



DUPONT CIRCLE Village

Shattering the Stereotype

Adams Morgan • Dupont Circle • Kalorama

“In spite of decoys, jolts, and ruts, you have continued to plod like a horse drawing a cart.”

— *Don Quixote* by Miguel de Cervantes

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Welcome New Members!

Karen Schneider
Stanley Schwartz

Never Too Late: Lessons from Grandma Gatewood

In 1955, Emma "Grandma" Gatewood did something most people half her age would hesitate to attempt. At 67, she quietly left her Ohio home, told her family she was "going for a walk," and set out alone to hike the entire Appalachian Trail — more than 2,000 miles from Georgia to Maine.

By Eva M Lucero

She was not an experienced backpacker. She carried no fancy gear. Her supplies fit into a homemade denim sack slung over one shoulder. She wore canvas sneakers instead of hiking boots and used a simple shower curtain for rain protection. By every modern standard, she was wildly under-equipped.

And she finished.

Gatewood became the first woman to solo thru-hike the Appalachian Trail. Then, just to make the rest of us reconsider our life choices, she did it again in 1957 — and again in 1964 at age 76.

But what makes her story endure is not just the mileage. It is the message.

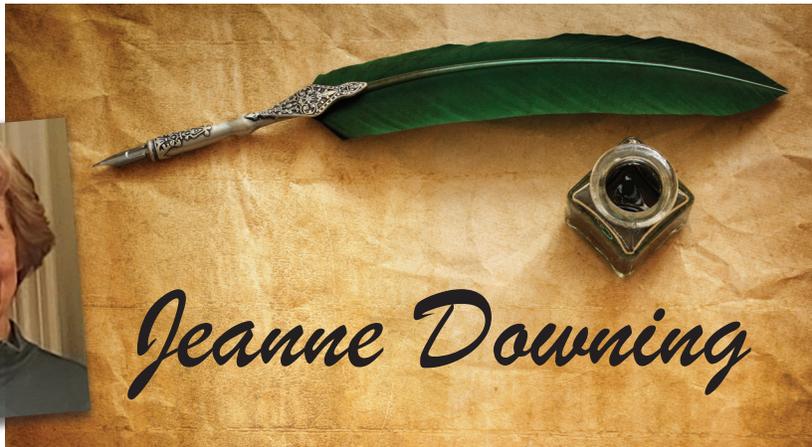


Grandma Gatewood did not begin this journey as a lifelong adventurer. She was a farm wife and mother of eleven who had endured years of hardship and domestic abuse. When she finally stepped onto the trail, she was not chasing records. She was claiming freedom, healing, and possibility.

Her walk reminds us of something powerful and deeply hopeful: reinvention has no expiration date.

For older adults especially, her story pushes back against the quiet cultural

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Writing Our Obituaries

As a younger person, I had little interest in obituaries. Now, as I “stare down the last quarter” of my life, reading about others’ lives—some extraordinary, some quiet—makes me ask: *How will I look back at my own?*

The “hospice blue book,” *Gone From My Sight: The Dying Experience* by Barbara Karnes, notes that people who are dying often engage in a “life review”—a normal psychological and spiritual process of seeking meaning, closure, and peace by reflecting on the arc of their lives.

Obituaries are a public version of that review. They invite us to ask the same questions as we imagine our own ending—and the story that might be told about us.

How do I want to be remembered?

I ask myself: If this is the only thing a stranger ever reads about me, what do I want them to know? That question shapes what to include, what to leave out, and how to begin.

Sometimes the opening line is a sharp fact: *“She was the first woman to...”* Other times, it’s an image or anecdote that captures the person’s essence.

One retired professor, on his deathbed, asked his daughter to send postcards to 100 friends, colleagues, and former

students. Each card read: *“If you’re reading this, I’m dead—and I really liked you.”* (Washington Post, “The Optimist”)

What kind of life did I live?

What made me noteworthy—through accomplishments, character, quirks, joys, losses, or tragedies?

Writing the story of a life requires accuracy, but also empathy and an ear for language. Obituary writers often describe modern obituaries as miniature biographies, meant to capture not just what a person did, but who they were and why they mattered.

In a Provincetown newspaper, writer Michael Cunningham described a beloved community member this way: *“Pauline was wry and funny and generous. She had a presence... she emanated more personal force than most of us do.”*

In the *New York Times* “Overlooked” series, Cordell Jackson was remembered as a woman who refused to let sexism push her out of rock ‘n’ roll. Instead, she launched her own record label and played blistering guitar solos well into her 80s.

