



DUPONT CIRCLE VILLAGE

SHATTERING THE STEREOTYPE

ADAMS MORGAN • DUPONT CIRCLE • KALORAMA

“Art, in itself, is an attempt to bring order out of chaos.”

—Stephen Sondheim

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Welcome New Members!

Susan Lindahl
Peggy Long
Myrna Peralta
Susan Valaskovic

What's a Digital Executor? You May Want to Consider One For Your Estate

We typically know the executor of an estate as the person given the task of “going through the papers” of the deceased, discovering information about assets, debts and liabilities among other

things. While such a discovery process is still relevant today, the reality is that today, many of us also have on-line “real estate”, a digital footprint that will also need tending.

For many of us, our memories, finances, and important records, which used to be on paper, are now in digital form, trapped behind layers of usernames, passwords

and security codes. When you die, what happens to your digital assets? Your email accounts? Frequent flier miles? Your bank account access? Your medical records?

According to Tom Merrit of the Tech Republic podcast, here are five things to do about your digital assets before you die.

1. Name a digital executor. The person you name in your will to manage your digital property after you pass. Responsibilities include closing online accounts; deleting files and erasing hard drives, and archiving online personal files.

2. Take an inventory. What do you

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President's Notes



As the Holiday Season begins, I'm taking time to reflect on the caring and sharing of our Dupont Circle Village (DCV) family. These values, along with making new friends, reflect the most important things our Village offers.

One of the best examples of caring and sharing is the spectacular Thanksgiving program managed by the Membership/Activities Committee co-chaired by **Abigail Wiebenson** and **Mary Stevens** and numerous

members of the committee who plan the program each year. This year, DCV provided 35 Thanksgiving meals for two with all the trimmings—homemade turkey, gravy, mashed potatoes, green beans,

cranberry sauce, pecan and pumpkin pies. A special thanks to **Sandra Yarrington, Eva M. Lucero, and Ann Talty** for managing the logistics of the annual program and the members who opened their homes and hosted other members at their tables.

A member sent a note that said, *"Thanks so very much to all of the Thanksgiving meal chefs who prepared thanksgiving dinner for those of us who for one reason or another had to stay at home."* Amen!

DCV has also "adopted" an Afghan refugee family of 12 who arrived in the DC area over the summer. The family endured a very difficult exit from Afghanistan, including beatings on their way to the airport. The father worked for the US government for six years and just recently received his work authorization permit. Villagers have generously donated funds and household items to help them make the transition to their new home in the United States easier. A group of DCV members will formally meet the Family on December 5. We plan to continue to support the family over time.

We have many programs coming up this holiday month that can bring joy and show our care for each other. Please join us.

Happy holidays to everyone!

Digital Executor

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want to make sure the digital executor has access to? Email? Mobile phone? Social media accounts? Bank accounts? Cryptocurrency? You must establish an inventory that includes passwords before you can direct someone to take care of your digital assets.

3. Establish a plan for passing on your passwords. Set up a password manager who knows where to find your passwords and how to log in. Make sure you include instructions and access to any multi authorization apps or code generators you use.

4. Name a digital heir. The executor is there to handle disputes and anything that isn't already covered. But if you know you want your spouse/partner/best friend to have your email access, you can add these designations to a will.

It's important to note, in many states, the executor of your will doesn't automatically gain access to your digital assets after you die. The steps listed above are practical

things you can do today to make things easier on your friends and family once you have passed. Plus, it ensures that you are tending to your full estate—physical and digital.



Monthly Calendar

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

We do ask you to register online at www.dupontcirclevillage.net 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@dupont-circlevillage.net or (202) 436-5252.

French Challenge

Tuesday, December 7, 4:30–6:00 pm

Location: Hosted by Carol Galaty, 1910 S St NW

RSVP: Carol Galaty, (202) 232-7259,

carolgalaty@gmail.com

This meeting will be a holiday celebration and a chance to celebrate our friendships. As always, there will be wine and other drinks as well as a nice spread of French Holiday foods.

The thought is that we could hear from our friends who have recently returned or spent much of the summer in France—there are probably interesting stories to be heard as well as lessons to be learned by those planning trips to France in the coming months. After that we can spend time socializing, eating, drinking and chattering in French. It will also give all of us an opportunity to explore new ways to continue to see their friends in the French Challenge.

