

Life can only be understood backwards; but it must be lived forwards.

Soren Kierkegaard

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NEW MEMBERS

A warm welcome to newest members:

Susan Crockin
Elizabeth (Beth) L. Merricks
Mike Mossetig
Neil Plotnick

President's Letter

---Iris Molotsky

March definitely started out lion-like. Snow is falling as I write, but I'm smiling because I know this means it will be lamb-like by March 28, the day of our 4th Annual Silent Auction. If you haven't already bought your tickets online (or by snail mail), don't put it off any longer. Tickets, which include two drinks, are \$35 per person in advance and \$45 at the door. This year's Silent Auction is truly an international bazaar. You can select from more than 250 objects from France, Indonesia, India, Thailand, Iran, Russia, Japan, Greece and, of course, from right here in Washington.

Each year I fear we won't be able to match previously amazing items, and, once again, I worry needlessly. This year's selection includes a signed pottery bowl made by Joan Mondale; a charming silver peacock from Tabriz that is the auction's symbol this year; a Hermès silk scarf with a carousel motif; antique jade jewelry and, for lovers of the macabre, a skeleton cameo pin. Travelers can begin to think about what they want to take for the week in a Paris apartment or the vacation home in Edgartown on Martha's Vineyard, which are both up for bids this year.

For the gourmets among us, we have an espresso maker; a three-dish slow-cooker; a Chinese cooking class; a basket filled with enticing Greek products; homemade oatmeal bread and a tarte tatin; and picnic baskets filled with a variety of goodies.

We also have some impressive art work: photographs, lithographs, water colors, oils and even a signed Leonard Bernstein poster from the Kennedy Center.

And it's certainly not hyperbole to say that this year's Celeb Salons surpass last year's. Headliners include media stars **Cokie and Steve Roberts**; **Ray Suarez and Derek McGinty**. Other celebs include economist **Alice Rivlin**; **Camay Calloway Murphy** and grandson **Christopher Calloway Brooks**, who will reminisce about "Cab"; **Sara Horowitz**, Deputy Chair of the New York Federal Reserve and founder of the National Freelancers Union; and former Senator **Tim Wirth**. The arts are represented by Phillips Gallery Director **Dorothy Kosinski**; **Stephen Grant**, author of the soon-to-be-published book, *The Story of Henry and Emily*

DUPONT
CIRCLE
VILLAGE

FROM
THE
President



Folger, a history of the founders of the Folger Library; **Septime Webre**, Artistic Director of the Washington Ballet; and **Ris LaCoste**, renowned chef and owner of Ris Restaurant.

I also want to update you on our age-friendly business initiative. Accompanied by Executive Director **Bernice Hutchinson**, Project Director **Pender McCarter** and Volunteer Coordinator **Garry Hutchinson**, I presented the results of our surveys and recommendations for advancing age-friendly practices for businesses. Representatives from the Chamber of Commerce, DC-AARP, the Council on BID's [Business Improvement Districts], several banks, and George Washington University were among the attendees. The discussion following the presentation was lively, and several valuable ideas came out of it. Attendees were very interested in the idea of training staff associates to be receptive to meeting the needs of an aging consumer base, and the District is working on developing an age-friendly sign that merchants can display in their windows. Our initiative has been adopted by the DC government as a pilot project to be replicated through the city.

So, March is an exciting month for the Village, and I hope to see every one of you at the Silent Auction: March 28, 6:30-9:30 pm at the Woman's National Democratic Club, 1526 New Hampshire Avenue, NW. Tickets and registration information can be found on our website: www.dupontcirclevillage.org. ■



MONTHLY Calendar

Soup Salon

Sunday, March 16, 6:00-8:00 pm

Enjoy a stimulating evening with Serge Seiden, Producing Artistic Director of Studio Theater, at the home of Caroline Mindel, 1760 Swann Street, NW. Mr. Seiden is the producer of this season's hit play, "Tribes," and most recently directed "The Apply Family Plays," which also garnered rave reviews. RSVP to Linda Harsh at lindajkh@mac.com, or call 202/234-2567.

Washington Stage Guild

Sunday, March 16, Matinee

See the first two parts of Shaw's five-part masterpiece, "Back to Methuselah." The remaining parts will be produced in subsequent seasons. For discounted tickets, send a check for \$20 made out to Footlights and mail to Robin Larkin, 5800 Nicholson Lane, #107, Rockville, MD 20852. For further information, contact Dorothy Marschak at dmarschak@chime-dc.org or 202/232-8764.