How we tell the story of our own life is difficult. As we sift through our memories—reckoning with the highs

and lows—what meaning will we find? What themes will emerge? What will we decide mattered most?

How do I want others to remember me?

When someone dies, stories often pour out in a way they rarely do while the person is alive. Family and friends begin to reveal what that person meant, what they witnessed, and what they will miss.

Thirty-five-year-old Tracy, a beloved resident of Wellfleet, suffered a traumatic brain injury in a car accident and spent the rest of her life in a wheelchair. After her death, her family shared her story with the local Provincetown newspaper. According to her brother:

“She was pretty fearless. On August 12, Tracy rode her wheelchair to New Bedford Harbor. And pushing herself free from her constraints, she went into the water.” Her family explained that she chose to end her life that way, and the decision—however painful—reflected something essential about who she was.

Obituaries also force an ethical question: What do we do with the complicated parts of a life? What if the story includes addiction, estrangement, or harm? A family in western Pennsylvania told the story of a beloved family member who lived a wonderful life full of accomplishments until—in old age—painkillers drove him to addiction. The family wanted that fact left in the obituary in case it might help someone else.

In the end

Reading obituaries is less about death than it is about living. They quietly ask: What kind of story am I writing now, while I still can?

March Calendar

Visit the DCV website [calendar](#) to find further information for each event listed below.

REGISTER Online, or at admin@dupontcirclevillage.net, or contact DCV Office at (202) 436-5252

DCV House Concert

Sunday, March 8th, 2:00 — 4:00 pm

Location: Sarah Burger's Home

Registration Deadline: March 5th

Contacts: patricia.baranek@yahoo.com, 202-812-4854
mbuhler@aol.com, (202) 302-1667

Home Social Hour — Klick

Monday, March 9th, 4:30 — 6:00 pm

Location: Home of Marie Astride Klick

Registration Deadline: March 6th

Contact: desklick@att.net, (301) 294-1078)

Home Social Hour — Wiebenson

Monday, March 9th, 5:00 — 6:30 pm

Location: Home of Abigail Wiebenson

Registration Deadline: March 6th

Contact: abigailwiebenson@gmail.com
202-492-7086

Alice Day Film and Talk: *Alice Day Film and Talk: Scarred Lands and Wounded Lives: The Environmental Footprint of War*

Wednesday, March 11th, 2:00 — 4:00 pm

Locations: Friends Meeting Living Room
2111 Decatur Pl NW

Registration Deadline: March 10th

Contact: bmerricks@msn.com, (202) 328-0746

Happy Hour — Jack Rose Dining Saloon (1 of 2)

Wednesday, March 11th, 5:00— 6:30 pm

Location: 2007 18th Street

Registration Deadline: March 10th

Contact: Sjliberto@gmail.com, (607) 372-2881

Happy Hour — The Step-Childe Harold (2 of 2)

Wednesday, March 11th, 5:00 — 7:00 pm

Location: 1610 20th Street, NW

Registration Deadline: March 10th

Contact: viernesbarb@yahoo.com, (202) 841-0695

Beer Sampling — before St. Paddy's Day

Friday, March 13th, 5:00 — 7:00 pm

Location: DCV Office, 2121 Decatur Pl NW

Registration Deadline: March 12th

Contact: spydupont@aol.com, (202) 486-6226



Pi Day Celebration — FREE slice of homemade pie!

Saturday, March 14th, 12:00 — 2:30 pm

Location: DCV Office, 2121 Decatur Pl NW

Registration Deadline: March 11th

Contacts: mlheppel@gmail.com, (856) 332-0916 or
spydupont@aol.com, (202) 486-6226

Saturday Movie Matinee: Hidden Figures

Saturday, March 14th, 3:00 — 5:00 pm

Registration Deadline: March 13th

Location: DCV Office, 2121 Decatur Pl NW

Contact: mlheppel@gmail.com, (856) 332-0916

Sunday Soup Salon — Mindel & Lewis

Sunday, March 15th, 5:30 - 7:00 pm

Registration Deadline: March 12th

Location: Home of Caroline Mindel and Lynne Lewis

Contacts: lynnlewis940@gmail.com, (202) 365-7055
carolinejmindel@gmail.com, (202) 271-1760

