



# THE VILLAGE NEWS

Volume 5, Issue 1

A Community Network of Support

January 2013

FROM THE EXECUTIVE DIRECTOR

## Thank You! It Was a Banner Year for NNV

**E**ngagement now, rather than later, was the theme for NNV in 2012. The NNV community became more active and grew stronger in every area of our organization and office infrastructure.

The communities we serve responded with overwhelming support. We grew from 137 members at the end of 2011 to 190 today. We served our members with an elite corps of trained and vetted volunteers, now numbering nearly 100. Our volunteers live in the neighborhood and consist mostly of active retirees; this year, however, we welcomed volunteers of all ages and are especially grateful for local students and families and the weekend warriors—volunteers who help us on the weekends because they work. We kept our volunteers busy. Our service requests were up by 50



**Marianna Blagburn**

*See 2012, Page 3*



**Radi the cat isn't ready to face the world today.** —Photo by Janean Mann

## Got the Winter Blues?

**T**he holiday season is over and winter is upon us. Some of us enjoy the snow, are invigorated by cold, and use the winter season as a time to catch up on reading, plan the garden and maybe keep a New Year's resolution or two. Others struggle with a sense of letdown after the holidays, and some of us may feel lonely and sad or just blue.

It is possible to beat the winter blues. The first step is to understand what's going on. Occasional periods of low mood lasting a week or two are normal. When we have the blues we keep functioning pretty well, but we may feel less interested

in our usual pursuits, or be more irritable or anxious, or focus more on our losses.

The next step is to choose some coping strategies. Here are some tips from Iona psychotherapist Bill Amt, MSW, LICSW:

- Get out of the house.
- Stay active doing things you enjoy and trying new things.
- Restart activities that may have gotten sidetracked by the holidays.
- Make a schedule to give your day structure with built-in activities.
- Socialize—stay connected to

*See BLUES, Page 2*

## Northwest Neighbors Village,

a community network of support

5425 Western Ave. NW  
Washington, DC 20015  
(202) 237-1895

[www.nwnv.org](http://www.nwnv.org)

## Northwest Neighbors Village

(NNV) is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age. Founded in 2007, NNV is part of the Senior Services Network, supported by the D.C. Office on Aging.

## Join or Volunteer

NNV welcomes new members and volunteers. For more information, go to [www.nwnv.org](http://www.nwnv.org) or call the office at (202) 237-1895.

## NNV Board Members

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Janean Mann, *editor*  
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# How to Fight the Winter Blues

**BLUES**, *Continued from Page 1*

people who care about you; call, visit, receive visitors.

- Stay in contact with family and friends throughout the year.

- Eat right—avoid unhealthy comfort foods, binge eating.

- Avoid abusing alcohol and drugs.

- Reminisce about positive memories.

- Engage in spiritual practices (attend religious services, pray, meditate, read inspiring texts, etc.).

- Listen to your favorite music, watch favorite TV shows.

- Spring-clean your space a few months early.

- Help others any way you can.

- Make plans for the future you can look forward to.

It's also important to be aware

that sometimes the blues can turn into depression, a medical condition that needs professional treatment. Depression is not a normal part of aging, but 8 to 20 percent of adults 60 and up experience depression at some time. Depression involves five or more of the following symptoms that are present during a two-week period:

- Depressed mood most of the day nearly every day.

- Loss of interest in activities, unmotivated.

- Feeling hopeless, worthless

and/or guilty.

- Sleeping too much or too little.

- Significant change in appetite/weight.

- Activity is slowed down or speeded up.

- Difficulty concentrating.

- Lack of energy.

- Repeated thoughts about death and/or suicide.

One form of depression is Seasonal Affective Disorder (SAD), which is caused by decreased daylight hours during winter.

What can you do to overcome SAD and depression?

- For SAD, go for a daylight

walk outside if you can, get light therapy if possible under guidance from your doctor (this involves a special lamp that mimics sunlight).

- For depression,

recognize the signs of depression and speak with a professional counselor if needed. You may also need to see your doctor, since depression can be caused by health conditions like low Vitamin D and thyroid levels, among other things.

If you need some help beating the winter blues, Iona has counseling services that are covered by Medicare and most other forms of insurance; for more information call (202) 895-9448, and select option 4.

— Deb Rubenstein, MSW, LICSW

## NNV CALENDAR

**Sun., Jan. 6, 4-6 p.m.**

**Potluck Supper Salon—**

*Speaker:* Mark Ozer, M.D., author, *Northwest Washington, D.C.: Tales From West of the Park*, 3211 Tennyson St. NW (rides available for NNV members); RSVP by 5 p.m. Wed., Jan. 3: (202) 237-1895.

