



# DUPONT CIRCLE VILLAGE

## SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Life is a moderately good play with a badly written third act.”

— Truman Capote

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### Welcome New Members!

Steven W. Winegardner

## Kafka and the Traveling Doll—Life Lessons Through Storytelling

Life in times of a pandemic inevitably bring about a sense of personal and collective loss. Our current situation with COVID-19 is no exception. We will all feel loss

in various forms. Its impact and the way it will reshape us and society remains to be seen, yet we must always remember that with any loss comes renewal.

By Eva M. Lucero,  
Executive Director

Below is a beautiful, healing story of gentle kindness and re-framing. For those who have experienced loss, in whatever form, this is a poignant read.

There are many versions of the story since the original, by Spanish writer, Jordi Sierra i Fabra, *Kafka y la Muñeca Viajera*, was published in 2007. The book won the National Award for Children's Literature in 2007.

The letters written to the child have been confirmed by Franz Kafka's companion, Dora Diamant. This is one abbreviated version of the story.

*Franz Kafka (1883–1924) the renowned Bohemian novelist and short story writer, is sick. At 40, he is terminally ill. He is living the last year of his life before tuberculosis kills him.*

*One day, while walking through a park in Berlin, he met a young girl who was crying because she had lost her favorite doll. She and Kafka*



*searched for the doll unsuccessfully.*

*Kafka offered to help her look for the doll and arranged to meet her the next day at the same spot. Unable to find the doll he composed a letter*

*Continued on page 2*

# President's Notes



In February when I announced that *Navigating the Future* would be this year's theme, I had a vastly different vision for our 2020 future. Who would have "thunk" we would be in such choppy waters? We have trimmed our sails, changed course and—WOW—we are doing pretty well!

I recently reviewed our program participation data and it appears that there are more members involved than before the pandemic. Connecting with each other is a good thing. During the last month, more activities

have been added, CelebSalons have started, and our committees are working hard to enhance our Village.

Our COVID19 Working Group, **Eva M. Lucero, Steve Kittrell, Sarah Burger, Richard Kaslow, Kathy Price, Abigail Wiebenson, Michael Gould, and Barbara Scott,** developed and recommend-

ed the original COVID19 guidance for our program management to the Board. Now, as the District of Columbia moves to Stage 1 Re-opening, we have new guidelines which offer safe, but expanded services. We are working to provide as many activities and as much support as possible always remembering that our members are in high risk groups. Some volunteer services such as grocery store and pharmacy pickups will resume, services such as handyman work is not available. We have sent detailed information to you and a copy of

the plan is on our website under COVID-19.

The Working Group and the Board continue to look at additional options and ways to serve you. You will receive more information as decisions are made. We welcome suggestions, please contact me at [president@dupontcirclevillage.net](mailto:president@dupontcirclevillage.net)

As we continue to navigate these choppy waters, here are some suggestions.

1. Have fun! Think of something that has made you smile and do it again—or call some friends and find out what they have done for fun and try it.

2. On a serious side, get your emergency stuff in order if you have not done it. Check out DCV's web site under Emergency Preparedness.

3. Check out DCV's Friday E-Blast and try a program!

4. Check out the morning DCV email it's a great way to start your day!

## Kafka and the Traveling Doll

*Continued from page 1*

from the doll and read it to her when they met.

*'Please do not mourn me, I have gone on a trip to see the world. I will write you of my adventures.'*

This was the beginning of many letters. When he and the little girl would meet, he read her these carefully composed letters, the imagined adventures of the beloved doll. The little girl was comforted.

When the meetings came to an end, Kafka presented her with a doll that obviously looked different from the original doll. An attached letter explained 'My travels have changed me.'



Many years later, the now grown girl found a letter stuffed into an unnoticed crevice in the cherished replacement doll.

*In summary it said:*

*'Every thing that you love, you will eventually lose, but in the end, love will return in a different form.'*

Artist: Marlene López

# Monthly Calendar



Currently, activities are being offered online, by way of Zoom. Updates will be posted in the Friday e-blast. Instructions for Zoom can be found under the Library tab at <https://dcv.clubexpress.com/>. We do ask you to register online at [www.dupontcircuitvillage.net](http://www.dupontcircuitvillage.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@dupontcircuitvillage.net](mailto:admin@dupontcircuitvillage.net) or (202) 436-5252.

