilman@comcast.net) or (202) 667-0245

## **Knitting Group**

Thursdays, 4:00 pm

RSVP: Sheila Lopez at [sheilablopez@gmail.com](mailto:sheilablopez@gmail.com)

# DCV Online Programming is Still Going Strong—Sign Up!

Throughout the pandemic, Dupont Circle Village (DCV) was a steady source of information, activities and support. And it still is! The online programming that began when we were in lockdown is still going strong. Sign up for some mental and physical wellness. Whether it be Yoga, Meditation or Feldenkrais, take advantage of these offerings that other Villagers rave about. Please register on the calendar and reward yourself with a stronger body, a clearer mind and a sense of purpose.

***"I am a regular in Christina's Tuesday and Thursday meditation sessions. I take this time to center myself for the day, to just "be" for half an hour without having to worry about tasks or my daily anxieties or the news. Christina takes a calm, accepting approach to our class using mantra—sometimes she sings—breathing, and visualization, and I can truly experience myself on that beach or in that meadow or garden. I do not miss this opportunity to see my fellow meditators (We are a group now, and several of us sign in a little early just to check in with each other. Maybe that's "pre-meditation.") and to calm my body, mind and spirit. For me, a person who had never done meditation before DCV offered this opportunity, Christina provides an experience, pleasant and meaningful, that most of us could use these days."***

—Michael Speer

***"I enjoy taking Mayu's yoga classes every week because it keeps my body and mind in tone. It is a good way to start my day mid-morning with an entire body and breath exercise. I enjoy the way Mayu presents her classes, making sure that everyone is comfortable in doing the exercises, no matter what physical difficulties they may have. Come join us on Tuesdays at 10:30!!"***

—Olga Hudacek

***"Suzanne's Feldenkrais class is one of the highlights of my week. Her gentle and skillful way of guiding her students through movement sequences has helped my body to loosen up. I have gained a deeper understanding on how my body moves, which allows me to release old contractions and limitations, and also to move more effortlessly. This generates a feeling of joyful ease. What a gift for an aging body! I always feel better at the end of the Feldenkrais class."***

*Because Suzanne is a Doctor in Physical Therapy, I feel safe with her; I trust her guidance, and I so much appreciate her vast knowledge and generous sharing of it. Furthermore Suzanne skillfully tailors her guidance to each one of her students' motor abilities. I highly recommend Suzanne's Feldenkrais class."*

—Brigitte Pichot

# How do you live life—actively or reactively?



Ask Ann

I have had a recent refresher about how to live, or rather, how not to live. For the first half of my life, life happened to me. A combination of upbringing, brain chemistry, and life events (and people) usually dictated my life. It never occurred to me that I could in any way take charge of my life. Or even enjoy life. Basically, I simply existed most of the time.

By Ann Talty

I have learned a lot about actively living my own choices. This doesn't mean I can control everything, but it does mean that I can make many choices that are right for me. It also means I can have some control over how I react to people and situations.

When you are in physical or emotional pain, it is really easy to slide into feeling like a victim, which leads to being reactive, and definitely not happy or feeling in control. Often sleep cycles are interrupted, and no one does well when sleep-deprived—it tends to strip you of rational thought and lends itself to being governed by emotions. This leads



toward a downward cycle, which is not how anyone wants to live.

What makes you happy and gives you a purpose in life? I know I had to learn to identify people, events, activities and locations that give me pleasure. Sometimes I forget about this, but it is amazing how simply breathing in fresh air, reading, or

talking with someone, can help you look forward to life. As we age, we do need to revise some of that, after all, our bodies don't cooperate as well. This does not mean you can't have some joy and a reason to get out of bed in the morning. This is particularly important during the winter months, when days grow shorter and shorter, and darkness takes over.

Do you find yourself demonizing someone who annoys you? Feeling hate toward a person, a particular group of people, a country, a political party? Feeling that somehow, if things aren't done just right, that somehow it becomes the most important thing in the world and that it will be catastrophic if it doesn't work your way? All of these are warning signs that it's time to take stock and apply reason.

Many of you are familiar with the Serenity Prayer, practiced by 12-step programs. It makes a good tool and guide to start reasoning again.

Grant me the serenity to accept the things I cannot change; Courage to change the things I can; and the Wisdom to know the difference.