Dining in Dupont

**Tuesday, March 18
12:00-2:00 pm**

Experience the delights of French cooking at Bistro Bistro, 1727 Connecticut Avenue, NW, for \$20 including tax and tip. RSVP to Kathy Cardille at kcardille@gmail.com by March 14. Because the total amount must be sent to the restaurant on March 14, if you cancel at the last minute, you will have to pay.

DCV Writer's Coffee

Thursday, March 20, 11:00 am

Whether you are an old hand with dozens of published pieces or new at this effort, come see what the "Spark" is all about and talk about ideas, completed pieces and publication in a friendly environment at Glen's Garden Market, 20th and S Street, NW. Contact Kathy Cardille at kcardille@gmail.com.

continued on next page

Good in Theory

---Bernice Hutchinson,
Executive Director

The Winter 2013-2014 edition of *Generations*, the Journal of the American Society of Aging, includes an article, "Is the Senior Center Here to Stay?", written by Sandy Markwood, CEO of the National Association of Area Agencies on Aging. The article reminds us that the 70th anniversary of the nation's first senior center came and went last year with very little fanfare. This raises the central question that looms large among aging experts, anthropologists and community planners in a nation that is experiencing a steady growth in the aging population: Is there room or need for the community senior center in the future?

The William Hodson Community Center was opened in New York City in 1943 as a focal point for social engagement, intellectual nourishment, physical activity and a way to locate essential supports and services. At the time, it was celebrated as a new concept of a publicly funded community center designed to address the needs of older adults. From this start came a movement that would grow to more than 16,000 senior centers nationwide by 2006. However, with the passage of time, the more recent generations of seniors have not flocked to the centers. Those who operate senior centers are trying to determine why interest has decreased, while also mounting efforts to modernize and make the centers attractive and relevant again.

This takes me to a cold crisp winter morning in New York City, more than a decade ago. I traveled there to visit a McDonald's in the heart of Manhattan. I was told that here I would find a movement emerging, one that could potentially rock the foundation of the senior-center phenomenon. As I walked through the doors flanked with the golden arches, I found a bustling crowd of older adults in a corner having coffee and conversation. They were curious, happy and definitely engaged. The sparks of energy were like pistons firing. The McDonald's created a corner for this growing crowd, and it became so popular that, at its peak, people would stand on

line to get a seat. Media coverage soon followed. It's a true story, I witnessed it. I stood there, asking myself, is this what I traveled to New York to find? What should I make of this?

I would tell this story of my trip to the Manhattan McDonald's for many years to come, from coast to coast. Audiences of university students to aging professionals from Florida to Hawaii were always amazed to discover that connectedness always finds a way. Yes, people need food, clothing and shelter; it's true. But we also need to look into the eyes of our peers and get that familiar vibe. It's a sense of knowing. Peers validate common experiences of love, loss, maturing and, yes, aging. We gravitate toward and build important structures around things that make it possible to celebrate connections.

As the experts wrestle with the notion of painting the senior center walls with a hip new coat of paint, I say worry less about the walls. New generations of older adults are leading the way and finding new venues and even social media to connect. Boomers are choosing social engagement, intellectual nourishment, physical activity and a way to get essential supports and services when needed, the same reasons why people flocked to senior centers in 1943. Hmmm, the article on page 40 of that *Generations* journal looks kind of interesting; it's about community building through Villages. I think I'll read it next. ■



**The 4th Annual
Silent Auction**

For more information: 202-436-5252 • www.dupontcirclevillage.org

Dupont Circle Village is a nonprofit organization dedicated to helping neighbors remain independent in their homes as they age.

Calendar, continued from page 2

Live & Learn:

Nutrition and Cooking for Singles

Monday, March 24

3:30-5:00 pm

Katherine Tallmadge, President of the DC Metro Area Dietetic Association, former Chair of the Board of Nutrition and Dietetics of the District of Columbia and past national spokesperson for the Academy of Nutrition and Dietetics, will discuss how to prepare tasty, nutritious food, how to tailor recipes for one person and many more aspects of eating well. St. Thomas Church, 1772 Church Street, NW. RSVP Linda Harsh at lindajkh@mac.com or 202/234-2567. Free for Village members; \$10 for others.

