

# CAPITOL HILL VILLAGE

APRIL 2011

# NEWS

## From the President

I am very pleased to announce that as of July 1, 2011, Kathryn (Katie) McDonough will become the new Executive Director of the Capitol Hill Village. Many of you already know Katie as the Village Director of Community and Social Services, and she has worked closely with Founding Executive Director Gail Kohn.

The Capitol Hill Village Board enthusiastically named Katie to this position after a formal interview and review of her experience. Most relevant to the Capitol Hill Village is her degree in Social Work from the University of Pennsylvania, with a specialty in Gerontology and Aging Services, and two internships

► *continued on page 5*



Katie and Gail confer on where a new Capitol Hill Village member lives.

## New Concerns Raised on Proposed Open Central Court of Hine Development Project

Safety became a central topic at the latest ANC public hearing on the Hine School development project.

"I have become very skeptical about the courtyard and neighborhood health," said ANC member Norman Metzger, who is also a member of Capitol Hill Village. "An open courtyard would invite all kinds of problems at night." If you are skeptical, he added, "talk to the police."

The courtyard is the center area within the buildings that will line 7th and 8th Streets, Pennsylvania Avenue, and the alley between 7th and 8th. A public open space at 7th and C Streets across from the south end of Eastern Market and Marvelous Market is not in question.

► *continued on page 8*

### IN THIS ISSUE:

- 2 April Events Calendar
- 3 Message from Gail Kohn
- 4 Remember the Vision
- 5 Members Have Their Say
- 6 Endowment Update: Managing Investment Risk & Return
- 8 Gala Salon Dinner Coverage
- 12 Prostate Health and Cancer Treatment
- 14 Library of Congress Maps and Random Musings
- 15 St. Paddy's Day dinner
- 16 Members Get Advice on Family History Searches

## Upcoming Events

Friday, March 25 • 12:30-1:30 pm  
Southeast Library, 7th and D Streets SE

### Balance Class

Join other members in this monthly balance class, which will help you recognize that strength and agility are the best defenses against falls. Practice skills that will keep you on your feet. The class is taught by a physical therapist volunteering from Physiotherapy Associates.

**Please RSVP to CHV office, 202.542.1778.**

*Members only*

► *Upcoming Events continued on page 17*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>27</b>	<b>28</b>	<b>29</b> Qigong, 10 am, see p. 20 <b>Call the office by 3 pm to reserve a spot at the Mar. 30 Gauguin Talk</b>	<b>30</b> Lunch at the National Gallery, (11:45 am) before Gallery Talk: Gauguin, Maker of Myth, 1 pm, see p. 17 Yoga Class, 6:30 pm, see p. 20	<b>31</b> Qigong, 10 am, see p. 20	<b>1</b> <b>Call the office by noon to arrange Apr. 2 Hazardous Waste pickup</b>	<b>2</b> Hazardous Waste Pickup, Starting at 9 am from your house, see p. 17
<b>3</b>	<b>4</b>	<b>5</b> Qigong, 10 am, see p. 20 LOC Guided Tour: Early Maps of the Washington Region, 9:45 am, followed by Lunch. see p. 17	<b>6</b> Yoga Class, 6:30 pm, see p. 20 <b>Call the office by 5 pm to arrange Apr. 9 book pickup</b>	<b>7</b> Qigong, 10 am, see p. 20 Chew on That, 7 pm, see p. 18	<b>8</b> Book Donation Monthly Pickup, starting at 9 am, see p. 18	<b>9</b> FOSEL Monthly used-book sale, 10 am-3 pm, SE Library
<b>10</b>	<b>11</b> <b>Call the office by 3 pm to reserve a spot at the Apr. 13 Café Berlin dinner</b>	<b>12</b> Qigong, 10 am, see p. 20	<b>13</b> Dinner at Café Berlin (BY RESERVATION ONLY) 6:30 pm, see p. 18 Yoga Class, 6:30 pm, see p. 20	<b>14</b> Qigong, 10 am, see p. 20	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b> Qigong, 10 am, see p. 20 Literary Club, 6 pm, see p. 18	<b>20</b> Yoga Class, 6:30 pm, see p. 20	<b>21</b> Qigong, 10 am, see p. 20 Memory Issues Talk, 11:00 am, see p. 19	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b> Qigong, 10 am, see p. 20	<b>27</b> Yoga Class, 6:30 pm, see p. 20	<b>28</b> Qigong, 10 am, see p. 20	<b>29</b> Balance class, 12:30 pm, see p. 19	<b>30</b> Rogers/ Shakespeare Birthday Party: 2 pm, see p. 20  Play: New Electric Ball room, 2 pm, see p. 19

For more information about any event, or to reserve a space at an event, call the CHV office at 202.543.1778 during regular office hours (9 am to 5 pm) or e-mail [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

## Capitol Hill Village News

**To reach us:** We are interested in your feedback.

Phone: 202.543.1778

E-mail:  
[info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

Internet:  
[www.capitolhillvillage.org](http://www.capitolhillvillage.org)

Mail: PO Box 15126,  
Washington, DC 20003

**To unsubscribe,** please send a message to [unsubscribe@capitolhillvillage.org](mailto:unsubscribe@capitolhillvillage.org)

**To become a member,** go to [www.capitolhillvillage.org](http://www.capitolhillvillage.org) and click on "Join." Payment of dues through PayPal is available online.