LGBTQ Friends Group Gathering: St. Patrick's Day Luncheon

Tuesday, March 17th, 12:00 — 2:00 pm

Location: Annie's Paramount Steakhouse
1609 17th St NW

Registration Deadline: March 14th

Contact: tmsndc@gmail.com or (202) 487-5266

LGBTQ Friends for a Brown-Bag Lunch Discussion: *Let's Talk: Is there a "Masculinity Crisis"?*

Wednesday, March 18th, 12:30 — 2:00 pm

Location: DCV Office, 2121 Decatur Pl NW

Registration Deadline: March 17th

Contacts: pmmccarter@aol.com or (202) 304-2237
jonp@verizon.net or (202) 297-2877

Home Social Hour — Nielsen & Schwarz

Wednesday, March 18th, 4:00 pm — 6:00 pm

Location: Home of Geri Nielsen's

Registration Deadline: March 17th

Contacts: gerirose@aol.com or (202) 258-1259
ds4744@gmail.com or (202) 328-6544

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March Calendar

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Tour — F Street House (Established in 1849)

Thursday, March 19th, 11:00 am — 12:00 pm
Location: 1925 F Street NW.
Registration Deadline: March 18th
Contact: bmerricks@msn.com or (202) 288-8743

Home Social Hour — Rocha

Thursday, March 26, 2026, 4:30 pm — 6:00 pm
Location: Home of Nancy Rocha
Registration Deadline: March 23rd
Contact: nancyrocha@earthlink.net or (202) 468-0707

Tour of Murals at Cohen Federal Building

Thursday, March 26th, 11:30 am — 12:30 pm
Location: William J. Cohen Federal Building
330 Independence Ave SW
Registration Deadline: March 25th
Contact: mvwheeler@verizon.net or (202) 744-5006

Film Noir

Saturday, March 28th, 2:00 — 4:00 pm
Registration Deadline: March 27th
Location: DCV Office, 2121 Decatur Pl NW
Contact: patricia.baranek@yahoo.com
(202) 812-4854

MONTHLY EVENTS

Men's Book Group

Monday, March 9th, 11:00 am
Location: 2121 Decatur Place NW
Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Navigating the Path Ahead

Tuesday, March 10th, 3:30 — 4:30 pm
Location: Virtual
RSVP: Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Mystery Book Group

Friday, March 27, 3:30 — 4:30 pm
Location: Virtual
RSVP: Register Now online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

RECURRING EVENTS

Tai Chi for Arthritis and Fall Prevention

Tuesdays, 2:00 pm and 3:30 pm
Location: DCV Office
Limit: 8
RSVP: Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Online Meditation

Mondays and Thursdays, 9:00 — 9:30 am
Location: Virtual
RSVP: Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Chair Yoga

Tuesdays, 10:30 — 11:30 am
Location: Virtual
RSVP: Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Accessible Mat Yoga

Mondays, 3:30 pm — 4:30 pm
Location: Virtual
RSVP: Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Coffee and Conversation

Thursdays, 10:00 — 11:00 am
Location: Annie's Paramount Steak House
1609 17th Street, NW
RSVP: Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Bridge Group

Thursdays, 1:30 — 3:30 pm
Location: DCV Office — enter at 2111 Decatur Pl NW
RSVP: Register online DCV Office
admin@dupontcirclevillage.net or (202) 436-5252

Mahjong

Thursdays, 2:00 — 4:00 pm
Location: hosted live by Bobbi Milman
RSVP: rmilman@comcast.net or (202) 667-0245

Knitting Group

Every Thursday, 4:00 pm
Location: Online and in the DCV Office
RSVP: Sheila Lopez at sheilablopez@gmail.com

Dupont Circle Walking Group

Every Monday, Wednesday, Friday
8:30 am (Winter/Fall) — Starting October 13th
8:00 am (Spring/Summer)
Location: meet at the fountain in Dupont Circle

Adams Morgan Walking Group

Every Tuesday, Thursday at 8:00 am
Meet at northwest corner of Kalorama and Columbia
that borders Kalorama Park



When it Comes to Your Health and Wellbeing – You Are the Expert

By Meaghan McMahon and Lee Reed (DCV Case Management Team)

In last month's article, Lee Reed, R.N. DCV's Healthcare Navigator and Meaghan McMahon, LGSW, DCV's Social Worker created a fictional case study to show how a DCV member directs their own healthcare with help from DCV's nursing and social services.