Spring Into Auction

Friday, March 28, 6:30-9:30 pm

The 4th Annual Silent Auction will be held at the Woman's National Democratic Club, 1526 New Hampshire Ave, NW. Please sign up at the DCV website: www.dupontcirclevillage.org

Yousuf Karsh Exhibit, Part II

National Portrait Gallery

Tuesday, May 13, 11:30 am

Docent Liane Lunden will guide the second part of this exhibit of Karsh's iconic photographs of distinguished Americans in business, medicine, entertainment, politics and the arts. RSVP Kathy Cardille at kcardille@gmail.com. ■

Broadening the Vista of Volunteering

---Garry Hutchinson, Volunteer Coordinator

In the many discussions regarding why the Village phenomenon has taken off locally and nation-wide, volunteerism arises as a major explanation. Volunteering gives you a sense of meaning, the feeling that you are not only more than self, but also a deeply engaged and contributing member of a wider community; that is, someone committed to individuals outside of yourself. Helping out our neighbors is a core element defining Villages and their members.

Among the several significant ways Dupont Circle Village thrives is providing services directly to its members when volunteers fulfill requests. During winter storms or mishaps and illnesses, members of DCV hear the call of need and respond. Another significant, though perhaps less obvious, way is through time devoted to the organization itself – in terms of extending the breadth of event programming and otherwise supporting the Village infrastructure.

Over these last few months, the Village has not only heard the cry of member needs, but also the clarion call from those who want to volunteer in deeper and more diverse ways. This commitment to enriching the depth and breadth of DCV can be channeled in a number of ways: an Administrative Assistant (or assistants) who could order supplies, schedule meetings, maintain an office schedule, manage Senior Advantage and the Consumer Checkbook and run errands for the office; a Communications Coordinator who would develop media outlets, draft press releases, develop outreach materials and manage social media; and a Web Master who would manage the design and update of the website.

In essence, this is a volunteer request from the Volunteer Coordinator to the members, and not just member volunteers. As with all entities and organizations, the initial

impression of what is expected or needed matures. DCV is maturing and becoming more sophisticated in identifying what it requires as it continues to grow. Greater staffing will improve the quality and variety of the Village's social and learning events and the effectiveness of its fundraising and organizational operation, while raising our visibility in the broader community, locally, regionally and nationally.

Volunteering is not just a nice thing to do for your neighbor who needs a ride to a medical appointment, a walkway shoveled or companionship to slay the ennui of a mundane weekday. Volunteering may be the kind of redundant task (such as letter writing, paper filing, postal run or packet assembling) that reaps dividends of a monetary, emotional or prestigious nature. Volunteering may help you maintain your emotional and intellectual health because exercising those skills and abilities that served you professionally through a lifetime of achievement keeps you independent and involved. ■



Spring's Arrival

After this winter's polar vortex, spring's arrival on March 20th will be especially welcome – assuming it arrives in deed as well as word. Still, as Pablo Neruda wrote, "You can cut all the flowers but you cannot keep Spring from coming."

Will it land at your house?

The 4th Annual Dupont Circle Village Silent Auction

Friday, March 28, 2014 6:30pm - 9:30pm

Woman's National Democratic Club (1526 New Hampshire Avenue, NW)

Hundreds of extraordinary choices to bid on:

- **A week in a Paris apartment**
- **House in Edgartown:** A week in a beach house on Martha's Vineyard.
- DC eateries, jewelry, art, home items, fitness, beauty, and entertainment
- An evening of great food from Dupont Circle restaurants, cafes and speciality food stores.
- Featuring the **Some Like It Hot!** Swing Band

Ticket \$35 in advance (includes two free drinks),
\$45 at the door

Click here to buy tickets online now
www.dupontcirclevillage.org



Silver Peacock from Tabriz

The **4TH** Annual
Silent Auction



For more information: 202-436-5252 • www.dupontcirclevillage.org.

Pete Seeger Memorial Sing-Along

On February 15th, more than 65 Dupont Circle Villagers joined together with the Friends Meeting of Washington to celebrate the



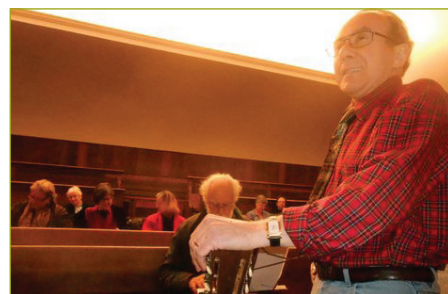
Jaclin Marlin and Michael Tanner warming up

life and legacy of American folk singer and activist **Pete Seeger**. As noted by **Abigail Wiebenson**, "this is the best of what we are about: hatching an idea, letting it grow, bringing together like-minded neighbors, telling stories and, of course, singing energetically about an era of American history we all witnessed – through this principled man, Pete Seeger."