**To support the Village,** go to [www.capitolhillvillage.org](http://www.capitolhillvillage.org) and click on "Support/Donate." Or support CHV through the Combined Federal Campaign # 55474. All donations are welcome!

### Capitol Hill Village Leaders

Mary Procter, President of the Board

Gail Kohn, Executive Director

Katie McDonough, Community & Social Services Director

### Capitol Hill Village News Team

Editor: Diane Brockett

Activities Coordinator:  
Judy Canning

Designer: Roxanne Walker

Copy Editor: Jim Hardin

Web Site: Neal Mann

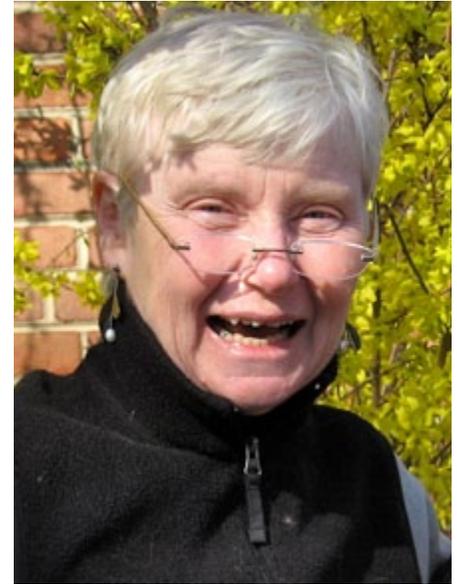
# From the Executive Director...

Please read the message from Capitol Hill Village President Mary Procter, which provides the context for my director's column this month (see page 1).

On July 1, I will become "Advisor to the Board," with a mandate to address the most important priority for Capitol Hill Village—sustainability. In my new role, I will focus on sharing the Capitol Hill Village story and obtaining financial support so it will be here for you and other Capitol Hill neighbors to rely upon for resources and camaraderie. I also will continue to work with other organizations on developing accessible, intergenerational housing options on Capitol Hill.

The leadership of Capitol Hill Village will move to the capable hands of Katie McDonough, our Director of Community and Social Services. She will manage the organization you have come to expect and make life easier and more fun.

"Volunteers First" will continue to be the Capitol Hill Village means of accomplishing what members want and need. If a compatible volunteer is not available, preferred vendors will be contacted. As in the past, after services have been performed, members will be asked about the



experience. Fascinating activities and informative programs will continue to happen.

We are planning a smooth transition to our new roles.

This is another beginning for Capitol Hill Village. I am proud to have led the organization from the time of its launch in October 2007.

### Lives have been changed for the better since Capitol Hill Village began.

Thanks to its 250 plus volunteers, things get done.

Free transportation, our most requested service, is arranged to doctor's appointments, airports, and many other destinations and for many reasons.

Members' homes have become easier to maintain. Numerous home assessments to diagnose house problems and conditions have been carried out. With Capitol Hill Village volunteers and vetted vendors, minor repairs and big jobs are completed. Lots of toilets no longer leak, restrung windows work, stairwells are safer, thanks to

► *continued on page 4*

# Remember the Vision

**T**he Steven C. Rogers Fund, established to honor a Village founder, helps pay the fees of lower-income Membership Plus members. Fees of regular members do not subsidize these memberships. The Rogers Fund is an essential part of our goal to ensure that Village membership reflects the economic diversity on Capitol Hill.

Thanks to the generosity of many on Capitol Hill, as well as grants from the DC Government, the Capitol Hill Community Foundation and The Morris & Gwendolyn Cafritz Foundation, low-income members represent over 16 percent of the Capitol Hill Village membership.

Capitol Hill Village has been able to accept individual members whose income is \$40,000 or lower for \$100 annual dues and household memberships of those

whose income is \$50,000 or lower for \$200 annual dues. The low-income members' program is called Membership Plus because financial assistance is provided to cover the deep dues discount, to help with especially urgent expenses incurred by these members for personal services and home repairs, as well as to cover the gap between revenue and expenses associated with low-income members. Most Capitol Hill Village events are free to encourage all to enjoy the fun, learn and converse together.