## Online Meditation with Christina

Mondays & Thursdays, 9:00–9:30 am

Location: Virtual (*could be done just by phone*)

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

## Accessible Mat Yoga Online

Mondays, 3:30–4:30 pm

Location: Virtual

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

## Chair Yoga Online

Tuesdays, 10:30–11:30 am

Location: Virtual

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

## Online Feldenkrais Method Awareness Through Movement

Wednesdays, 10:00–11:00 am

Location: Virtual

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

The classes are about improving function and well-being in our day-to-day activities, which is why they are good for improving walking, running, sitting, standing, gardening, relieving pain, breathing, working, and playing. The classes are usually done on mats on the floor, sometimes lying, sometimes sitting, or even standing. You may also do it on your bed.

## Coffee and Conversation

Thursdays, 10:00–11:00 am

Location: Virtual (*could be done by phone*)

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

## DCV Movie Group Online

Wednesday, June 3—event is full and with a waiting list. Future dates and movie titles as announced in Friday E-blast

## CelebSalon: Keegan Theatre—Alexis Hartwick, et al

Thursday, June 4, 6:00–7:00 pm

Location: Virtual

RSVP: Register online before June 4, or contact DCV Office at [admin@dupontcircuitvillage.net](mailto:admin@dupontcircuitvillage.net) or (202) 436-5252.

Our third Virtual Celeb Salon—this one with Alexis Hartwick, Director of Education and Administration at Keegan Theatre—and some of her Keegan friends. All theaters are shuttered during the pandemic and they're in varying stages of health. Keegan is one of a handful of DC theaters that owns its own building, our neighbor on Church Street, and recently completed modernizing the entire building. We'll find out about how Keegan is planning to meet the many post-pandemic challenges ahead and give us a taste of theatre to come.

## CelebSalon: Johnny Holliday

Wednesday, June 17, 6:00–7:00 pm

Location: Virtual

RSVP: Register online before June 17, or contact DCV Office at [admin@dupontcircuitvillage.net](mailto:admin@dupontcircuitvillage.net) or (202) 436-5252.

What is going to happen to baseball 2020 as we deal with the covid-19 virus? There is one man who has his eye on the ball, and his own ideas about how we might enjoy the nation's favorite game despite the lock-ins. Johnny Holiday has been the voice of regional and local sports, and the announcer for the Baltimore Orioles for more than 40 years. Funny, energetic, and filled with ideas, Johnny Holliday does not disappoint.

## Live and Learn Online

Monday, June 22, 3:30–5:00 pm

Location: Virtual

Specific subject & description will be sent in Friday E-blast

## Mystery Book Group Online

Friday, June 26, 3:00 pm

Location: Virtual

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

This month's book is **The Poacher's Son** by Paul Doiron.

## DCV Happy Hour Online

Dates announced in Friday E-blast



# Meet the Harlows

**C**aroline Harlow is from Minneapolis, attending college in St. Paul (College of St. Catherine) and finishing with a Ph.D. in political science at the University of Minnesota. **Bob Harlow** is from various places in New England: Massachusetts, where he

## DCV Member Profile

got to love trains, since his town was at the end of a commuter line from Boston; Maine, where his family moved when he was in high school and where he went to Bates College; and Connecticut, where he went to Yale University for graduate study in economics. Conveniently, one of his friends from Yale began teaching political science at the University of Minnesota and introduced the Harlows while Bob was teaching at Carleton College. Marriage came in 1966. Bob was, and is, particularly interested in social choice and market systems, public finance and macroeconomics. He keeps framed pictures of Alfred Marshall, J.M. Keynes, James Tobin and Charles Lindblom (lesser known, but a major influence on his thinking and the author of probably the best book on market systems). Caroline specialized in quantitative and empirical political science (think voting studies rather than Hobbes).

The difficulty of finding two academic jobs in the same locale and the (now declining) reluctance to hire women on faculties led to some life-enriching, but complicated, moving around before they arrived in Washington in 1975, when Bob began a long career in the international section of the U.S. Department of the Treasury. He was engaged mainly with macroeconomic developments in the OECD (Organization for Economic Cooperation and Development), an organization of the high income countries. Along with meeting the expectation of extensive knowledge about these economies,

he had responsibilities for preparing for and covering official meetings and guiding staff to produce economically literate prose.

Caroline taught for a while at Hood College in Frederick, MD, but then moved on to the federal civil service, with work at FDA (the Food and Drug Administration, in the Bureau of Radiological Health at the time of Three Mile Island), USDA (the U.S. Department of Agriculture) and, for most of her career, at the Bureau of Justice Statistics. She was involved in crime statistics, including guiding the creation of personal interview surveys of incarcerated populations, and analyzing the data for somewhat tedious statistical publications, e.g., on prisoner education and literacy. She has been to prison more than most DCV members. For both Harlows, an original intention to teach in college transferred well to federal service, which drew on their respective graduate school backgrounds; in Caroline's case, a concentration in survey research and other quantitative and empirical political science.