Pete Seeger's career spanned several decades and included singing at labor rallies in the 1940s and 1950s, to civil rights and anti-Vietnam-war demonstrations in the 1960s and 1970s, to social and environmental activism almost up to his death. He used his music and celebrity to bring attention to and rally support for the key liberal movements of our time. He overcame the havoc wreaked by McCarthyism and proceeded to build a legacy of activism that stirred a nation and left many of us with fond memories of joining together to serve a common cause. At the Memorial Sing-Along, Villagers were joined by friends and neighbors of all ages in giving

thanks for the memories and perhaps creating some new ones in the process.

Many thanks to **Gillian Lindt** for coordinating the ad hoc committee that organized the event, **Susan and Bob Meehan**, who made arrangements for the space with the Friends Meeting of Washington, the talented musicians who led the group through an inspirational program of over 16 songs that Pete brought to the world and to the many Villagers and neighbors who contributed to this heartfelt commemoration. ■ SL



Frank Della Penna (foreground) and Dean Kauffman



left to right: Dean Kauffman, Michael Tanner, Jaclin Marlin and Frank Della Penna.



left to right: Georgette Sobel, Stephanie Ortoleva, Gillian Lindt

The One-Sentence Review

So sorry if you were missin' last night's program by Evgeny Kissin his Yiddish poetry reading and playin' may not happen here again.

(Dorothy Marschak on the Feb. 24th Kennedy Center/Pro Musica Hebraica concert)

The Monuments Men movie out now has it all: recovering stolen art, George Clooney, understandable story, perfect pace and World War II setting; what more could you want? (Kathy Cardille)

I am no opera buff, but *Moby Dick* is the best piece I have EVER seen at the Kennedy Center, and it made me weep. (Judy du Berrier)

(Email your reviews to the editors: sheila.lopez@verizon.net and bellarosenberg@verizon.net.)

In Memoriam: Julia Cuniberti

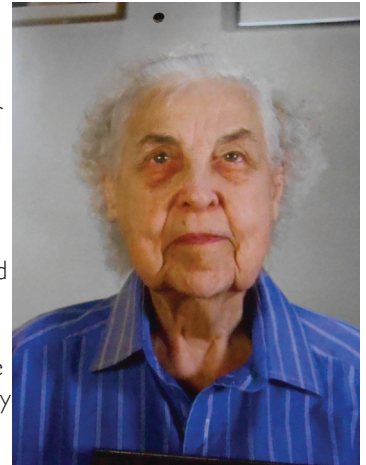
With the death of **Julia Cuniberti** on February 8, Dupont Circle Village marks the loss not only of one of its founding members and patrons, but also of a richly storied woman whose values, kindness, artistry and zestful approach to life inspired all who met her. As **Bernice Hutchinson** wrote, "Everyone loved Julia."

Born in Washington, Julia was educated both here and abroad and mastered many languages. She honed her passion and talent for art with studies in Mexico, Italy and our own Corcoran Gallery School of Art and built a career as an illustrator and graphics designer. Ever eager to serve and share her gifts, she also became an arts educator in the DC public schools, where she was renowned for her traveling puppet show and folding theater. **Dan Gamber** remembers that Julia was also "a superb calligrapher. I still have and use one of the name tags she made for me."

Running under the stream of Julia's deep involvement with art, music and theater was a bedrock commitment to improving her community and nation. As her family and friends noted, "She believed ardently in equal rights and opportunities for all people, and demonstrated it over the years in many ways." (Memorial, *The Washington Post*, March 2, 2014.)

One of the early ways in which she pursued those values was the stuff of legend. In 1944, when she graduated from Vassar and Hitler threatened to dominate the world, Julia was recruited by the Office of Strategic Services (OSS) and assigned to Secret Intelligence (SI). SI gathered intelligence from agents on the ground in neutral or enemy territory, and Julia's job was to set up files for SI cable traffic, route the intelligence as it came into Washington and "forget anything she read." Because of her intimate knowledge of Italy and its people, as well as her fluency in the language, she was assigned the Italian desk. (Elizabeth McIntosh, *Sisterhood of Spies: The Women of the OSS*, 1998.)

One day, she was reading a cable sent from partisan fighters outside Pavullo, in the mountainous area of the Apennines, where her family had a home, now occupied by her uncle and his family. The partisans reported that the Germans had moved into the area and set up headquarters and an observation post in La Bella Palazzina — Julia's family home. She could not tell anyone outside the OSS; worse, she had to supply information crucial for bombing her home. Mercifully, her family survived. The remainder of her OSS service may have been less harrowing but just as fascinating: posting to London and then to Wiesbaden and a number of other European cities to set up SI files, including, memorably, in a champagne factory.