**Mon., Jan. 7, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell in the Solarium at the Lisner Home, 5425 Western Ave. NW.

**Mon., Jan. 14, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., Jan. 16, 2-3:30 p.m.**

**NNV Book Club** to discuss

*Defending Jacob* by William Landay at the home of NNV member Bernice Degler; RSVP: (202) 237-1895.

**Mon., Jan. 21, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Jan. 28, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., Jan. 30, 10-11:50 a.m.**

**How Senior Villages Help Washingtonians Stay in the Homes and Neighborhoods They Love**—Presentations by Bannockburn, Capitol Hill and Northwest Neighbors Villages, Temple Baptist Church, 3850 Nebraska Ave. NW.

**Wed., Jan. 30**

**Deadline to RSVP** to Benita Lubic, (202) 362-6100 or [Blubic@aol.com](mailto:Blubic@aol.com) for NNV trip to Barnes Foundation Museum, Philadelphia, on April 24, \$145 per person, motor coach with restroom, lunch (City Tavern), tolls, taxes, gratuities, 9:30 a.m.-8:30 p.m.

**Tues., Feb. 26, 3 p.m.**

**NNV Men's Book Club** will meet at the home of Bernie Hillenbrand, 3212 Oliver St. NW, to discuss *The Road Less Traveled* by M. Scott Peck, M.D.; RSVP: (202) 237-1895.

## A Look Back at 2012 for NNV

2012, Continued From Page 1

percent over 2011. For example, in October 2011 we had 53 requests; in October 2012, 107 (a 102 percent increase!)

We helped our members declutter, become nutrition-savvy, referred them to senior-friendly vendors, drove them to movies, museums, parties and programs. We helped them redesign their homes for accessibility and talk with family members about growing older. NNV members became much more computer-friendly in 2012. We helped with Skype, e-mail migrations, iPhones, iPods and technical glitches related to scholarly papers and scanners.

Our volunteers took care of homes while members traveled and even made sure they had food in the fridge upon their

return. Our drivers are nothing short of earthly angels. Over 80 percent of NNV service calls are devoted to driving our members to medical appointments.

For those of you new to the village model, you may not know that our rides are more than mere transportation. Our drivers are friendly, fun and reliable. As one member said, "We had so much fun together on the ride to Sibley. We laughed and were still laughing when we pulled up in the driveway. I had to remember to get out and go in."

Our volunteers assisted members during the derecho and Hurricane Sandy weather events. The Bad Weather Buddy Alert system was activated to offer assistance and support in preparation for the storms. Our volunteers helped with groceries, taking in yard furniture, picking

up medicines, batteries and ice. Our members, especially those who live alone, welcomed friendly phone calls and visits from our volunteers.

Community connections have been powerful for NNV in 2012. We enjoyed joint programs and events with the Osher Lifelong Learning Institute, Sibley Seniors, Iona, the Methodist Home and Forest Side, and American University. These collaborations help support our focus on education as a key component to sustainability in our communities.

You will see more on our community connections in the 2012 Annual Report. The 2011 Annual Report is ready and posted on our Web site at [www.nwnv.org](http://www.nwnv.org). Thank *you* for your overwhelming show of support for Northwest Neighbors Village in our community.

—Marianna Blagburn

## Coming: A Spring Trip To View Impressionist Art

Thinking ahead to spring? NNV is sponsoring a trip to the world-renowned Barnes Foundation Museum in Philadelphia on Wednesday, April 24.

The Barnes has one of the world's leading collections of French Impressionist and Post-Impressionist paintings. It features 181 Renoirs, 69 Cezannes and 59 Matisses, along with works by Manet, Degas, Seurat, Prendergast, Titian and Picasso. The priceless works are symmetrically arranged according to size, and often paired with artifacts and furniture (African sculpture, Pennsylvania Dutch folk art, antique Chinese paintings) organized around themes and formal elements. The scheme reflects the teachings of the man who collected the works, Albert C. Barnes.

The trip costs \$145 per person, including round-trip transportation by deluxe 55-passenger motor coach with restroom, lunch at the world-famous City Tavern, a 30-minute introduction



The new Barnes Museum in Philadelphia. —Photo from [www.barnesfoundation.org](http://www.barnesfoundation.org)

to the museum collection following arrival, and individual touring of the museum with audio devices. All tolls, taxes and gratuities are included.

The trip will depart Washington at 9:30 a.m. and return by 8:30 p.m. Seats must be reserved by Jan. 30. To make reservations, call travel agent and NNV member Benita Lubic at (202) 362-6100 or write to Benita at [Blubic@aol.com](mailto:Blubic@aol.com).

—Marianna Blagburn

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## Who Was This Macomb Guy, Anyway?