Lee and Meaghan actively use a person-directed model of care to support members. This means that every DCV member is offered both resources and information to help them make their own decisions when it comes to the type and direction of care they want to receive.

The culture change movement in healthcare challenges the traditional medical model of care in which

professional specialties like nurses, geriatric nursing assistants, physical therapists, and healthcare providers make the final decisions when it comes to a person's health. With culture change, a person-directed model means, "...all decisions belong in the hands of the person receiving the care." (<https://culturechange.org/2018/11/person-centered-care-person-directed-care/>)

How can you make sure that healthcare professionals respect you as the expert regarding your health and wellbeing?

- Clearly document healthcare choices — including your financial and healthcare powers of attorney.
- Have in writing the types of

life-sustaining treatment you do and do not want if a time comes when you can no longer voice these preferences.

- Share an up-to-date list of your medications and allergies.
- If you are spending time in an assisted living or nursing home community, communicate to staff how you want to be addressed, what activities you enjoy, the cultural and religious values you hold that should be respected and your preferences in how your day is scheduled.

If you are interested in learning how DCV can support you, please contact Eva to be connected to our nursing and social services team.

Never Too Late: Lessons from Grandma Gatewood

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script that says adventure belongs to the young, that growth slows with age, that big firsts are behind us. Gatewood proved the opposite. Sometimes the boldest chapters begin after the world assumes you are finished writing.

Today, lightweight backpackers consider her a pioneer. Trail historians credit her with helping spark national interest in the Appalachian Trail. But perhaps her greatest legacy is simpler and more personal.

It is never too late to try something new.

Never too late to begin again.

Never too late to take your own version of a very long walk.

And thankfully, most of us can start with better shoes.

**Dupont Circle Village
Cinco de Mayo Gala**
Friday, May 1, 2026
**Friends Meeting of
Washington**
2111 Decatur Place NW
6 pm - 9 pm



MEDICAL NOTETAKING: Advocating for Others or Yourself at Medical Appointments

By Phyllis Kimmel

Have you ever felt rushed at a doctor's office? Have you ever gotten home from an appointment and realized you still had questions for your doctor? If so, you are not alone.

Michele Kirby, LICSW and Malika Moore, LICSW, with *Aging & Amazing* (a care management group), have developed a training on **Medical Notetaking**, chock-full of useful pointers on how to navigate medical appointments. The Aging & Amazing team brought their training to DCV on February 6; some practical tips are summarized below. This advice can be used if you are a volunteer helping a Village member, a caregiver helping a loved one, or if you are your own advocate at medical appointments.

Before the Appointment: Be prepared for your appointment. Bring a list of your current medications (including vitamins and supplements), any recent symptoms, and a list of questions you want the doctor or nurse to answer. You may want to send questions to your provider through your medical portal ahead of time so they have time to think about them; if so, do so a few days in advance to make sure they see them in time.

If you are accompanying someone else to an appointment, find out how you can best support them—do they want you to just listen and take notes? Do they want you to pipe up and ask questions? Discuss ahead of time their goals for the appointment.

During the Appointment: This is the hard part, because doctors these days are often rushing to get to the next patient. And you may be hit with information overload. Particularly when dealing with a difficult diagnosis, it can be overwhelming to gather your thoughts, ask all your questions, let alone remember what the doctor's answers were.

Michele and Malika recommend active listening techniques while at the appointment. Some dos and don'ts:

- Make eye contact.
- Don't be shy about asking clarifying questions if you did not hear or understand something--but ask kindly.
- Repeat back what you think you heard in your own words to make sure you understand.

- Pay full attention.
- Don't interrupt.
- Don't look down at your phone (unless you are using it to take notes, in which case, let the doctor know, so they don't think you're just checking Facebook!).

When taking notes, try to write down what the doctor says in their own words. Include vitals, symptoms discussed, and questions the doctor asked you. Depending on your personal preference, you may want to take notes the old fashioned-way, with pen and paper. If so, keep all of your notes in one dedicated notebook, rather than on individual scraps of paper. Or, you can use an iPad, your laptop or your phone; just make sure your device is fully charged before your appointment.

You may wish to record the appointment—**but with permission**. Although recording without permission may not be unlawful in DC, individual medical facilities may have their own rules about audio or video recording. And doing so without asking first can damage the trust of the patient-doctor relationship. There are pros and cons to recording. While recording ensures you don't miss anything, it could put your doctor on guard, who might speak less freely. Use your best judgement in these situations.