ART INTROSPECTION

Renoir's Luncheon of the Boating Party

Thursday, December 9, 2:00 pm

Location: Virtual

RSVP: <https://www.fbwevillage.org>—click on Calendar

Questions: contact Laura at lauramahon@gwmail.gwu.edu

Join Laura Mahon, our Art Therapy intern, for an inter-village discussion on one of the most notable paintings housed in Washington D.C., *Renoir's Luncheon of the Boating Party*. Members from Foggy Bottom West End, Dupont Circle, Georgetown, and Palisades Villages are all welcome to join this online discussion. This will not be an art critique, but rather a discussion of emotional and personal responses to the painting.

Looking deeper into the painting, the discussion will entail a personal reflection on what features of the painting resonate the most with you. Which person do you relate to most? What do you feel is the main emotion portrayed in this painting? Considering a magnificent



painting, rich with history and story, join us on December 9th to share your thoughts on the painting and perhaps join in some collective art making in response to our discussion. Artmaking is not compulsory, however if you have access to art materials please have some available to you.

Mystery Book Group

Friday, December 10, 3:00–4:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The Mystery Book Group is combining its November and December meetings. The book being discussed is **Case Histories** by Kate Atkinson.

SUNDAY SOUP SALON

Aging: Exploring New Perspectives

Sunday, December 12, 5:00–6:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The brain controls every aspect of our mental life. To understand the human mind and how it's affected by aging, disease and drugs, we need to better understand the brain and the neural mechanisms that underlie cognition, says Professor Thad Polk. In his fascinating and accessible TedTalk, "Aging: It's not what you think," he concludes that aging is a transformation, not just deterioration. Among his many accolades, Polk has been cited as one of the 300 best professors in the United States.

Next, we'll hear from leadership consultant Karen Eber: "How your brain responds to stories and while they're crucial for leaders." Storytelling, she argues, is one of the most impactful ways to shape culture and engage people. The world's best leaders and visionaries earn trust not by presenting data, but through effective storytelling that creates empathy and inspires action. In her view, a picture may be worth a thousand words; a story is worth a thousand data points. Eber's talk will inspire you to try telling stories of your own.

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Monthly Calendar

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Men's Book Group

Monday, December 13, 11:00 am

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

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

The book being discussed is ***The Lincoln Highway: A Novel*** by Amor Towles

Over 80 Group

Tuesday, December 14, 2:30–3:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

This monthly program addresses various topics identified by the members. It is moderated by Phyllis Kramer, MSW. Phyllis has over 30 years in private practice, and has counseled scores of clients working through isolation and illness and depression and dysfunction.

CELEBSALON

Rick Dunham, Journalist

Wednesday, December 15, 6:00–7:00 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Rick Dunham has had a bird's eye view of the dramatic changes taking place in China in recent years. As our December 15th Celeb, he'll talk about the transformations he has seen in the last 12 years there as the co-director of the Global Business Journalism program at Tsinghua University and a visiting professor at the Tsinghua School of Journalism and Communication.

After decades covering politics and business for publications such as papers in Houston and Dallas, for Business Week and as bureau chief of the Hearst Washington bureau, Rick's has been well equipped to write about China's political shifts from when Westerners were optimistic about reforms to the current more pessimistic situation in which the Chinese leader has pushed for almost total control over political and economic activity.

DCV Movie Group

Thursday, December 16, 3:55–5:15 pm

Location: Virtual

RSVP: Register online or contact DCV Office

The DCV Movie Group is, once again, ending the year with two comedies. Please join us to discuss ***Best in Show*** (2000) and ***The Square*** (2017). Both are available on Prime Video.

Best in Show is a mockumentary/comedy of five dogs,



their owners, their trainers, and their handlers, who travel to compete in a fictional dog show. It won American, British, and Canadian Comedy Awards and is number 38 on Bravo's "100 Funniest Movies." *The Square* is a satire about a curator who faces an existential crisis, as does his gallery, when he hires a public relations team to build some hype for his renowned Swedish museum that ends in disaster. The movie won the 2017 Palme d'Or.