## November Birthdays



A very happy birthday to all the DCV members celebrating birthdays this month!  
**Nancy Barnum, Miriam Schottland, Michaela Buhler, Gretta Powers, Greg Milman, Victor Wexler, Darrell Totman, Janet Kegg, Judith Kirvan, Anthony Clifford, Jim Chamberlin, Agnes Beale, Brad Edwards, Kathy Davin, Mandi Lisbona, and Carmela Vetri**



## If You Loved The “Golden Girls,” Did You Ever Think About Becoming One?

**A**s you coast from Silver Senior into Golden Senior, and perhaps even into Platinum Senior, how can you make it the most enjoyable ride possible?

*By Joan Treichel* By plunking yourself down into digs that are just right for you, a senior housing sleuth named Steve Gurney told some 30 of us Villagers at a Live and Learn Program about “Alternative Living Options” on September 27.

For 30 years now, Steve has not only checked out, but actually taken up residence in, some senior living facilities in our area in order to evaluate their pros and cons.

How can you maintain a purposeful life as you age? Steve asked. Live in a facility where you can get around easily, have access to meaningful or interesting things to do, and can connect with other people was his reply.

How livable is a particular community for a senior? Check out the American Association of Retired Persons (AARP) Livability Index to find out, he advised. Dupont Circle scores high on getting around easily, say by walking, or using public transport, or calling GoGo Grandparent on your phone to order an Uber lift.

If you want to age in place, you will need a good environmental design for your needs, he continued—say, countertops of different levels, a dishwasher you can raise or lower for loading, or lower cabinets. Have grab bars put into your bathroom wherever you tend to grab.

Are you lonely living alone? If so, how about house sharing like four seniors did in the beloved sitcom “The Golden Girls”? It’s becoming a trend, Steve said. Check out the Silvernest website to explore possible fits. And if the notion of living in a community grabs your fancy, there



are a lot of lifestyle communities in the District of Columbia that require low maintenance, are close to mass transit, and have intergenerational residents.

Assisted living facilities, of course, are designed for seniors who need help with a few things, Steve added. They cost between \$7,000 and \$10,000 a month. You will have to pay out of pocket unless you have longterm care insurance, or unless you are a veteran, in which case Medicare or Medicaid would help with the tab.

As for nursing homes, “they have changed radically over the past 30 years.” Most people are there for the short term, not the long one, and are then returned home. Medicare will cover short-term rehabilitation; your physician can write you a prescription for a 30-, 60-, or 90- day stay.

Medicaid will only pay for longterm nursing home care if you qualify for it.

Steve Gurney can be reached at [steve@proaging.com](mailto:steve@proaging.com) or at cell/text 703 966-6182. His website is [www.retirementlivingsourcebook.com](http://www.retirementlivingsourcebook.com)

His Positive Aging Sourcebook can be read for free online, or you can order a print copy for free. His website lists specialists who can help seniors make aging a positive experience—say, downsizing experts, experts who can help you both downsize and move, eldercare experts, hospice and palliative care experts. The website also offers free webinars to boost seniors’ aging experiences. For example, a November 3 webinar will discuss funeral homes and crematories, and a November 4, 2021 one will address whether you should retire abroad.

# What Motivates a New Volunteer

**W**hen I found out I'd be on a six-month sabbatical, my thoughts immediately turned to travel, getting in shape, and finding a meaningful volunteer opportunity. While laziness have impacted the first two, my interest in volunteering never wavered. As an avowed dog lover (and dad to a Pomeranian diva), I had figured I'd volunteer at a rescue/shelter. But an interesting thing happened on the way to the Internet..I realized a more pressing calling.

As the son of both a geriatric social worker and a geriatrician, I have spent many days in nursing homes and assisted living facilities. As a result, I've long known of the isolation that too often occurs even in the best of (non-pandemic) times. When Covid arrived, the isolation