In 1976, they bought an uninhabitable dump of a house in a then disreputable neighborhood (Logan Circle, known at the time to hopeful real estate agents as Dupont East") and got it slowly renovated, with Caroline as the effective general contractor. In part they did the renovation work themselves. They also got involved (choir and liturgical stuff, respectively) with their parish (St. Stephen Martyr) in Washington Circle. After 1990 or so, they moved their involvement to Holy Trinity church in Georgetown. In 1983, they adopted a daughter, Sara, from Honduras. Sara is now an immigration lawyer, and her husband is a manager with Lockheed Martin. Granddaughter Sterling is now five, going on six. The family has just returned to Washington from two years in Riyadh.

Caroline and Bob have traveled some, but can't come close to the



travel record of many other DCV members. With Caroline's father an immigrant from Tyrol, Austria has been the goal for a couple of trips, and the Harlows have also been to China, Thailand, Spain, France and central Europe, among other places. Plans to visit St. Petersburg have so far been thwarted by epidemiological circumstances. Fortunately, Caroline has been occupied with weaving (including leadership in the Waterford Weavers Guild) and with reading literature. Bob is busy reading mostly non-fiction: theology, books on dog behavior and railroad history—along with doing a little model railroading. He misses his DCV chauffeur services greatly, along with his volunteer work at the Baltimore and Ohio Railroad Historical Society archives in Eldersburg, MD, and regular duty as a poll worker for precinct 16. The Harlows had not planned to join the Village until they got old, but are very glad they did and wish they had become involved earlier, especially now that hopeful real estate agents now refer to Dupont Circle as "Logan West".

# How I Spent my First 10 Weeks in Quarantine



## Why is it that comfort food is always fattening?

Like everyone else, I have over-indulged. Thank goodness for fresh starts—I have had many of them. I am even learning not to beat

myself up about it.  
*By Ann Talty* The first lesson of life in general, but in quarantine even more, is to be kind to yourself.

**Oh, so many webinars!** It is not magical that I have learned to use Zoom and change how we set up our events. I set a personal record for the number of webinars and training videos I have watched. ClubExpress has also rolled out some changes, thus even more webinars and training videos.

**Watching TV.** I have over-indulged in this as well, but somewhat productively. I have taken the opportunity to watch both the new Star Trek series and some movies I had wanted to see but never got around to. This has given way to an old favourite—reading.

**Reading.** I usually save up magazines

to read at the pool—not likely to happen this year, so I've been making my way through *Smithsonian* magazines and *National Geographic*. And I have been exploring new (to me) authors—mostly mysteries, but also some biographies.

**Meditation and Feldenkrais.** Since we started offering these sessions, I decided it would be good for me to participate as well. So now I always tune in to the semi-weekly Meditation sessions, as well as to the weekly Feldenkrais. Each is a great way to get in touch with your body and mind. In my last Feldenkrais session, I realized that my right shoulder, where stress always attacks me, was starting to match my left shoulder. Less pain is always good! I heartily recommend both classes to you.

**Opera.** I remember my mother telling me not to judge opera until I had been to one. I found she was right—it is very different in person, watching the singers, costumes, sets,

etc. People have given me tickets over the years to *Don Giovanni*. Not even becoming a specialist in that one opera, I have always wanted to see more, but have only been able to afford to do so a couple of times. With the quarantine, some operas are being offered for free online, so I have explored a little.

## Getting to know more Villagers.

Participating in a variety of our Zoom events, I have had the luxury of getting to know more Villagers. It has been fun!

**Getting to know my choir.** I started a Sunday morning Zoom session with my choir on Easter Sunday. We decided to continue it on a weekly basis. During our usual rehearsals we don't normally have a lot of time to get to know each other, so it has been great. It will be a very long time before we can sing together again. In the meantime, we are strengthening our bond, which will ultimately help the ensemble.