Iris Molotsky fondly remembers hearing Julia's "vivid" depictions of growing up in Washington and the changes in Dupont Circle at DCV's first group dinner, when the then small band of members were just getting to know one another. "We knew we wanted to get to know her better, and, as we did, our admiration grew. Julia's contributions will always remain a part of the Village."

About a year ago, Julia suffered a fall and was laid up in the Washington house she had lived in for almost 60 years. Villagers rallied to her support, marveling at a "tenacity and iron will" that allowed her to "remain engaged in the city she loved so well," said Bernice. Julia's example and, of course, her stories — "so sweetly rendered," and filled with "charm and whimsy," **Garry Hutchinson** wrote during that time — continued to inspire DCV members and volunteers, including our youngest volunteers, **Alexandra Hutchinson** and **Teo Collin**, whose devotion to her was particularly avid.

Julia died in a rehabilitation center in Riverdale, NY, among family. Her DCV family will be forever grateful for her support and for the sheer pleasure of having known her. ■ BR

Women's History Month

The connections between and among women are the most feared, the most problematic, and the most potentially transforming force on the planet. Adrienne Rich

The emergence of Women's History Month in America is a marvelous example of the confluence of bottom-up and top-down leadership — and a reassuring

reminder that voice can indeed make a difference.

As recently as the 1970s, women's history was generally considered an arcane subject that was of interest almost only to niche scholars. To address its neglect in the public school curriculum, the Education Task Force of the Sonoma County (CA) Commission on the Status of Women initiated a Women's History Week celebration in 1978, choosing the week of March 8 in honor of the first

International Women's Day in 1911. And thus was a movement born.

Eager to fill the women's history gap in their curriculum, a number of school districts in California and elsewhere picked up on the idea. About a year later, national leaders of organizations for girls and women attending a conference heard about the success of the nascent Women's History Week efforts and decided to try it

continues on next page

Out & About with DCV

Cole Porter Project. A number of Villagers braved the rain and chilly afternoon on March 2 to attend the In Series' latest production, "The Cole Porter Project: It's All Right With Me." Nestled in a warm theater, listening to tunes we know the words to, made this a joyful occasion. The writers cleverly worked Washington landmarks into the production, so scenes were set in the Library of Congress, a 14th Street restaurant (not totally authentic because we could actually hear the diners speaking) and the National Building Museum. It was a de-lightful and de-lovely way to spend a rainy afternoon.



left: Ken Shuck, Carol Galaty, Gillian Lindt with Brigitte, Iris Molotsky, Eileen Reilley, Roberta Wasserman

Dinner in Marrakesh. Eight Villagers enjoyed a brief visit to Marrakesh, Morocco (vicariously of course), on a chilly February night. Dinner at the Marrakesh restaurant in Washington began with starters of soup, bread and a delicious dip. The main course was served family style, making it unnecessary to choose just one taste from the many exotic flavors of Morocco's cuisine. Mint tea and



photo by Sheila Lopez



The Marrakesh restaurant

oranges sprinkled with cinnamon and powdered sugar completed the dinner; the tea being served with Moroccan flair. Lively conversation and the pleasures of Moroccan cuisine made for a delightful evening.

(Thanks to contributors **Iris Molotsky** and **Lucy Cooney**.) ■

Women's History Month, continued from page 6

in their own organizations and communities. They also decided to work together to create a national Women's History Week. And they succeeded.

In February of 1980, President Jimmy Carter issued a presidential proclamation declaring the week of March 2-8, 1980, as National Women's History Week. The proclamation stated, "From the first settlers who came to our shores... men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America were as vital as that of the men whose names we know so well." President Carter then went on

to urge libraries, schools and community groups to focus their observances "on the leaders who struggled for equality – Susan B. Anthony, Sojourner Truth, Lucy Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul. Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people."

In 1981, responding to the growing grassroots popularity of Women's History Week, Senator Orrin Hatch and then Representative Barbara Mikulski co-sponsored the first Joint Congressional Resolution proclaiming a Women's History Week. Congress passed their resolution, and the week beginning March 7, 1982, was proclaimed "Women's History Week."