## DCV Volunteer Profile



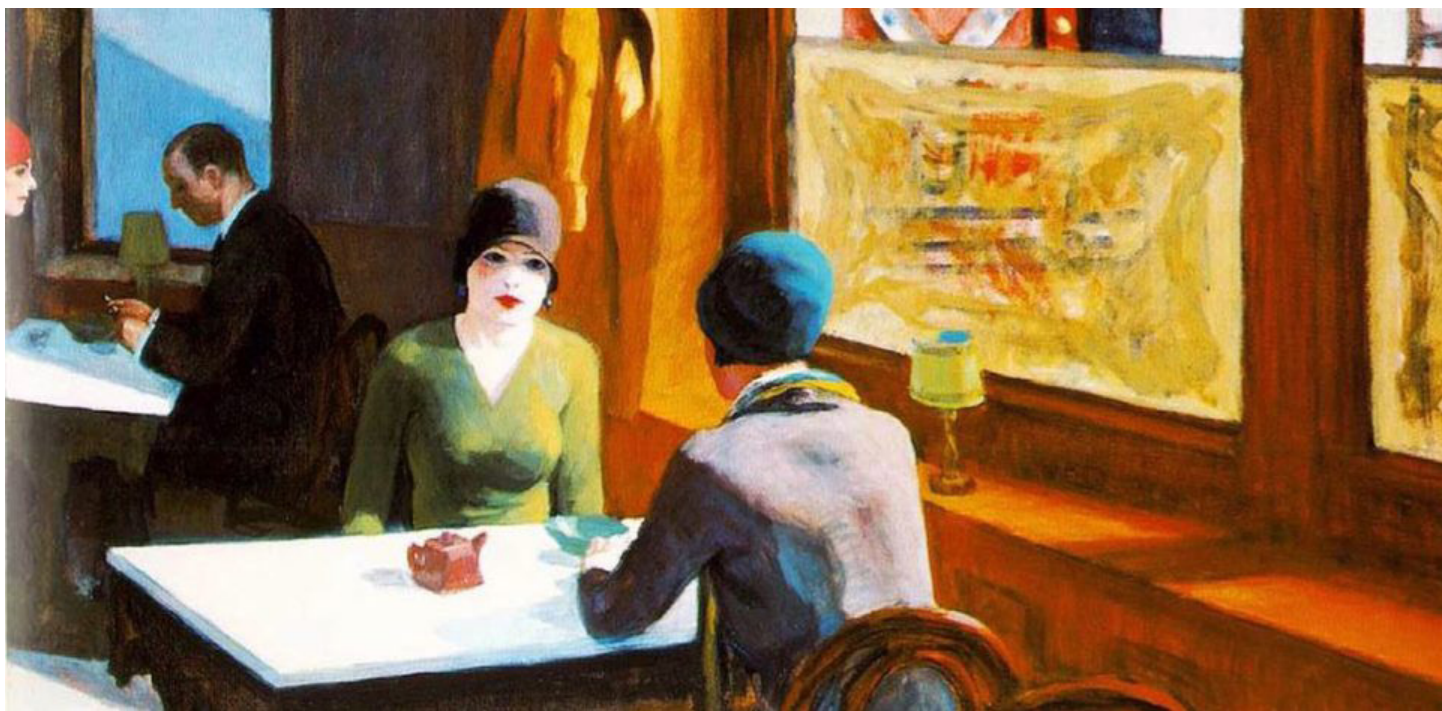
factor was amped up for all of us. I realized that I would like to be part of a solution and help reduce this feeling of isolation. As a gay man who has lived an easier life thanks to the sacrifices of the generation(s) that preceded me, I felt especially driven to help repay a debt of gratitude to my LGBTQ elders.

After struggling to connect meaningfully with an assisted living facility and feeling some anxiety about Covid (giving or getting), I discovered Dupont Circle Village (DCV), which offers several advantages from a future-volunteer's perspective:

- I believe in and advocate for the aging-in-place movement
- I feel safer in a more intimate setting during the pandemic
- The ability to meet people in a one-on-one setting suits my personality
- DC is my home, and my community; I'd like to make an impact right here

As it happens, I am finally starting to travel again—West Virginia and Atlanta are in the rearview mirror, with Germany/Denmark, New Orleans, and Italy/Slovenia on the rest of my 2021 calendar. But this leaves plenty of time for well-planned volunteer sessions. And once I am back to work and work-related travel next year, I'll have the flexibility to arrange time for Dupont Circle Village members in between work trips.

## Art Archive



Chop Suey, Edward Hopper (1882–1967, American)



# Gratitude Overflows

**I**t was about midnight, and I was sitting on the edge of my bed. In addition to feelingsome tightness in my chest, I broke into a cold sweat, with water pooling on the back of both hands and forearms.

*By Jeanette Barker* I had been on my iPhone and went back to it to search: cold sweat and chest pain. Google responded immediately: Go to the hospital. I called 911, providing my address and the code to get into the building and up to my third-floor apartment. I remembered only to get my phone charger, my ID and keys to take with me. I unlocked my front door and had been sitting down for barely 5 minutes when the medics arrived. They did some quick tests and then put me in a transport chair which

could maneuver down the front stairs. In the ambulance, a young woman gave me oxygen.