Before ending the appointment, confirm the next steps, such as any future appointments, lab tests that need to be scheduled, or prescriptions to pick up.

After the Appointment: If you accompanied someone to the appointment, don't underestimate the power of silence immediately after. The patient may need some time to decompress. As soon as possible, review and organize your notes, highlight time-sensitive next steps, and put any future appointments in your calendar. If helping someone else, be mindful of protecting the confidentiality of the notes.

If you have an upcoming appointment and want someone to accompany you for moral support or notetaking, don't be afraid to ask for help: that's what the Village is here for!

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Book Corner

By Anna Greenberg

Before I retired, it was hard to find time to sit down with a good book. Now that I have more free hours to fill, reading has become one of my favorite ways to escape into another world. I tend to gravitate toward popular fiction and mystery thrillers. I usually browse online book sales or take a walk down Q Street to check the outdoor book library box for something new.

I'd like to recommend two books that I especially enjoyed. The first is *We Solve Murders* by Richard Osman, the author of the Thursday Murder Club series. It's described as a story "about a murder and a bag of money that lead to a global chase to outsmart a killer," and Osman's signature humor shines throughout.

The second is *The Book of Lost Names* by Kristin Harmel. This historical novel, inspired by a true story set during World War II, is based on the life of a forger who helped Jewish children during the Holocaust. It's a moving and powerful read.

Although these two books are very different, each offers a unique and memorable reading experience.

I was also recently contacted by a friend who is a publisher,

and he recommended a new book being released on March 10. It's called *The Descendant* by Linda Stasi. The novel tells the story of an Italian immigrant family in the Wild West that may have inspired *The Godfather*.

Happy reading!

NSO Support

Been wondering how to best support the NSO and their musicians? We recently talked with NSO musicians about our concerns.

The NSO website offers simple, clear ways to ensure your \$ goes only to NSO players and performances, not the Kennedy Trump Center.

1. Go To CONCERTS – the price of your ticket goes to NSO performances and personnel, not the Kennedy Center;

2. Earmark any cash donations specifically for the NSO.

3. Join the "NSO CIRCLES" directing support to "orchestra

Kathy Price, Abigail Wiebenson, Jock Covey



Saints Paradise Cafeteria – "Great Soulfood at a Great Price!"

Reading the Washington Post the other day reminded me of a great spot from long ago, [Saints Paradise Cafeteria!](#) I had been a couple of times some years ago with a work friend but the article reminded me that I hadn't been there in a while. I have visited twice in the last month, most recently on a Friday to try their crab cakes!

Located in the basement of the United House of Prayer for All People at 601 M St. NW, the Cafeteria is wonderfully simple. Cash only, no website, open daily from 800 am – 500 pm. (There is an ATM if you are short of cash.) Walk through the cafeteria line like you probably did in high school, with various specials on various days of the week. An entree, a couple of sides, a piece of cornbread and a slice of homemade cake should cost you less than \$20. And, I bet you take home leftovers for a second meal! Super nice staff that have been working there for years!

Beyond the very good and very large crab cakes, I also recommend the fried chicken. My friend, Owen, has had the pork ribs twice and is ready for another visit for more! I think the best side is the macaroni and cheese with the sweet potatoes and green beans a close second and third.

Other highlights include fried whiting, meatloaf, pork chops, ribs, liver, fried shrimp and spaghetti. Every day they have a "Blue Plate Special" for \$9.99 with your choice of chicken leg, turkey wing, fried whiting, two sides and a drink.

Google gives it 4.6 stars with over 1000 reviews! Yelp gives it 4.1 stars with nearly 250 reviews!

– **Enjoy, Tom Carmody**

Out and About



▲ The DCV LGBTQ group hosted a post-Valentine's gathering full of community, laughter, and positive energy.



▲ Members enjoying one of the two monthly DCV happy hours at the Grill from Ipanema in Adams Morgan.



▲ DCV hosted its bi-annual new member gathering in January. New members are invited to meet staff, members of the board and the DCV case management team.

▲ In January, **Judith Neibrief** enjoyed exploring Baja, CA

Out and About



Members loved the exhibit “The Stars We Do Not See: Australian Indigenous Art” at the National Gallery of Art. The exhibit featured works of modern and contemporary Aboriginal and Torres Strait Island art.