Online Meditation with Christina

Mondays & Thursdays, 9:00–9:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Accessible Mat Yoga

Mondays, 3:30–4:30 pm

Location: Virtual

RSVP: Register online or contact DCV Office

Chair Yoga

Tuesdays, 10:30–11:30 am

Location: Virtual

RSVP: Register online or contact DCV Office

Online Feldenkrais Method Awareness Through Movement

Wednesdays, 10:00–11:00 am

Location: Virtual

RSVP: Register online or contact DCV Office

Coffee and Conversation

Thursdays, 10:00–11:00

Location: Live—Emissary Cafe

RSVP: Register online or contact DCV Office

Mahjongg

Thursdays, 2:00–4:00 pm

Location: hosted live by Margot Polivy

RSVP: Bobbi Milman, rmilman@comcast.net or
(202) 667-0245

Knitting Group

Thursdays, 4:00 pm

RSVP: Sheila Lopez at sheilablopez@gmail.com

What is Joy?



Ask Ann

According to the Merriam-Webster dictionary:
1. a feeling of great happiness (*Their sorrow turned to joy; I can hardly express the joy I felt at seeing her again.*)

By Ann Talty 2. a source or cause of great happiness; something or someone that gives joy to someone (*The flowers are a joy to behold! What a joy it was to see her again.*)

For a very long time, I neither experienced joy nor did I understand the concept. I always wondered about the refrain to “God Rest ye Merry Gentlemen”—“tidings of comfort and joy” meant nothing. Yes, I was a very depressed child and young adult.

Early on after I started therapy, I decided to follow my therapist’s assigned homework, and took a walk. It was spring. I walked past some houses and became aware of some flowers in their gardens. I remember thinking that I ought to think they were pretty. Part of me wanted to see



and feel they were pretty but was not able yet to do so.

The next spring, I noticed everything that was flowering—daffodils,

redbuds, cherry blossoms, dogwoods, azaleas, etc. I was filled with joy, full of awe at nature. I believe it was the following year when I noticed all that over again, it dawned on me that this area had all of these blooms while I was growing up—I just didn’t notice. I now make it a point to stop and drink in all the beauty.

I think of it as a changing kaleidoscope. I will notice something or someone, and if it doesn’t initially fill me with joy, I usually remember to drop the wall a little, let myself smile, and then the joy can enter and fill my heart. I just have to pay a little attention for the kaleidoscope to shift a little to bring it all into focus.

I have added people and other things to my repertoire of joy. That little smile becomes a big one as I let myself appreciate whatever or whoever it is.

So, what brings you joy? Or, if you’re anxious, depressed, or ill, what used to bring you joy? It can happen if you let it.



December Birthdays



A very Happy Birthday to Villagers born in December!

Matt Abrams, Leslie Carothers, MJ Collins, Mimi Conway, Andres Doernberg, Ginny Finch Davye Gould, Bob Harlow, Joe Horning, Ralph Johanson, William Kloss, Ger McCann, Iris Molotsky, Deirdre O'Neill, Kirk Perrow, Helene Scher, Peg Simpson, Agate Tilmanis, Nancy Turnbull, and Jim Wilson

Medicare Still There, But a Little Pricier

In view of the pandemic and other world woes, it's comforting to know that Medicare is still there for us American seniors.

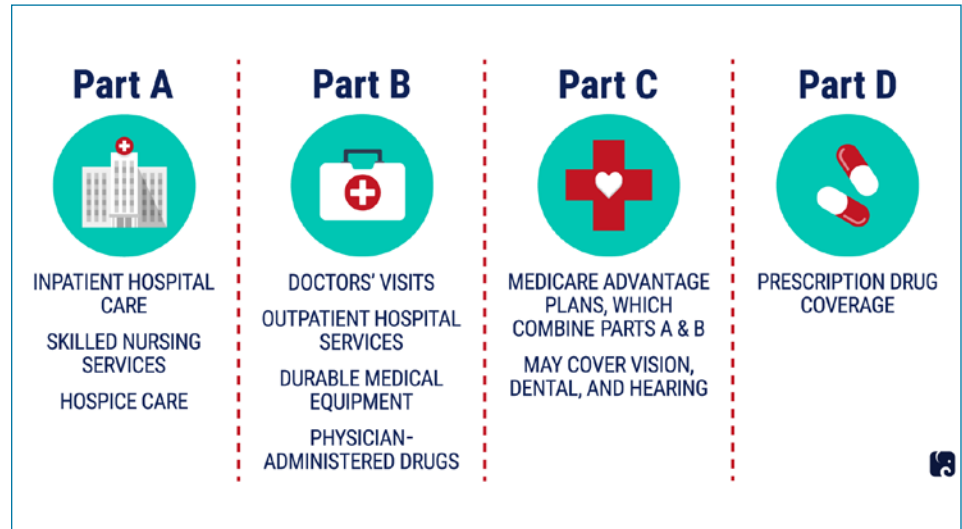
So reported Chris DeYoung of the D.C. Department of Aging at a virtual Village Live & Learn Program on October 25. DeYoung is not only a Medicare expert, but also highly articulate about this complex subject and willing to help Villagers with their individual Medicare challenges. (His contact information can be found at the end of this article.)