Throughout the next several years, Congress continued to pass joint resolutions designating a week in March as Women's History Week. As the idea gained even more traction, some schools and communities even began to proclaim a Women's History Month. By 1986, fourteen states had declared March as Women's History Month, and in 1987, after more grassroots lobbying, Congress declared March as National Women's History Month in perpetuity. Nonetheless, a special Presidential Proclamation has been issued every year designating the month of March as Women's History Month. (Sources: National Women's History Project; Wikipedia.) So take some time, sisters and brothers, to contemplate the past and present role of women in American life. ■ BR

February Soup Salon: Witness for Peace and Justice

"Every one of us has a story to tell," said **Eve Tetaz** at the beginning of her talk at the February 16 Soup Salon. True enough. But few people can tell a story that is marked by as much determination and the courage to live – and pay the price for -- one's convictions as Eve. As one of the most senior activists on behalf of peace and justice, both in terms of her age and her record of non-violent protest, Eve is well-known to the Capitol police and the courts, and, as she wryly observed, "can't keep count of the number of times I've been arrested or in jail."

A native of Chicago, Eve attended Columbia University's Teachers College and started teaching in New York's Harlem neighborhood. Love and then marriage to her French-born husband, **René**, who worked for the U.S. State Department, expanded her teaching horizon to France, Ghana, Thailand and Iran. René's illness brought the couple to DC, where Eve taught in the DC public schools, including Eastern and Dunbar high schools and numerous GED [high-school equivalency] programs.

Eve attributed her complete embrace of activism to two transformative experiences during the 1990s: teaching in DC, where she became acutely aware of "inequality in the justice system," and participating in a torture simulation at a demonstration she had been invited to when Witness for Torture brought an actual torture victim to her church.

This was not Eve's first demonstration – she'd been a Vietnam War protestor, for example – and far from her last. One particularly vivid story she told was about appearing at a Senate Foreign Relations subcommittee hearing in 2009 along with a few other protestors of the Iraq and Afghanistan wars. When then Senator John F. Kerry began to speak, Eve and a small group of other protestors threw blood-soaked dollar bills up in the air, shouting: "No more blood money! Stop the war!" She was arrested again.

Eve said that she has become friendly with many of the officers who have arrested her over time, and that her jail guards call her "grandma." She is especially warm about her fellow inmates: "They were wonderful to me."

Having spent more time than most with DC jail inmates, Eve has developed firm views about their high rate of recidivism. She attributed it to their lack of education, jobs and support systems, sadly observing that "jail was like a community support system for them." Her views about recidivism and the self-perpetuating nature of violence got a wide audience in 2010 when *The Washington Post* published her letter on the subject.

Non-fiction is not Eve's only form of writing. While insisting that her recently released book, *An Uncommon Tale*, is a novel, her tantalizing synopsis (a schoolteacher heroine, a French-born American love interest, Ghana, etc.), not to mention the twinkle in Eve's eye, suggests a thinly disguised autobiography. Spoiler alert: Reader, she married him.

How fitting, then, that the Soup Salon, so graciously hosted by **Janet and Norman Brown**, ended with **Ted Bracken** reading the epigraph of Eve's book, dedicated to her beloved late husband: "And tonight when I stand before God and bow low to him so that my forehead touches his footstool, the firmament, I will stand again proudly and show him that one pure possession which I have never ceased to cherish or to share with all - my panache." (Edmond Rostand, *Cyrano de Bergerac*) "To René, who wore his panache with elegance and grace."



left to right: Iris Molotsky, Susie Jones, Eve Tetaz, Ted Bracken, Peg Simpson, Lindsey Holaday (partially hidden)

As Villagers were draining the last drops of delicious soups provided by **Joan Ludlow** and **Lindsey Holaday**, munching on **Janet Brown's** delectable cookies and thanking **Linda Harsh** for organizing such a successful evening, Eve was already focused on her next mission. The next morning she would be off to Knoxville, TN, to protest at the court appearance of three fellow peace activists and friends who had been arrested for penetrating the Y-12 National Security Complex in Oak Ridge. As Dan Zak reported in the February 27, 2014, *Washington Post* ("Prophets and Loss," C1), Eve's friends were convicted and will go to jail. And Eve bore witness, again. ■ BR

MY ACHING FEET:

Understanding Foot Health

Dr. Michael S. Stempel, Director, Division of Podiatry, Department of Surgery, and Assistant Professor of Medicine and Surgery at George Washington University Medical Center, spoke to Villagers about common foot problems, their causes, symptoms and treatments at the February 24th Live and Learn at Heurich House.