## May Birthdays

### A very Happy Birthday to members born in May:

Gene Calvert, Nancy Gamber, Jagdish Gill, Fred Gladstone, Jo-Ann Hersh, Michael Higgins, Peter Klempay, Marcia McDonnell, Barbara Meeker, Beth Merricks, Helen Mudrick, Kenlee Ray, Massimo Righini, Leslie Sawin, Barbara Sherwin, Ken Shuck, Peggy Siegel, Gail Snider, Richard Suisman, Joan Treichel, and Holly Van Fleet

### Birthday Memory

#### By Ken Shuck

Thank you for the wonderful Hershey's chocolate bar from the Village. Carol Galaty and I devoured it tonight for dessert. It was quite a treat since we hardly ever eat sweets (trying to keep our shapes). It also had a special meaning for me as my wonderful Dad (who died when I was 15) would take my Mom and my three brothers to Hershey Park, PA once each summer. It seemed like a long drive from inner city Baltimore, at the time, getting up before sunrise, but the day of fun and adventure we had at the amusement park made it all worthwhile. Thanks for bringing back those wonderful memories that I had with my Dad.

## Your TV Set With Rabbit Ears Has Grown Up. Which Version Might Be Right For You?

**D**o you ever hanker after the 1950's, where to watch television, all you had to do was turn the knob on the TV set, select one of three different channels, and adjust the rabbit-ears antenna on top of the TV to get the best reception?

*By Joan Treichel*

Alas, the 1950's TV set has grown over the past 70 years into a high-tech appliance with a dazzling, but befuddling array of options. Which of these options might be right for you?

Victor Rezmovic, a tech educator, attempted to answer this question during a Village Live and Learn Program on April 27. The program was held virtually because of the COVID-19 pandemic.

There are essentially three ways to watch television on a television set these days, Rezmovic reported. They are live (broadcast) TV, cable TV, and streaming TV. Each has its advantages and disadvantages.

### Live (Broadcast) TV

All you need is a TV set and a digital indoor antenna (yes, those rabbit ears have gone high-tech!).

You should be able to receive, for free, all of the major TV networks, for instance, ABC, CBS, Fox, NBC, and PBS. You may also be able to receive, for free, other channels as well depending on how far you are located from the TV broadcast towers. Where you place the antenna in your home can also influence which channels you can receive.

Still other live TV channels can be accessed by subscription.

### Cable TV

You need a digital TV set, a DVR (digital video recorder), a router/modem, and a cable TV provider such as

Comcast or Verizon. Once your provider has set things up for you, the system will probably work well. But if you do have any problems, the provider will help you solve them since tech support is part of your cable TV provider package.

One way you can save money with cable TV is to scrutinize your monthly bill to find out how much speed you are paying for. You can then ask your provider whether you might be able to get by with a slower speed. If so, it would cost you less.

### Streaming TV

You need an Internet connection; a smart TV set (five years old or less that can connect with the Internet or wi-fi); a streaming media device, say Roku, Amazon Fire TV Stick, or Google Chromecast, which you can connect to the TV set's HDMI (high-definition multimedia interface) port; and a subscription to a streaming content provider, such as Amazon Prime Video, Hulu, Netflix, or YouTube TV.

If you want access to more than one streaming content provider, you'll have to buy subscriptions separately for each. A good way to find out whether you might want to do so is to sign up for a free seven-day trial with each of them.

No tech support comes with streaming TV. You have to install your own equipment or have a techie friend do so. Ditto if you have problems later.

A good Web site to find out whether streaming TV might be for you and how to go about it is <https://thestreamable.com>

"I used to think that anybody could save money by cutting the cable cord," Rezmovic concluded. "I don't

think that any longer. However, streaming is here to stay."

"I thought the presentation was excellent!" Villager **Peggy Siegel** commented later. "The speaker mentioned that TV viewers would not be able to access MASN (the regional sports channel) absent cable. As a baseball addict who watches most Nats games at home, that became a real dealbreaker for me. The ugly monster white [cable] cord will remain. Of course, these days we are all in baseball withdrawal, but someday..."

Added Villager **Bella Rosenberg**: "While every bit of information was valuable and accessible to non-techies, I most appreciated that the speaker laid out ways and resources to decide whether or not 'cutting the cord' was the right choice for you."

And Villager, techie, and TV streamer **Ken Shuck** had this to say: "The speaker had many things to report that I found valuable. For example, I didn't realize that there was such a thing as a 'soundbar' that would allow the TV sound to be streamed directly to my hearing aids where I could increase the sound volume while allowing my wife to listen to the TV broadcast at a lower sound level. I also didn't know that Roku had a model where I could plug a headset directly into its remote and hear what is being said on the TV. Since my wife's sewing room is right next to the TV room, I could listen to the TV as loud as I wanted and not bother her sewing and vice versa, me with the head phones not being bothered with the sewing-machine noise."