True, it's not a totally good-news story regarding Medicare, DeYoung admitted, since seniors will have to pay somewhat more for Medicare coverage in 2022 than in 2021. But, well, we could look at the increase as our contribution to keeping this guarantun government program afloat financially.

Yes, Medicare is still composed of Part A, Part B, Part C, and Part D. DeYoung gave the 25 of us Villagers present at his talk a brief overview of each.

Part A. If you are eligible for Social Security benefits, you are eligible for Part A as well. It covers hospital stays, skilled nursing facility care, some home care, and hospice care. The current Part A deductible is \$1,484. It will probably go up in 2022, although precisely by how much has not yet been announced. There are no monthly premiums for Part A as long as you have a work history of at least 10 years. Copays depend on the length of stay.

Part B. It covers doctor services, ambulance, durable medical equipment, lab tests, and some preventive services. It is an optional benefit. If you want it, you have to pay a monthly premium. The current monthly premium is \$148.50 or maybe higher depending on your income. It will probably go up in 2022. The



yearly deductible is \$203. It too will likely go up in 2022. Part B covers 80 percent of medical charges. You can purchase a Medigap policy to cover the remaining 20 percent of them.

If a physician has opted out of Medicare, Medicare will not cover any of their charges. However, most physicians, notably primary care doctors and emergency care doctors, are not allowed to opt out.

Part D. This is prescription drug coverage. It is an optional benefit. There are some 15 to 20 different Part D plans in the District. The drugs covered by these plans change from one year to another. Thus if you decide to buy Part D coverage, you may want to purchase the Part D plan that offers the best coverage for the particular medications that you are taking. In 2022, the annual deductible for Part D plans will go up to \$480. If you reach the so-called "donut hole" in medication expenses for the year—between \$4,430 and \$7,049—you will have to pay 25 percent of your medication expenses yourself. If your medication expenses for the year exceed \$7,049, you will have to pay 5 percent of your medication expenses yourself.

Part C. This is the same as "Medicare Advantage." Medicare Advantage Plans are private plans—either HMO or PPO—stylmedical coverage. They are alternatives to traditional Medicare coverage—that is, to Parts A and B—and have been vetted and approved by Medicare. Kaiser offers one Medicare Advantage Plan, Aetna another. And "the American Association of Retired Persons (AARP) has reentered this market this year," DeYoung noted. Most Medicare Advantage Plans also include Part D prescription drug coverage and perhaps limited dental, vision, and hearing coverage, which traditional Medicare does not.

The advantage of Medicare Advantage Plans, DeYoung explained, is that they cost much less to join than traditional Medicare. "But the more insurance you use, the more you tend to pay out of pocket with these plans." However, they all do have a limit on how much you would have to pay out of pocket a year.

Chris DeYoung said that he and his staff would be happy to help any Villagers with their Medicare questions or problems. His phone number is (202) 374-8435. His email address is chris.deyoung@dc.gov

Hidden Tunnels, Bugs, and Bigamy in Dupont Circle

One of the most intriguing stories that the guide relayed during DCV's "Secrets of Dupont Circle" walking tour was that of Harrison Gray Dyar. When I got home I found Dyar's personal info on Wikipedia and **Judith Neibrief** supplied the article below by Kimberly Bender.