McLean Gardens is bounded by several streets that reflect American military heroes. Macomb Street, forming its southern boundary, memorializes an important figure in the little-known War of 1812.

The history of Alexander Macomb is particularly connected with the Detroit area, where the name of Macomb County was given early to the area adjacent to Detroit. Born in 1782, while Detroit was still part of British North America, Macomb spent part of his early career as an Army engineer building fortifications in that area. He became famous for his victory over a far larger British force at the Battle of Plattsburgh in New

York State when he commanded American forces in September 1814 during the War of 1812. Congress ordered a gold medal honoring that victory and Macomb. He became associated with Washington, D.C., upon his appointment as commanding general of the U.S. Army in 1828 by President John Quincy Adams.

Macomb was also a commander during the Jackson administration and his wife was involved in a controversy among



Gen. Macomb in a portrait by Thomas Sully, part of the art collection at West Point.

Washington society over the social acceptance of Peggy O'Neale Eaton, the wife of President Jackson's secretary of war, John Eaton. For more details on this "scandal" ask Mark Ozer at NNV's Sunday salon on Jan. 6.

Succeeded on his death by Winfield Scott in 1841, Macomb was buried with his wife in Congressional Cemetery in Southeast Washington near the Navy Yard.

—Mark N. Ozer

## Scholar W. Phillips Davison Dies

The NNV community has been saddened by the loss in May of W. Phillips Davison, a charming and courtly scholar, and a member and generous supporter of NNV. Phill managed to fit several lifetimes into his 93 years.

Born in Bath, N.Y., Phill lived in Turkey from age 10 to 13; he graduated from Deerfield Academy and, in 1939, from Princeton University. On a fellowship in Stockholm, he was asked by President Franklin D. Roosevelt's special envoy to study attitudes about Nazi Germany. On receiving Phill's report, Secretary of State Cordell Hull wired, "The President and I read it last night and found it



W. Phillips Davison

very useful."

During World War II, Phill worked for the Office of Strategic Services. Later he published a memoir based on his letters, *A Personal History of World War II: How a Pacifist Draftee Accidentally Became a Military Government Official in Postwar Germany*.

Phill earned his doctorate in sociology from Columbia University while working at the Council on Foreign Relations, Rand Corp. and Princeton University, and editing *Public Opinion Quarterly*. As a Columbia professor of sociology and journalism, he devised the "third-person effect hypothesis"—

people expect others to be more influenced by mass media than they themselves are; if they act accordingly, they may distort the assumed impact of the message.

Phill published many books, including *The Berlin Blockade: Study of a Population Under Stress and Things Might Go Right*, about which he wrote, "We now know how to greatly reduce wars and poverty, but are not using this knowledge."

After retirement, Phill helped form the Cooperative Foundation for Peace and a Better Life to advocate for conflict resolution.

Surviving Phill are his wife, Emma-Rose Martin, son Stowe, daughter Holly Wolf, grandson Phill Wolf, and two great-grandsons. According to family and friends, Phill was driven by a strong sense of community, caring for others, fun and laughter, which we at NNV share.

—Pat Kasdan

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## Donald Frederick, Science Writer

We are sad to learn of the death in November of NNV member Donald Frederick, 81, of complications from pneumonia, six months after his wife, Andree, passed away.

A Detroit native, Don graduated from Georgetown University in 1953, then studied in Oslo and Madrid. He was a writer for McGraw-Hill in New York and American Aviation Publications in Washington before joining



Donald Frederick

the National Geographic Society news service, where he was a science writer and interviewer for National Geographic radio programs for 30 years. Early in his career, he received encouragement from Glenn T. Seaborg, who had won the Nobel Prize in chemistry.

National Geographic assignments took Don to all seven continents, gathering information and taking photographs for articles on everything from naked mole rats to subatomic physics. His work

appeared in newspapers around the United States and overseas. He was singled out for honors for an article about the potential hazards of debris abandoned in outer space.

A fitness enthusiast, Don enjoyed playing tennis as well as traveling, classical music, theater and reading. He belonged to the Cosmos Club, the National Press Club and the National Association of Science Writers, as well as serving on the board of the D.C. Science Writers Association.

Don is survived by his daughter, Felice Frederick of Arlington.

—Pat Kasdan

## MEMBER PROFILE

# Jean Pablo, Deeply Rooted in Washington History

**J**ean Pablo has deep Washington roots. Her parents and grandparents are native Washingtonians. She has fond memories of her grandmother's home in the "far-off reaches" of Northeast Washington, where she spent happy days surrounded by meadows and woods. In her mind's eye, she can still see her uncles riding horses there.

Her childhood home was near Rhode Island Avenue and Second Street NE. The row house had a large front porch, where her family socialized with neighbors. Her parents maintained an enormous vegetable garden in the backyard, which was particularly important during the food scarcity of the World War II years. During the hot Washington summers, the family spent time in the cool basement, which they called "the summerhouse."