## The Literary Activist—E. Ethelbert Miller

Over 40 Villagers spent time with local poet, writer and literary activist, E. Ethelbert Miller, during DCV's second virtual CelebSalon in May.

Ethelbert, who is metaphorically approaching his "seventh inning" in life, as he put it, is the author of two memoirs, several books of poetry, and a recent work, *If God Invented Baseball*, a collection of 49 poems about America's pastime. This is a subject that's particularly meaningful to the longtime fan of the sport and a devoted Nationals follower.

Ethelbert began the Salon by reciting Haiku, his latest creative effort as a result of the quarantine. Alongside

additional recitations of his poetry, he shared funny, light-hearted, and memorable stories of growing up in the south Bronx, his creative process, Gwendolyn Brooks, his 1968 arrival in DC, and his love of baseball. When asked about being a literary activist, Ethelbert stressed three things as crucial to his creative identity: first, he is a promoter of other artists, second, he is a cultural activist in his community, and lastly, he actively documents and preserves literary history.

True to form, as a meticulous record keeper Ethelbert has amassed correspondence, fliers, posters, journals, photographs, interviews, and articles pertaining to his career, ranging from 1936–2019, with the bulk



Photo: Rick Reinhard

covering 1962–2017. The E. Ethelbert Miller papers are held in the Special Collections Research Center at the Gelman Library of George Washington University. They constitute an inspiring treasure trove, documenting a beloved, local, literary activist.

## My First Bad Boy Crush

**Editors note:** DCV has been offering a Memoir Writing class with memoirist and author, Bea Epstein, since spring of 2019. Participating villagers have now completed Memoir Writing Part 3. They will be sharing some of their writings in the monthly DCV newsletter.

You know how it goes—the "nicer" the girl, the "badder" the boy that attracts her—you know how it goes. But with Johnny D, it wasn't only the good girls who drooled, it was every one of us 6th graders when he moved into the neighborhood. Think Frankie Avalon, Dion and Fabian all rolled into one,

By Kathy Cardille

but cuter! Tall, olive-skinned, with chiseled looks and jet-black hair, a little too long and enticingly curly. Man, he was hot, even though we didn't know what the word "hot" meant!

Now it's true that he didn't just look like a bad boy, he was one! He'd trip everyone going down the aisle by his desk, kicking our ankles and having us jumping down the row. At home he'd hit baseballs right at us so we'd run into the street as a car was racing by. He took all of our bikes from our yards, and we saw them lying in the dirt in his side yard, brazenly defying us to try and grab them back. We never dared. Did you have a "bad boy" in grade school? We surely did. And it was exciting.

Time passed...we grew up, got past our bad boys, and lived our lives...then, one day, I glanced at the

front page of the local newspaper, and the words "Johnny D!" jumped out at me. And I was automatically zoomed back to that sixth grade dream boat! There he was, still mighty cute, an older Fabian/Frankie/Dion, but in prison garb. Now, as I hungrily read about him, I couldn't believe it! Right there in the first paragraph, the paper said he had been arrested...not a surprise...for drugs...not a surprise...as a drug kingpin...still not a surprise!

As I read further, though, I was totally surprised! As the story unfolded, I was truly stunned. Arrested with him was my neighbor, Gary, a twenty-something who had never had a job, but always had a new car and lots of visitors. I'd figured he'd been on his father's dole, but boy,

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## Bad Boy

*Continued from page 7*

was I wrong. Dealing drugs right next to my own side yard and me and my kids! I had no idea! And I kept reading! Billy K, a kid I'd graduated from high school with, was in on it too. He had been named the Florida connection with a boat or two or three to bring those drugs in. Now that shocked me: not that he was into drugs, or dealing drugs...but Billy K driving a boat?...Now that was shocking! With drugs in it! Double shock! (Undoubtedly the way they'd been caught...)

As I finished the second paragraph, reality sank in. Here was this major drug ring, and I knew everyone in it! Starting with my bad boy!

But this wasn't just a bad boy, this was a drug lord, and I'd known the whole drug ring, from sixth grade on...

Then I turned the page, and a picture of a woman I didn't know was in the middle of the second page of the article in the middle of all the words. As I read more of the article, I realized that she was the "nice girl" who had landed Johnny D. I must admit I felt a little twinge of jealousy, even knowing that he was going to jail for a long time. But as I read I felt less jealous.... Oh, this woman, Johnny's common-law wife, had been "grabbed up by the feds"! Well that had to be scary! "Clandestine meetings, threats of life in jail, and amazing descriptions of everyday life in the slammer." Yes, my jealousy was definitely gone! Then, as I read more of the article, it said that she had turned States' Evidence and agreed to testify against Johnny and his drug ring. She became a snitch! Tough thing to do, but I could see how that happened:

all in or all out, I guess.... Now I sorta maybe kinda knew a snitch, or all the people she snitched about.