Carol Galaty and Judith Neibrief Harrison Gray Dyar Jr. was an American entomologist after whom a pattern of geometric progression in the growth of insect parts is named—Dyar's Law. He was also noted for eccentric pursuits which included digging tunnels under his home. *Born: February 14, 1866, New York, NY, Died: January 21, 1929, Washington, D.C. Affiliation: Smithsonian Institution. Research interests: Taxonomy, Entomology, Lepidoptera, Diptera, Hymenoptery (Wikipedia)*

One of my favorite things about historic research is that no matter how strange or intriguing a story is at first, I really have no idea where a little digging might take me. Sometimes a lead just fizzles out. But sometimes what I discover is more bizarre and ridiculous than I could have imagined.

In May of 1917, while working on the foundation for the luxurious Pelham Courts apartments in Dupont Circle, workers made an unusual discovery:

A mysterious subterranean tunnel built of brick, and 22 feet in circumference, was uncovered yesterday by workmen who are excavating for the new building being erected at 2115 P street northwest by Harry Wardman.

Oldest inhabitants in that section say they did not know of the existence of the passage. It is presumed that it was used by Union forces in the civil war or by English forces in the war of 1812. The passage is more than 100 feet long. (Washington Post, 5/19/1917)

With that quick newspaper blurb, a story was born and died, receiving no other attention at the time. There were more important things going on—only a month earlier, the US had officially entered World War I, and the Selective Service Act was passed just the day before the article was published. No one had time to care about old hidden tunnels.

But for a couple of days in 1924, when the war was over and life was calmer, the tunnels were uncovered again and "Washington was alive with stories of mystery, intrigue, romance, and adventure." (Post, 3/4/1942)

While driving behind Pelham Courts in mid-September of 1924, a truck's tires sank into the ground, revealing the entrance to a hidden underground shaft. The manager and janitor of the building decided to explore and called up some newspapermen to report.

Descending through the opening made by the wheels



of the truck, the searchers stood in a passageway high enough and broad enough for a man to walk with ease. The tunnel was perfectly constructed and an architect who viewed it said its proportions were correct. One of the most astounding features of the place was the fact that the walls were carefully, even artistically formed of white enameled brick, pronounced valuable by builders.

On the ceiling were pasted numerous copies of German newspapers dated during the summer of 1917 and 1918. Dimly seen in the feeble rays of the electric torches, it was possible to discern in the newspaper articles frequent references to submarine activities then employed by the imperial government of Germany. Cryptic signs and engravings in cipher defaced the papers to some extent.

Other German periodicals and scores of empty bottles were brought to light by the investigators. (Post, 9/26/1924)

Reports indicated that the tunnels were long and extensive—that they may have reached as far as Rock Creek Park. Some electric lighting was discovered inside. For days, wild theories abounded. Was it a Confederate soldier hideout? A stop on the Underground Railroad? A liquor depot for bootleggers? A counterfeiter's lair? Or maybe a secret laboratory for "Dr. Otto von Golph's" experiments?

None of the above.

The Smithsonian Institute's mosquito-expert

entomologist, Harrison G. Dyar, let the public spectacle go on for a couple of days before admitting to city newspapers that he himself had dug the tunnels from about 1906 until 1916, at which time he moved away to California. Why? "I did it for exercise," he said, "Digging tunnels after work is my hobby. There's nothing really mysterious about it." (Post, 9/27/24)

Dyar told the Washington Star that the urge started when he dug a flowerbed for his wife around 1906. "When I was down perhaps 6 or 7 feet, surrounded only by the damp brown walls of old Mother Earth, I was seized by an undeniable fancy to keep on going."

Sound implausible? Consider that Mr. Dyar's tunnels were not limited to the area surrounding the property he had owned at 1510 21st Street. When he moved to 804 B Street, SW (now Independence Ave.), his digging habit continued. There, his tunnels were equipped with electric lighting, stone stairways, and cement walls, and went as deep as 24 feet. (Post, 3/4/1942)