Born in 1932, Jean has other memories of World War II—the ration books her mother used to buy food, and the monitors who walked the streets to ensure that residents complied with the requirement to darken their houses or cover their windows.

Although her father was a plasterer by trade, he drove a cab for some time during the war. Jean remembers that he would leave on Sunday evening and not return until the following Friday evening. Jean was told that he had to go to a "camp" with his cab. But he never said what he was doing when he was away. In later life, Jean assumed that her



Jean Pablo. —Photo by Joan Janshego

father was involved as a civilian in some way in the war effort.

Another strong memory of the war years was that Jean's family took in boarders. Because of housing shortages, many Washingtonians opened their homes to young women who came to Washington to work for the federal government. Jean says the boarders usually ate with the family and were treated like relatives.

Jean recalls seeing a newsreel with her father that showed the devastation of the attack on Pearl Harbor and asking her father if it was "real or make-believe." A large "V" in lights at the Capitol marked the war's end.

Jean graduated from St. Cecilia's High School and then went to two Washington colleges—Immaculata and Dunbarton (now the site of the Howard University Law

School)—for undergraduate work. Later, married with three small children, she earned a Ph.D. in history at Georgetown University. She taught history at both Dunbarton and Georgetown. She also worked for a time for the U.S. Forest Service, where she traveled throughout the country and provided reports to Washington headquarters. Her most memorable job-related trip was to Alaska.

Using her knowledge of Washington history, Jean gave many lectures to visitors while working at Washington Whirl Around, a tour company. Dr. Pablo was a founder of the Tenleytown Historical Society and the Tenleytown Library Association. She says she first got interested in Tenleytown when her children went to St. Ann's and Immaculata. Recognizing that the library needed support, she gathered a group of residents interested in helping. She led the group that later formed the nucleus of the historical society.

Jean had a lovely home near American University for many years. About four years ago, a daughter persuaded her to move in with her family in Chevy Chase. An addition was built that includes a bedroom and bathroom, as well as a library where Jean keeps her favorite books. It is an ideal situation, because Jean is part of the family but also has her private space.

—Joan Janshego

Falls can be scary and they seem to increase at this time of the year. Some people react by being overly cautious, which is labeled “fear of falling.” Unfortunately the fear of falling is a well-documented risk factor for falls. Others accept falls as a “normal part of aging.”

The good news is that they are not a normal part of aging, and many falls can be prevented. The Centers for Disease Control Web site ([www.cdc.gov/homeandrecreationalafety/falls/index.html](http://www.cdc.gov/homeandrecreationalafety/falls/index.html)) cites four factors in fall prevention:

- Exercise.
- Regular vision checkups.



## Combating That ‘Fear of Falling’

- Proper medication management.
- Removing environmental hazards.

Home is where many falls occur. As expected, the two primary areas of a home to incorporate fall prevention strategies are in the bathroom and on the staircase.

In the bathroom, be sure to have a grab bar where you enter the tub/shower and along the side wall for support when you are in the tub. Always have a non-skid mat in the tub and a non-skid rug outside the tub.

If you are relying on the door, sink

or towel rack to pull up from the toilet, consider installing a grab bar or toilet frame and maybe a raised toilet seat. Avoid suction grab bars as shower steam can cause them to release. Be sure there is adequate lighting and use a night light or flashlight for nighttime trips to the bathroom.

On the stairs, have two handrails that are continuous and extend all the way from the top to the bottom of the stairs. Have good overhead lighting and switches at the top and bottom of the stairs. Always wear shoes or well-fitting slippers with non-skid soles. Take your time and be sure you always have at least one hand free to hold the railing.

Throughout the house, have adequate lighting with accessible switches, remove all clutter and trailing cords that could cause tripping, remove or firmly secure all area rugs (a product called Teebaud makes an excellent rug stabilizer) and avoid rushing from room to room.

If you are remodeling your house, consider adding features that will resolve potential future accessibility needs; this is called Universal Design. For example, widen all doorways to at least 32 inches. Install a handicapped-accessible shower. If you are at least of average height, install a comfort height toilet, which is higher than the standard height. Have plywood backing behind all bathroom walls for flexibility with future grab bar placement. Use “designer” grab bars in the bathroom, which can also be used as a towel rack or toilet paper holder. All faucets and door handles should be lever style. In the kitchen, use pull-down and pull-out shelving. A side-by-side refrigerator offers good access to the refrigerator and freezer.

For help with adapting a current setup or remodeling with Universal Design features, call NNV Executive Director Marianna Blagburn for referrals to experts.