Then, as I finished the article, I read the most chilling part, the part that really rocked me, the part that changed my mind about the story. It said she was dead. Yep, it said she was dead. Dead. Then it sank in...she was dead!

She had been found dead the day she was to testify. Hanged. Hanged with a belt. No fingerprints on the belt, strangely, not a one, but the article implied what everyone knew. Johnny had caught on to her plans with the Feds. Just like that. Just like he kicked our ankles, he kicked the chair she'd been standing on.... No proof, just speculation.

Good girls and bad boys! Only one side ever wins.

Sometimes I get very lucky indeed.

## Learning the Easy Way

"We are going to have a conference" Pop announced to me early one evening. Now, at seven years old, I had no idea what the word conference meant, but it sounded serious. I sat down next to him waiting for the explanation.

*By Miriam Schottland* "A conference is when people get together to talk about something and that is what we are going to do tonight. We are going to talk about astronomy." I did not know what that was either.

Reaching behind him, he produced a tennis ball, a golf ball and a light-bulb on the end of a long wire which at the flip of a switch lit up and magically became the sun with the natural order of things following. The fuzzy tennis ball became the verdant earth and the golf ball, the soon to be explored moon. Using those props, he proceeded to explain why we have night and day, the changing of the

seasons and the difference between revolution and rotation. I have always remembered the difference; a revolving door doesn't revolve, it rotates.

So, every month or so, from then on, we would have a conference, each time on a different subject and I was entranced at how much he knew and how interesting every subject at our conferences were. There was chess, there was time, and the electromagnetic spectrum, there was history, and geometry and even gourmet food. To this day, I remember what an Isosceles triangle is and how I loved Burnt Alaska at first taste.

Sometimes, these lessons did not take the form of a conference. Sometimes I would approach him with a problem knowing he would solve it and I would learn even more from him.

One day my third grade teacher asked us to bring something very old for "show and tell," and there would be a prize for the oldest object. Ma

would not let me take her porcelain statue of a ballet dancer, resplendent in a pink tutu, or the cut crystal bell that broke up the light into a myriad of the colors of the rainbow. They were probably not so old anyway.

I was stumped. I went to Pop with my conundrum and he had the solution.

"Show and Tell Day" arrived and my classmates were debating about whose antique is the oldest. There were old clocks, old dolls from a century ago, old watches and of course old statues...of soldiers, and dogs and porcelain ballet dancers resplendent in pink tutus.

As each one stood up, boasting about how old their antique was, my turn came.

I reached into the rustling brown paper bag Pop gave me and withdrew...a rock!

And as my classmates laughed at my rock and me and my teacher's

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## Learning the Easy Way

*Continued from page 8*

mouth dropped open, I proudly explained, "This rock is older than all of your things put together. This rock is 15 million years old and was a real tree once."

Needless to say, much to the chagrin of my classmates, I won the contest...a book about antiques.

Our conferences continued in one form or another and I still marveled at how much he knew, the subjects of our conferences becoming more complex. Economics, politics,

democracy and communism, literature and language.

As I morphed into a teenager, rebellious, and searching for self and independence, with the usual spats about dating, curfews and smoking, it became my mission to stump him.

One day, I had accidentally stumbled upon an obscure word that I knew he would not know. At last I had him!

I was reveling in the knowledge that I had finally found his weak underbelly and I accosted him seated at the kitchen table reading the paper

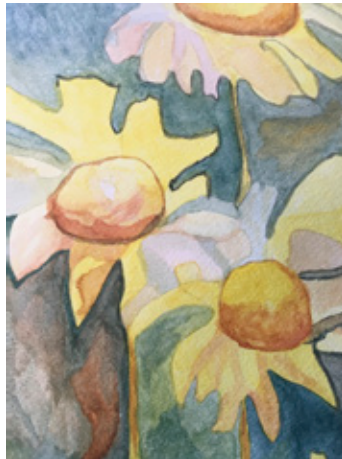
and sipping black coffee from a big white mug emblazoned with his nickname...Eddie.

"Hey Pop, I have a question"... "What is a valence shell?" I asked feigning ignorance.