Dr. Stempel opened his presentation by stating that foot pain is common but not normal. Further, misconceptions and misdiagnoses abound, and problems are often exacerbated by delayed treatment that wastes time and money. Foot health is integral to overall health. It is important to remain active in order to maintain good health, and it is difficult to sustain an active, healthy lifestyle if your feet hurt. An active lifestyle requires mobility, i.e., the ability to propel our bodies forward in activities such as walking and running. This is what makes us human. Without mobility, we would be living on a different plane and experiencing the world from a different perspective.

Because feet have 26 bones, 33 joints and over 100 ligaments, they are prime candidates for pain. Among the most common

causes of foot pain are bunions, hammer-toes, corns and calluses, Morton's Neuroma, Plantar Fasciitis, arthritis and trauma-induced injuries.

Shoes are a major contributor to all causes of foot pain; in fact, they could be said to keep podiatrists in business. Shoes can accentuate bone deformities such as bunions, interfere with alignment that might aggravate Plantar's Fasciitis, exacerbate corns and calluses and contribute to other foot problems. Weight also can be a contributor to foot pain because our bodies are not designed to carry excessive weight. Arthritis in foot joints is painful in itself, can contribute to other foot problems and may in fact present as pain in another area of the body, such as the back. Hypermobility of the arch (flat feet) is also a common contributor to many foot problems.

There are several treatments that may alleviate foot pain. They include change of shoes, orthotics (custom arch supports), anti-inflammatories (e.g., cortisone injections) and surgery. However, foot anatomy is complex, and because one particular problem is often caused or exacerbated by another, treatment must be individually prescribed for each case. One caveat for treatment of foot pain: If the problem is caused by a specific medical condition, then Medicare may cover the cost, but most treatments are not covered by Medicare.

Q: How effective is surgery?

A: Results vary, but if performed cor-

rectly, satisfaction is generally high. Surgery has seen many changes in recent years, and technology has finally caught up with surgical procedures. We now have greatly improved hardware, such as titanium and ultra-small, stainless steel screws, that hold bone in place. Because of recent surgical innovations, patients heal faster and are able to resume normal activities much sooner than in the past.

Q: Can exercising the foot help to relieve pain?

A: There are some yoga exercises -- specifically, balance-related poses -- that are quite good for foot alignment and pain relief. Balance and gait, while not directly associated with foot pain, should be considered.

Q: Are over-the-counter products and orthotics helpful?

A: Usually not. One exception may be Superfeet, an over-the-counter arch support that has been helpful for some people.

Q: Are pedicures helpful?

A: Sometimes they are; sometimes not. ■
SL



Kudos this month to the Silent Auction Celeb Salon Committee: **Peg Simpson, Jane Pierson, Georgette Sobel and Jane Cave.** They were given an impossible task to get a minimum of 10 notables lined up in less than a month. Not only did they accomplish the impossible, they also surpassed their goal, coming up with 11 stars. This fundraiser, one of our most important, is vital to the Village's future, and we commend them for a super outcome. (See the President's Letter for a list of the celebs.)



---Judy duBerrier

It's time to pause and take stock. Writing this column for several years, I have received a number of compliments (blush) and even more complaints and/or suggestions for change. Keep them coming! I really want to know what you think, especially what kind of recipes you want to see in the future. Meanwhile, here is what I have heard so far, in order of frequency:

I don't want to cook unless it is super easy, takes little time and has very few ingredients.

I will continue to make every effort to honor this oft-repeated request. One way is pointing out ingredients that are optional. You may lose some of the depth of flavor, but you can make that choice. I will also be featuring more fresh, ready-made food from Trader Joe's and Whole Foods with suggestions to enhance them. Where I draw the line is at processed packaged foods (like macaroni and cheese). These products are very bad for you. You might as well go with a Big Mac and an extra-large order of fries.

I live alone and don't want a lot of food left over or the guilt of throwing it out.

I will include pared-down recipes when possible or provide more information about which foods freeze well (and for how long) and how to reheat. In the meantime, please invest in a set of stackable, multi-sized plastic containers, such as the ones for \$4.50 at Harris Teeter.

I don't want the mess and bother of dirty pans and bowls. Let's see more one-pot meals and preparation short-cuts.

Me, too: Love to cook; hate cleaning up. I will be sharing lots of tips I have learned in this regard. Note: One unnamed Villager

told me he eats right from the skillet to avoid washing another dish. Now there's an interesting short-cut!

My doctor has me on a low-fat (or low-cal or low-carb) diet. Please offer more substitutions of good ingredients for bad ones.