—Tori Goldhammer  
*Living at Home Consultations, LLC*

## Ah, the Joys of Growing Old!

When actress Julie Andrews turned 69, she appeared at an AARP benefit in Radio City Music Hall, New York. She performed “My Favorite Things” from her film *The Sound of Music* with the following lyrics:

*Maalox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things.*

*Cadillacs and cataracts and hearing aids and  
glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.*

*When the pipes leak, when the bones creak,  
When the knees go bad,  
I simply remember my favorite things,  
And then I don't feel so bad.*

*Hot tea and crumpets and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they  
bring,  
These are a few of my favorite things.*

*Back pains, confused brains and no need for  
sinning,  
Thin bones and fractures and hair that is thinning,  
And we won't mention our short, shrunken frames,  
When we remember our favorite things.*

*When the joints ache,  
When the hips break,  
When the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.*

Ms. Andrews received a standing ovation until she consented to repeated encores.

—Marilyn Schachter

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## Much Ado About ADUs: The Proposed Zoning Code Changes

A proposed revision to the D.C. zoning regulations has drawn much attention, confusion and consternation over a variety of new provisions. One of the most controversial involves relaxed requirements for the construction of Adult Dwelling Units (ADUs) on a homeowner's property in residential neighborhoods.

These units, also called granny flats or in-law suites, would give the homeowner the right, without zoning review, to construct an apartment inside his or her home or to build a separate structure outside. Current zoning provisions limit ADUs to apartments within the home or to accessory buildings used as “sleeping or living quarters of domestic employees.” Proposed changes would allow these ADUs

to be rental properties.

The proposed provisions are the first comprehensive changes in zoning laws since 1958 and were required by the city's 2006 Comprehensive Plan. Drafted by the Office of Planning, the revisions have been underway since 2008, with input from a task force appointed by D.C. Council members as well as representatives of government agencies and building industry representatives.

A number of hearings and public forums on these proposed changes have been held and more are scheduled. The Office of Planning will host a Ward 3 forum on Jan. 8 at 6:30 p.m. at Woodrow Wilson High and a Ward 4 forum on Jan. 16 at 6:30 at the Takoma Educational

Campus on Piney Branch Road.

A Twitter town hall is available for additional public comments on Jan. 14 at noon. It can be reached at [zoningdc.org/2012/11/28/save-the-dates-ii/](http://zoningdc.org/2012/11/28/save-the-dates-ii/). A D.C. government Web site also offers info on the proposed changes at [www.dczoningupdate.org/faq.asp](http://www.dczoningupdate.org/faq.asp).

The new provisions apply to R-1 through R-4 zones (mainly single-family zones), but with a number of restrictions. The homeowner would be required to occupy either the principal residence or the ADU. An ADU within a home would be restricted to no more than 25 percent of the home's square footage. The minimum size home for such an apartment would be 2,000 square

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## VOLUNTEER PROFILE

# Architect Bob Carr Designed His Own Senior Quarters

**B**ob Carr is a lifelong Washington resident. He was trained as an architect and worked for the Veterans Administration (now the Department of Veterans Affairs) until his retirement in 1996. Bob and his team designed hospitals, clinics and veterans' housing for more than 25 years. His experience as an architect helped him with his own housing design when the time came to make a change.

Bob and his wife, Mila, owned their house in Chevy Chase for years, but when Mila's health issues made it clear that their current house was not working, they researched alternative living arrangements and decided that they really did not want to move. Bob built a new home with universal design features in his side yard. Bob's son bought the original house.

The new home has doors that are wide enough for a wheelchair. The main bedroom is on the



Volunteer Bob Carr. —Photo by Stacey Marien

first floor and has a wheelchair-accessible bathroom and shower. The second floor is used for guests. After one year in the house, Bob's wife was injured and had limited mobility. Universal design features made it easier to accommodate the injury. Now a widower, Bob continues to live there, next door to his son and family.

Bob and Mila had spent much of their free time traveling visiting five children and 11 grandchildren. In recent years, Bob became involved with the Pre-Columbian Society of Washington, D.C. This

involvement led him to revisit Guatemala, where he had worked as a surveyor in his 20s. He goes several times a year and stays with people that he had known in their childhood. Bob visits Guatemalan archaeological sites and created a map of sites for tourists. He also travels to the Philippines for family business. He is a member of a men's book group and likes to grow tomatoes in his backyard.

Bob found out about Northwest Neighbors Village through the Chevy Chase Community Center. He liked the idea of the village and helping people age in place. Though Bob serves primarily as a driver, taking members to the doctor, yoga or the grocery store, he also does small handyman chores. When in town, he drives two or three times a week. He can volunteer because he is in good health and thinks people should volunteer if they can.