Consider also that Mr. Dyar's

eccentricities did not end with his tunnel digging: *Midway through his career, Dyar encountered problems in his personal life that had serious effects on his professional life. His marriage to Zella Peabody ended in 1915 amid charges of bigamy, and he was dismissed from the USDA for conduct unbecoming a government employee. It became known that in 1906 Dyar, using the alias Wilfred Allen, had married Wellesca Pollock, an educator and ardent disciple of the Bahá'í faith. They had three sons, whom Dyar legally adopted after he and Allen married legally in 1921. He became active in the Bahá'í faith, a movement that accepts the divine inspiration of all religions and seeks to reconcile science with religion. Dyar edited Reality, an independent Bahá'í journal, from 1922 until his death, but his unorthodox opinions, voiced in the magazine, were rejected by mainstream Bahá'ís. In Reality Dyar published a fascinating series of short stories replaying central themes in his life—including bigamy.*

(For an even deeper look into the craziness of Dyar's personal life, check out this court case filed by his

second wife, in which she attempts to divorce the fake husband created to hide her relationship with Dyar: *Allen v. Allen*, 193 P. 539 (1970).

Of course, Mr. Dyar's story does not explain all of the mysteries surrounding the tunnels. Where did the German newspapers dated from 1917 and 1918 come from? What about the liquor bottles? Mr. Dyar told the Post that he did not know anything about those things, and that he was in California during those years. Maybe during the early days of WWI, someone read the little news blurb about Harry Wardman's discovery, and bootleggers or German spies actually did move in for a while. Maybe strange old Mr. Dyar's weird life was really hiding a double life as a spy. He certainly had the ability to keep a secret.

The Pelham Courts of Dupont Circle are long gone, and the property now houses the Hotel Palomar. Apparently, the tunnels there have been sealed off in concrete. The property where Mr. Dyar lived in SW now houses the FAA. There is no telling what they may have done to that labyrinth.

Out and About



◀ **Iris and Irv Molotsky** enjoying a new Italian restaurant, Alimentari, near their apartment in Paris.

Out and About



▲ DCV once again provided Thanksgiving meals for members who asked. **Sandra Yarrington, Abigail Wiebenson and Francis Oakley** assembling the bags to be delivered.



▲ **Matt Abrams** hosted one of the last Social Hours of the season before it got too cold for Villagers to be outside in the approaching wintery weather.

Out and About



◀ **Caroline Mindel and Peg Simpson** take a moment out from their regular Saturday walk at the Arboretum.



▲ **Donna Batcho, Kathy Price, Mary Stevens and Eva M. Lucero** enjoying the Aging with Edge exhibit and discussion at the National League of American Pen Women near Dupont Circle.



▲ Sarah Burger invited Villagers **Dorothy Marschak, Helene Scher and Olga Hudecek** to be her guests at her Thanksgiving table.



▲ Two years old & going strong... the DCV Mystery Book Group continues to thrill.

Out and About



◀ **Carol Galaty** and **Ken Shuck** took an amazing trip to Churchill, Manitoba, Canada to see the polar bears as they make their way through the tundra to sit on the side of the Hudson Bay waiting for the ice to form so that they can go out and hunt seals. They were disappointed at first that there was no snow, but on the day it did snow we realized how lucky they were. It is a lot harder to see polar bears in the snow than against the dark tundra!



▲ **Carol Galaty** in Green Bay, Wisconsin gathering with two friends from Boston and Madison, Wisconsin to celebrate the 88th birthday of our senior member Elaine who is suffering from Parkinson's disease. Our birthday present for Elaine is a reunion of four best friends who lived here years ago raising our children together. We are having a grand time all four chattering and laughing! But given the late stage of Elaine's Parkinson's it's been a happy-sad celebration.

Art Archive



Haystacks in Snow (oil, 1911), Franz Marc (1880–1916, German)

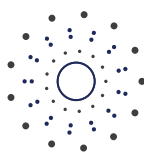
Poetry Corner

Embers

Poor summer, it doesn't know it's dying.
A few days are all it has. Still, the lake
is with me, its strokes of blue-violet
and the fiery sun replacing loneliness.
I feel like an animal that has found a place.
This is my burrow, my nest, my attempt
to say, *I exist*. A rose can't shut itself
and be a bud again. It's a malady,
wanting it. On the shore, the moon sprinkles
light over everything, like a campfire,
and in the green-black night, the tall pines
hold their arms out as God held His arms
out to say that He was lonely and that
He was making Himself a man.

Henri Cole

The Dupont Circle Village is a non-profit volunteer organization that connects neighbors to services and educational, cultural/social and health and wellness activities. Please consider a donation now or remember us in your will.



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