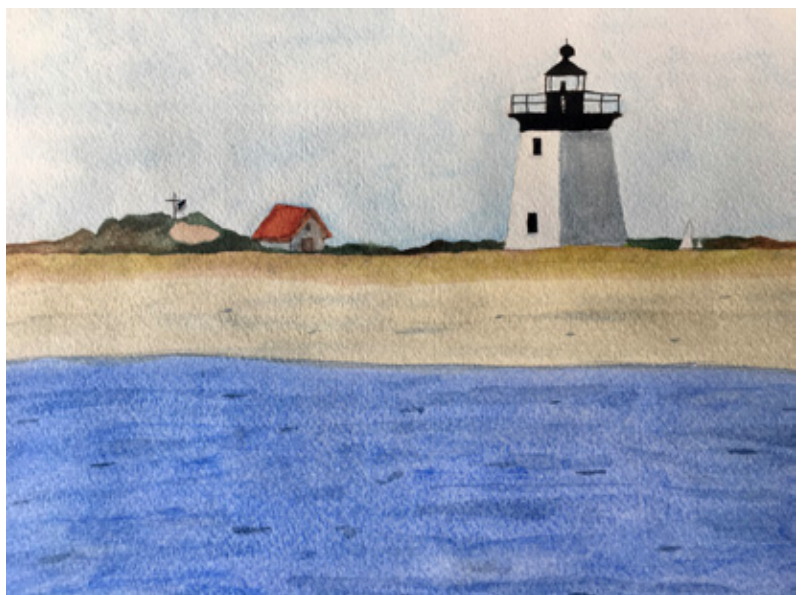
He looked up from his reading, put down his coffee cup and then stared at me for a second or two.

"It is the electron farthest away from the nucleus of an atom and that negatively charged electron, called a covalent electron shares itself with another close by atom." And he returned to his sipping and reading.