18 Villagers weathered the cold and the elements to attend the February Soup Salon. A relevant discussion about medical ethics featuring Dr. Robert Olick.



Bill Kloss and Charles Timbrell at Forest Hills Senior Living received the gift of a beautiful lap robe made by DCV’s Knitting Group.

February Birthdays



Sheila Lopez hosted the February birthday celebration. L-R John VerSteeg, Nan Gibson, Eileen Tanner, Mary Wheeler and Arlene Lutenegger were honored.

Out and About



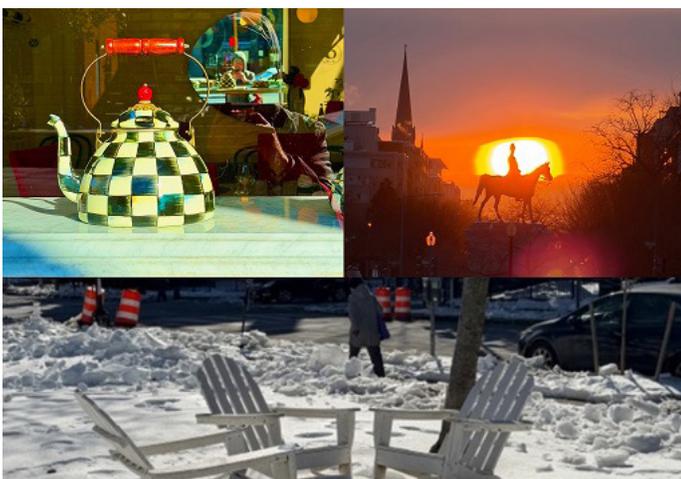
▲ On January 29, a small band of hearty Villagers braved snow, ice, and frigid temperatures to attend **Joan Treichel's** paranormal social. From left: **Barbara Sloan; Rosemary Winslow; Joan Treichel; Arlene Lutenegger; and Ceceile Richter.**



▲ **Sarah Burger** and **Leslie Sawin** hosted the DCV knitting group for a dinner on the anniversary of **Claire Wagner's** passing.



▲ **Nancy Turnbull** hosted members of the Dupont Circle (fountain) walking group for a delayed birthday for **Chris Hannah** and a congratulations to **Peggy Long** after passing her citizenship test. L-R **Judith Neibrief, Karen St John, Abigail Wiebenson, Chris Hannah, Judi Lambart, Dennis Houlihan, Peggy Long, Pat Black, and Mimi Conway.**



▲ **Jim Chamberlin** capturing various changes in the Dupont Circle neighborhood.

March Birthdays



A very happy birthday to all Villagers born in March!

Charles Ellis, Deb Mendelson, Rebecca Martin, Abigail Wiebenson, Pierre Wagner, Lynne Horning, Craig Howell, Jock Covey, Veronique Sarano, Doll Gordon, Phyllis Kimmel, Glenn Engelmann, Lois Berlin, David DeLeon, Mark Goldstein, Richard Fitz, Michael Tanner, Michele Teitelbaum, Caroline Mindel, Michelle Engelmann, Carol Galaty and Alan Lopez.



Out and About



State Fairs: Uniting us in the spirit of shared joy

◀ “State Fairs: Growing American Craft” at the Renwick Gallery is a groundbreaking exhibit, featuring show-stopping spectacles, from a life-size cow sculpted with 600 pounds of butter, to big Tex’s size 96 boots, to intricate quilts, to a pyramid of 700 plus glass jars of preserved fruits and vegetables and more. The first major exhibition to survey state fairs’ extraordinary and unconventional crafts from the 19th century to the present, it showcases more than 240 works by artists and 4-H clubs from 43 states and tribal nations. Here, **Joelle Michaud**, a Smithsonian docent and DCV member herself, explains the purpose of a fireplace companion to our group during a special tour.



◀ **Karen Schneider** shared photos from the State Fair exhibit at the Renwick Gallery.

DCV Commitment to Diversity, Equity, and Inclusion: Dupont Circle Village (DCV) is committed to being a diverse, equitable and inclusive organization. We condemn all forms of discrimination in our society. We aim to make our organization one that is open and welcoming to all. We recognize that the human experience comes in all colors, shapes, abilities, economic circumstances, ages, backgrounds, gender expressions and identities, and sexual orientations. We strive to celebrate these differences and recognize how they benefit our community. To this end, we will do what is necessary for us to grow as a community and as individuals who respect and care for one another.



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