I was taken to the George Washington Hospital ER. There I was asked a lot of questions, and I asked questions too. In the ER the attendants took a picture using a metal box under my back and one on top of my chest. I remember the white operating room and then waking up when tape was being removed. I was told that one stent had been placed in order to keep an artery open. My friend Gene came to visit after all the activity. I was placed in Intensive Care (the ICU) for two days, and spent another five days in the hospital, partly because one doctor thought I had pneumonia, which fortunately turned into a difference of opinion.

Many real angels helped me get through this health challenge. My father and my grandfather were not so lucky. Some "lessons learned" include:

- Have an overnight bag handy with a change of clothes for going home.
- Make sure you have an emergency point of contact and ask that person if you can call.
- If you get tired, it's ok to tell your visitor you need to rest.
- Chapstick is good to have in your overnight bag and reading material.
- During Covid, only one visitor per day is allowed.
- Be dedicated to doing rehabilitation exercises. Moving feels good.

## Out and About



▲ **Ken Shuck** and **Carol Galaty** had a wonderful trip to San Francisco joining their son, daughter-in-law, childhood friends, cousins, nieces, nephews and their children at a number of boisterous reunions. From walks in the Redwood Forest and the windy Point Reyes Lighthouse Park to watching our friend's children surfing in the ocean waters, this trip was great for Ken and me!



# Out and About



▲ **Mike Silverstein** has been doing background acting. He appeared in three different productions in the past two weeks. Was an on-air reporter chasing Watergate figures into the Federal Courthouse one day, and a participant in the March of Washington, cheering the "I Have a Dream" speech two days later. Every job requires two days of COVID testing, and masks are mandatory until the cameras roll. One day I showed up on the set at 545am and spent all day waiting around, while my car was parked on the set. It turned out they didn't want me, but they did want a 2015 Honda Accord!



◀ Another lovely Social Hour hosted by **Joyce** and **Bill O'Brien**. Attendees include **Barbara Meeker, Joe Auslander, Andres Doernberg, Kathy Price, Don Symmes, Lorna Doubet, Helene Diener, Joan Treichel, Jo-Anne Hersh, Jerry Hersh, Joyce Liberto, Sam Liberto, Richard Fitz, Kathy Spiegel** and **Abigail Wiebensohn**



# Out and About



▲ **Lucia Edmonds** at the home of a long-term friend in Manhattan.



▲ **Gretchen Ellsworth** and four more Founders of the Georgetown Waterfront Park and its Friends organization. Declaring October 17 Founders' Day, Founders and lovers of the park celebrated with the National Park Service the 10th anniversary of this riverside gem. At the river's edge Founders were recognized and each informally spoke of her knowledge of what it took to create the park. Gretchen and the others have worked for three decades to help make this wonderful Park a reality.



▲ **Jim Chamberlin** finds that DC is very fastidious when it comes to masking. 1301 Connecticut Ave, NW.



# Out and About



▲ DCV Social Hour on Seaton Street patio. Standing (left to right): **Chris Hannah, Dennis Houlihan, Judi Lambart, Nancy Turnbull, Mimi Conway.** Seated (l-r): **Dorothy Marschak, Lorna Doubet, Donald Symmes, Richard Fitz, Kathy Cardille** Front: **Judith Neibrief and Karen St. John.**



▲ **Geri McCann** enjoying a beautiful DC landmark from her apartment.



▲ **Kenlee Ray** was recently in St. Louis where she toured the Budweiser Brewery.

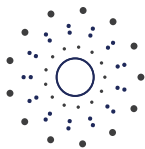
# Poetry Corner

## A Thanksgiving Poem

'Twas the night of Thanksgiving, I just couldn't  
Sleep. I tried counting backwards,  
I tried counting sheep.  
The leftovers beckoned, the dark meat and white,  
But I fought the temptation with all of my might.  
Tossing and turning with anticipation,  
The thought of a snack became infatuation.  
So, I raced to the kitchen, flung open the door  
And gazed at the fridge full of goodies galore.  
I gobbled up turkey and buttered potatoes,  
Pickles and carrots, beans and tomatoes.  
I felt myself swelling so plump and so round,  
'til all of a sudden, I rose off the ground.  
I crashed through the ceiling, floating into the sky  
With a mouthful of pudding and a handful of pie.  
But I managed to yell as I soared past the trees...  
Happy eating to all...pass the cranberries, please.  
May your stuffing be tasty, may your turkey be plump,  
May your potatoes 'n gravy have nary a lump,  
May your yams be delicious, may your pies take the prize,  
May your Thanksgiving dinner stay off of your thighs.  
Remember to share with those less fortunate,  
And may your thanksgiving be blessed!

—CJ Beaman

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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