—Stacey Marien

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## Ado About ADUs

ZONING, Continued From Page 8

feet, though exceptions might be granted. An outside unit could have a footprint of 450 square feet, contain no more than 900 square feet and be up to 22 feet tall. Residents would not need a variance to construct such a structure. No more than six people could occupy the two dwellings. Other restrictions can be found at

the D.C. Zoning Web site above.

The changes are seen by supporters as benefiting homeowners by permitting income units to help seniors remain in their homes, serving as residences for caregivers or returning children or as apartments for parents of the homeowners.

Opponents fear that such units, which could also be rented to individuals outside the family, would change the nature of

single-family residential areas by permitting a large influx of renters with an impact on parking, crowding and noise. There are also concerns that these buildings could be constructed as a matter of right, without a hearing, if the new facility complies with all the restrictions.

The D.C. Office on Planning says the proposals are a work in progress and that additional changes are possible.

—Janean Mann

## Full of Beans, Aimed at Kids —And Their Grandparents

For Chevy Chase resident Mary Hutchens, her shop, Full of Beans, is a labor of love. It also reflects her commitment to fair trade practices abroad, and support of U.S. manufacturers, particularly of local small businesses. A Chevy Chase staple since 1986, Full of Beans is the “go-to” location for quality children’s clothing, accessories, toys and books, according to the fashion Web site [Daily Candy](#).

Her focus on children’s clothing crystallized in the early ’80s when she lived in Japan, where her daughter, Katherine, was born. Mary was blown away by the variety of styles offered there, but not found in the United States at that time. Upon returning to the States, she began designing a line of children’s sweaters that she and a business partner sold across the country. They then decided to shift to retail and opened Full of Beans in Alexandria; they moved the same year to Chevy Chase. A second shop, opened in Potomac with another business partner in the late ’90s, is now closed.

Full of Beans is replete with a variety of clothing from all over

the world, though Mary is always looking for local talent. She also seeks “age-appropriate clothing,” styles that suit the actual age of the child and are not too “fashion-forward.” There are sweaters, puppets and blankets from 7 Smooches, created by two mothers from Illinois with seven children between them, and items from an Arlington company. Clothing also comes from Bosnia, crafted by women, many of whom were widowed by the war. Mary is a board member and the only business adviser of

Bosnia Handicrafts, a fair trade organization that helps market these products in the United States. The shop also features the work of Chevy Chase, Md., painter Lois Ordway.

A supporter of NNV, Mary (a grandmother herself) says grandparents are a mainstay of her shop, especially during the current economic decline when sales have dropped substantially. She offers a 10 percent discount to NNV members.

The name Full of Beans comes from a phrase Mary’s father used to describe lots of spirit, a phrase Mary liked and decided to use. The shop operated on Connecticut Avenue for many years but recently moved to a new location around the corner on 3813 Livingston St. NW. A Web site and blog will soon be up and running.

—Janean Mann



Mary Hutchens displays a sweater made from recycled wool from 7 Smooches.

—Photo by Janean Mann

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## Charity Happy Hour at Madam’s Organ Supports Lisner Home

NNV members are invited to the Madam’s Organ Charity Happy Hour on Thursday, Jan. 31, to support the Lisner-Louise-Dickson-Hurt Home. Members can come to Madam’s Organ Blues Bar in Adams Morgan anytime from 5 to 9 p.m. for a happy hour fundraiser. You don’t have to donate a dime—just drink or eat.

For each drink order, \$1 goes to Lisner as well as 20 percent of the food sales, including some of the best soul food in town.

On top of the \$1 donation for each drink, Madam’s also has a \$1 off drinks happy hour special until 9 p.m. At the Madam’s Organ Happy Hour on Thursdays, you can enjoy the atmosphere of a live

blues bar and soul food restaurant that has been repeatedly voted one of the top 20 in the country.

Madam’s Organ is at 2461 18th St. NW in Adams Morgan, telephone (202) 667-5370. The Lisner Home, a strong supporter of NNV, provides our office space and facilities for our weekly yoga class.

## Savory Sandwiches for Super Sunday

**T**his selection of savory sandwiches will kick off 2013 lunches in a healthy way. They hike up fiber while whittling the fat, salt and calories of their original counterparts. Enjoy for lunch or serve a selection during the Super Bowl.



—Photos by Barbara B. Oliver

### Turkey Kielbasa on Whole Wheat Buns

- 1 turkey Polska Kielbasa (smoked or regular) from 13.5-ounce package*
- 1 100% whole wheat hot dog roll from 13-ounce package*
- ¼ cup sauerkraut with a bit of juice from 32-ounce jar, if desired*
- Ketchup (low sugar)*
- Mustard (yellow or Dijon)*
- Pickles (no-sugar-added bread and butter chips or dill slices)*
- 1 bag small peeled carrots*

Heat sausage in a small pan of water until water is boiling. In another pan, heat sauerkraut with juice until steaming.