I hear you. I have been experimenting for several years with subbing, most successfully with Greek yogurt for mayo/cream/etc., herbs instead of salt, beans in place of meat and much more. The trick is to end up with a dish that actually tastes good.

I am on a fairly tight budget. Give me recipes that don't cost a lot.

Will do. In fact, I thought it would be fun to feature \$10 dinner ideas. This will include appetizer, main course and fruit or simple dessert for two or more.

I would like more ideas for easy, company-worthy meals, with a special emphasis on do-ahead dishes.

Understood, and I'm in total agreement. Beware the Harried Hostess Syndrome. I was at a friend's house recently. She was in the kitchen or dashing madly back and forth the entire time. The rest of us were denied her company and uncomfortable because she looked stressed. At one point I thought, "Please, let's order pizza!"

Here's my second favorite Villager comment: ***You are lucky. You obviously don't even like unhealthy food.***

I wish. To name just a few of my guilty pleasures: bacon, fried green tomatoes, Fritos, all carbs, wine. The list goes on. I just don't indulge as often, and when I do, I am aware I have to make a choice: Accept the lovely new blob somewhere on my midsection (ahem) or do dietary penance for awhile. I've been known to take either road.

And here is my favorite comment: ***I detest most veggies and would rather die than eat a slimy piece of tofu. I sure do wish you would write an UN-healthy cooking column!***

And I wish we were all blessed with racing metabolism, rock-hard abs and 25-year old arteries to absorb all this unhealthiness. Truth is, we need to protect what we have. Besides, it is very easy to find recipes packed with butter and cream (think Paula Deen, for example), whereas it takes a Village to cull out tasty, satisfying, good food (slimy tofu notwithstanding). Everyone has at least one good recipe or tip in his or her arsenal. Give it up, Villagers!

The reasons offered by Villagers for not sharing recipes are: (a) It is really simple, not a real recipe; (b) I'm not even sure of the exact measurements; (c) most of my recipes come from the internet or cookbooks; and (d) what if they don't like it?

Simple is exactly what we are looking for -- see the top item for the top request. It does not matter about exact ingredients. I will recreate the dish and give approximate amounts. It also doesn't matter if some don't like it. Others will. It does not matter where you find a recipe. Since no one person can try out the millions of culinary variations available, we would all appreciate learning about the winner you unearthed -- even better if you or your Aunt Minnie invented it. If you don't want your name used, it is fine. I have actually published quite a few anonymous recipes already; I just didn't identify them as such. So, I'm looking forward to hearing from you. ■

Comments/Questions:
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---Judy Silberman,
Yoga Master



There are many ways to use an old tennis ball to stretch and relax. Here is one we'll call ABC's for Sexy Shoulders.

Lie on the floor with back flat, knees up, feet slightly more than hip-width apart. (You could even do this on your mattress.) Extend your right arm at shoulder level, and place the tennis ball left of the shoulder blade. Put left arm back to floor on left side. Use your right shoulder to make circles, squares, or triangles clockwise and then counter-clockwise. Move the ball to the other side. Alternatively, and for a challenge, try forming the letters of the alphabet on each side. ■

Where Are They?



Alaire and Lex Rieffel are recently back from Cambodia, where Lex had a consulting/teaching gig for three weeks, and Delhi, India, where they visited with friends from Lex's Peace Corps days. Side trips included Sihanoukville, Angkor Wat and Jaipur, with its peacocks, camels and elephants. It's easy to see why Alaire wrote: "Sigh! It's sad to have it over!"



Angkor Wat

Abigail Wiebenson is just back from Zurich, Switzerland, where she has a son and his family, and Tenerife, one of the Canary Islands, which she described as having "great warm beaches and spectacular mountain terrain." She also proudly reports picking fruit and going horseback riding.

Villagers should keep a photo handy of **Carol Galaty and Ken Shuck** because they



Tenerife

have a whole lot of travel coming up. Later this month, it's San Francisco. Around mid-April, Carol will be taking her grandson to the Galapagos Islands for his birthday, while Ken will go to Columbia, South America, with daughter, son-in-law and granddaughter. At the end of April, it's California again for Carol's 50th college reunion, followed by visits to family in Santa Barbara, Seattle and Vancouver/Hornby Island. Next up is a train ride through the Rockies, with stops for hiking along the way. (Keeping up? We're now at the end of May.) In mid-June, it's off again for two weeks, this time to Geneva, Switzerland, for Carol's high-school reunion and then to Sweden for a family reunion. California is on the schedule again in October, for a family wedding and then hiking in Sequoia National Park. ■ SL & BR



Galapagos Islands

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