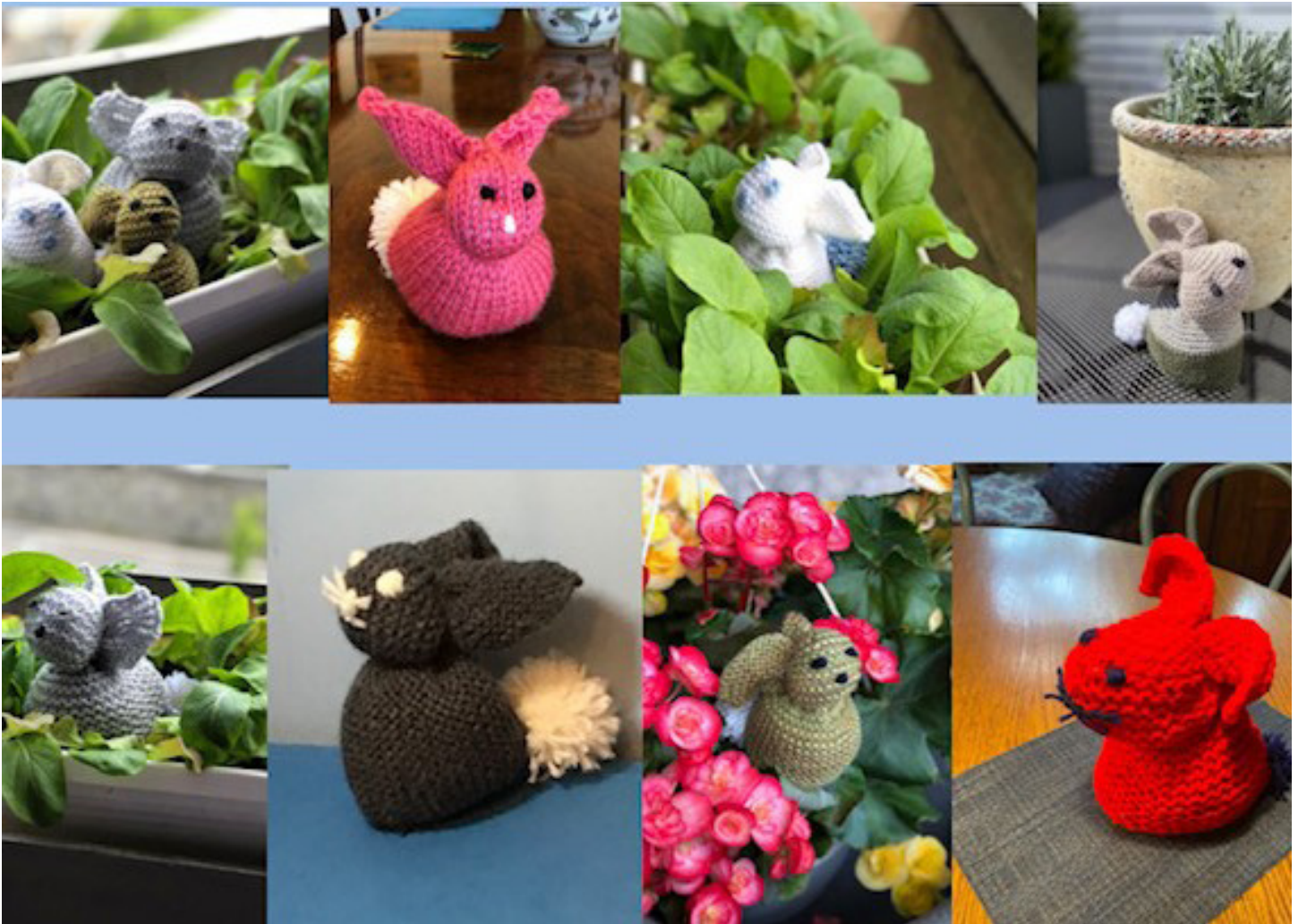
## Quarantine Stories



**Bob McDonald** starting taking watercolor workshops at OLLI a few years ago. He has continued water coloring through the quarantine.



# Quarantine Stories



## Dupont Circle Village Knitting Group—Good for the Soul

*By Claire Wagner*

From a knitted square to a rabbit...At the last meeting, out of a knitted square we made a rabbit.

Making seams, stuffing, squeezing, creating a face, a body, and a pompom for a tail, we forgot for a while stay-at-home restrictions, misery, unemployment, fear of the virus.

It was good for heart and soul.

## The DCV Knitters

*By Gretchen Ellsworth*

With a mailing list of almost 30, a dozen members join any given session. Usually each knitter is focused on her own project—sweaters, hats, socks, baby blankets. As we work, we talk about knitting and help each other out. We also talk about family, friends, and the strange world of the Coronavirus and have a lot of laughs. We are most fortunate to have a truly fine knitter who can solve almost any problem one could imagine. She is the amazing **Claire Wagner**, as well as many other very capable craftswomen.

### Why bunnies?

When a knitter brought in her knitted bunny it was love at first sight. Everyone clamored for directions. It's a beginner's level, so many were created and hence the outpouring of bunnies in the picture. As for reflection of the Village, it is a highly sociable group, with practical implications for taking care of each other and fostering the sense of fun and unexpected openings less available to older people.



# Quarantine Stories



**Ken Shuck** and **Carol Galaty** have been doing picnicking hikes along the C&O Canal, between rainstorms, moving ever northwards each time. Their first hike was in Georgetown starting at Fletchers Boat house, the next time they started at "Abigail's Island." The third hike started at Carderock and on May 2nd they began a hike at Pennyfield Lock. President Cleveland had his fishing lodge there which he used as his "Camp David." Although the lodge has recently been torn down, they enjoyed seeing Lock House 22 and watching the fast moving, flooded Potomac, the flowers and turtle families sunning. They listened to dozens of different birds singing and wished they had Marcy Logan along with them to tell them what birds they were hearing.





# Art Archive

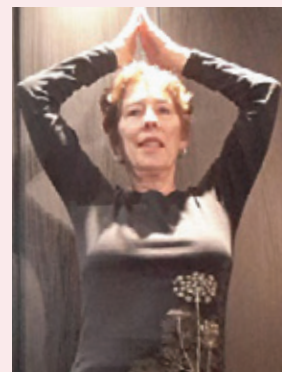


**Robert Rauschenberg** (American, 1925–2008)  
*Radioactive 1*, Wadsworth Atheneum Museum of Art,  
 Hartford, CT

# Yoga Tips



**Judy Silberman,**  
*Yoga Master*

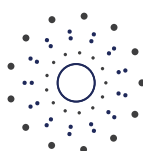


## Heart Breathing

Imagine that your nostrils are on your chest, and you are breathing right into your heart. Be mindful of your breath and its natural rhythm, the expansion of your chest as you inhale and fill up, and the letting go as you breathe out. Bring one or both of your hands to your heart and feel the lift and then the settling. Bring your hands to your belly or lap, and imagine breathing in and out of your heart. As the lungs expand, the heart expands, getting nourished, energized, and strengthened.

Think of a problem or stress, and let your heart become involved with what you need at this moment. Your breath carries courage, joy, and hope to this moment.

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.



**DUPONT CIRCLE VILLAGE**  
 SHATTERING THE STEREOTYPE  
 ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

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