Meanwhile, toast roll until lightly browned and slightly crisp. (This will help keep the bun from getting soggy when you add condiments and/or sauerkraut.)

To serve, place sausage in bun, drain sauerkraut and place on sausage. Serve with ketchup, mustard, a selection of pickles and small carrots.

Makes 1 serving.

*Note:* You can make up to 8 sandwiches from these ingredients. Chicken or turkey hot dogs may be used instead of the sausage.

### Turkey Reuben

- 1 slice 100% whole wheat bread*
- 2 ounces cooked white turkey meat*
- 2 tablespoons fat-free Thousand Island dressing*
- ¼ cup drained sauerkraut*
- 1 ounce sliced Swiss cheese (regular or reduced fat)*
- Parsley*
- Dill pickle*
- Radish slices*

Toast bread lightly. Arrange turkey slices on toast. Spread turkey with dressing. Top with sauerkraut and cheese. Bake at 450°F or put under broiler (3-5 minutes) until thoroughly heated and cheese is melted. Garnish with parsley, dill pickle and radish slices.

Makes 1 serving.

—Barbara B. Oliver



## Tax Time and Those Charitable Deductions

**A**s 2012 comes to a close, here are a few thoughts to assist our members and volunteers in the preparation of their 2012 tax filings:

To deduct any charitable donation of money, regardless of amount, a taxpayer must have a bank record or a written communication from the charity showing the name of the charity and the date and amount of the contribution. Bank records include canceled checks, bank or credit union statements, and credit card statements.

Bank or credit union statements should show the name of the charity, the date and the amount paid. Credit card statements should show the name of the charity, the date and the transaction posting date. Donations of money include those made in cash or by check, electronic funds transfer, credit card and payroll deduction.

These requirements for the deduction of monetary donations do not change the long-standing requirement that a taxpayer obtain an acknowledgment from a charity for each deductible donation (either money or property) of \$250 or more. However, one statement containing all of the required information may meet both requirements.

To be deductible, clothing and household items donated to charity generally must be in good condition or better. A clothing or household item for which a taxpayer claims a

deduction of over \$500 does not have to meet this standard if the taxpayer includes a qualified appraisal of the item with the return. Household items include furniture, furnishings, electronics, appliances and linens.

Volunteering for the village includes some tax deductible



areas. Mileage for your participation, involving driving your personal vehicle, can be deducted at 14 cents a mile. This should have been developed from contemporaneous record-keeping. Donations of cash to the village should be taken as charitable deductions; you can also deduct the value of any items donated, per the rules cited above.

To help taxpayers plan their holiday-season and year-end giving, the IRS offers the following additional reminders:

- Contributions are deductible in the year made. Thus, donations charged to a credit card before the end of 2012 count for 2012. This is true even if the credit card bill isn't paid until 2013. Also, checks

count for 2012 as long as they are mailed in 2012.

- Check that the organization is qualified. Only donations to qualified organizations are tax-deductible. [Exempt Organization Select Check](#), a searchable online database available on [IRS.gov](#), lists most organizations that are qualified to receive deductible contributions. In addition, churches, synagogues, temples, mosques and government agencies are eligible to receive deductible donations, even if they are not listed in the database.

- Only taxpayers who itemize their deductions on Form 1040 Schedule A can claim deductions for charitable contributions. This deduction is not available to individuals who choose the standard deduction, including anyone who files a short form (Form 1040A or 1040EZ). A taxpayer will have a tax saving only if the total itemized deductions (mortgage interest, charitable contributions, state and local taxes, etc.) exceed the standard deduction. Use the 2012 Form 1040 Schedule A to determine whether itemizing is better than claiming the standard deduction.

The above regulations apply to 2012 tax filings. Congress is debating changes to the tax code that might change the present system. NNV will highlight any major changes for your 2013 tax year.

—Stewart Reuter,  
NNV treasurer

# Donned We Then Our Gay Apparel: NNV's Holiday Party

*Nearly 50 NNV members, volunteers and friends enjoyed the food and conversation at our holiday party Dec. 2. Here are some snapshots by Janean Mann and Marianna Blagburn.*



**From left, Tom Scanlan, Mae Scanlan, Trudy Nehls (back of head), Beverly Simmons, Gloria Rall.**



**Vin Rocque, Trudy Nehls.**



**Bob Carr, Anne Carpenter, Dolores Kirby, Pat Kasdan.**



**Enjoying the feast, from left: Sherman (Woody) Smith, Joan Janshego talking to Sue Lieberman, Stewart Reuter, Judy Brace, Martha Gudina.**



**Manolis Prinniotakis, Carolyn Walker Jones, Mimi Sokol.**

**Vivian Parker, Jennifer Adams, Michael Sams.**



## COMMUNITY CALENDAR

**Tues., Jan. 8, 6:30-8:30 p.m.**  
**D.C. Office of Planning**—Ward 3 Community Meeting on Comprehensive Zoning Review, Wilson High School, 3950 Chesapeake St. NW.

**Tues., Jan. 8, 7:30 p.m.**  
**Police Service Area 201**—Community Meeting, Chevy Chase Community Center, 5601 Connecticut Ave. NW (changed from regular first Tuesday).

**Wed., Jan. 9, 1-2 p.m.**  
**Get Your Back on Track**—David Lin, M.D., Suburban Hospital neurosurgeon, describes new technology in minimally invasive back surgery to relieve pain and hasten recovery; Friendship Heights Community Center, 4433 S. Park Ave., Chevy Chase, Md. Free; register at (301) 896-3939.

**Thurs., Jan. 10, 7:30 p.m.**  
**ANC 3E Meeting**—Multipurpose Room, Janney Elementary School, 4130 Albemarle St. NW.

**Sun., Jan. 13, 1 p.m.**  
**Author Mark Ozer** will discuss *Washington DC Streets and Statues*, about people for whom streets and monuments are named; Politics & Prose, 5015 Connecticut Ave. NW.

**Mon., Jan. 14, 7:30 p.m.**  
**ANC 3F Meeting**—Capital Memorial Church, 3150 Chesapeake St. NW.

**Mon., Jan. 14, 7:30 p.m.**  
**ANC 3/4G Meeting**—Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Tues., Jan. 15, 7:30 p.m.**  
**CCCA Meeting**—Activity update: Wards 3 and 4 Council members Cheh and Bowser will

give legislative updates; Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., Jan. 16, 6:30 p.m.**  
**Foreign Film Series**—*Infernal Affairs*, Hong Kong, 2002, rated R; Tenley Friendship Library, 4450 Wisconsin Ave. NW, 202-727-1488.

**Thurs., Jan. 17, 10:30 a.m.**  
**Avalon Senior Cinema**—Patrons age 62 or more can see the feature film for only \$7.25 (usual senior price, \$8.75); 5612 Connecticut Ave. NW.

**Thurs., Jan. 17, 10-11:50 a.m.**  
**Social and Ethical Aspects of Contemporary Biological Research**—Dennis O'Connor, NNV volunteer/board member, will discuss implications of stem cell and genetics research; free lecture, Osher Lifelong Living Institute (OLLI), Abramson Recital Hall, Katzen Arts Center, Massachusetts and Nebraska avenues NW.

**Sun., Jan. 20, 1 p.m.**  
**Author Melvin A. Goodman**, former CIA officer, will discuss his book *National Insecurity: the Cost of American Militarism*, proposing to limit the military's role to defense; Politics & Prose, 5015 Connecticut Ave. NW.

**Wed., Jan. 23, 7 p.m.**  
**2nd District MPD Citizens Advisory Council**, 3320 Idaho Ave. NW.

**Sat., Jan. 26, 3:30 p.m.**  
**Author Margaret Webb Pressler** will discuss research presented in her book *Cheat the Clock: New Science to Help You Look and Feel Younger*, Politics & Prose, 5015 Connecticut Ave. NW.

**Mon., Jan. 28, 7:30 p.m.**  
**ANC 3/4G Meeting**—Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Friday**  
**AARP Legal Counsel for the Elderly Self-Help Office**, free to D.C. residents 60+ years old; paralegal Ebonee Avery assists with legal questions, claims reports, consumer complaint letters, benefit checks, etc. Iona Senior Services, 4125 Albemarle St. NW. Call (202) 895-9448 (option 4) for appointment.

**First Thursdays, 12:30-4 p.m.**  
**Health Insurance Counseling**, by appointment, free to D.C. residents 60+. The George Washington University Health Insurance Counseling Project answers questions about Medicare prescription benefits, long-term care insurance and paying medical bills; Iona Senior Services, 4125 Albemarle St. NW. Call (202) 895-9448 (option 4) for appointment.

**Chevy Chase Library Movie Mondays**  
**2 p.m.**

**Jan. 7**—*Hachi: a Dog's Tale*, U.S. 2009, G

**Jan. 14**—*Shine*, Australia 1996, PG-13

**Jan. 28**—*The Queen*, U.K. 2006, PG-13, Helen Mirren

**6:30 p.m. Woody Allen Films**

**Jan. 7**—*Sleeper*, U.S. 1973, PG

**Jan. 14**—*Annie Hall*, U.S. 1977, PG

**Jan. 21**—*Midnight in Paris*, U.S. 2011, PG-13