The Capitol Hill Village Board of Directors has made raising funds to grow the Steven C. Rogers Fund its highest priority. Before the close of this fiscal year on September 30, around \$60,000 is expected to be drawn from the Rogers Fund. The fund must be replenished to continue future support.



We know that there is a strong desire to see the Capitol Hill Village vision of the membership becoming more and

more like the economic diversity of our neighborhood. We cannot do that without your help.

Please contribute on or by April 30. We will honor and remember Steven C. Rogers at his birthday celebration that day at 2 PM. Check the April 30 calendar item for more details. If you cannot join us, please send your gift to the PO Box 15126, WDC 20003 or go to the Capitol Hill Village website "Support" page to contribute on-line.

## From the Executive Director *continued from page 3*

volunteers. Just this winter, heating and air conditioners were replaced in five homes with quick service and good pricing from our vetted vendors.

Computers are working better, DVDs have been attached, CDs have been unstuck.

Thousands of pounds of snow have been shoveled through the years, especially last year. Gardens have been weeded and re-weeded, leaves have been raked, spring clean-ups performed, grass has been cut, plants have been placed strategically to beautify front and back yards—nearly all by volunteers, who like working in and near the soil.

Thousands of pounds of TVs, old computers, paint cans, chemicals, and paper to be shredded have been picked up and taken to the Fort Totten Transfer Station and Recycling Center.

Many more books get to the SE DC Library for the book sale.

Thousands of papers have been organized for tax purposes, posterity, and disposal by volunteers who enjoy helping others get things in order.

Pets have been walked and fed, houses have been watched, meals have been made, and still the volunteers say "Yes" to new requests for assistance.

Personal care has been arranged for 40 or more members, who would not have been able to stay at home without the coordination and advocacy Capitol Hill Village provides.

We could not have done all that we have accomplished without the help of hundreds of volunteers who put in thousands of hours every year.

We can do as much and more, if we can obtain your help with creative ways to raise funds to support the mission.

—Gail Kohn

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## YOUR TURN

# Members Have their Say

### Letter to the Executive Director: From skeptic to convert



As you may recall, I always thought that the “Village” was a great idea but harbored doubts about its long-term viability and usefulness. My efforts on behalf of the village in its conception and infancy were tributes to hope rather than gestures of faith.

In the last couple of weeks, I have experienced the village as an operating organism, providing me volunteer services (assisting me with meals and transportation) that were critical to my health. And, as a welcome bonus, I was provided with hours of pleasant companionship when companionship is as useful a prescription as those that come in a bottle.

I am now a convert. Faith has supplanted hope.

Bob Guttman

### Hail and Farewell To Our Capitol Hill Village Friends:

As we prepare to depart Washington for the Midwest this spring, we want to thank all at CHV who have supported us over the past four years. For the office staff who scheduled transportation and, especially, all who have driven both of us to Johns Hopkins and to doctors around all the Washington area, a special thanks.

We have met generous people with fascinating personal life stories. Although traveling to see doctors, we always have enjoyed the ride.

Finally, the founding leadership and those who continue to lead CHV should take a bow. We’ve been proud to be part of the first-class organization that they have built.

We are returning to our roots in Milwaukee, including friends and family, with a wonderful view of our favorite Lake Michigan.

Nancy and David Maguire

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## From the President *continued from page 1*

working closely with frail older adults. In the coming summer, she will become a Licensed Clinical Social Worker, with the credentials to supervise other social workers.

Also relevant to her work in the Capitol Hill Village, Katie preceded her social work training with five years experience in managing education programs for the International House of New York City and the Association for International Practical Training.

As Gail Kohn explains in her Executive Director’s column on page 3, Gail will take on a part-time role as Advisor to the Board and will focus most of her time on ensuring

the sustainability of the Village, especially through the growth of the Steven C. Rogers Fund for the support of our subsidized members. We look to all of you to support her in this effort. She also will continue her advocacy for accessible, intergenerational housing options, which already has some influence on plans for the Maples and Hine housing developments.

As we approach the beginning of the fifth year of the Capitol Hill Village, we on the Board look forward to building on the dynamic legacy of Gail Kohn’s four years as Founding Executive Director and express our great appreciation for

her high energy, creativity, and deep knowledge of what people need as they get older. She has built a nationally recognized, innovative organization that already is playing a leadership role in our wonderful neighborhood.

As a dedicated mentor of future leaders, Gail has focused part of her recent energies on working closely with Katie McDonough, preparing her to take Capitol Hill Village on to the next stage of its development. The whole Board is ready to join Katie on that journey.

—Mary Procter

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## ENDOWMENT UPDATE

# Managing Investment Risk & Return

By William Phillips

**W**ith the income tax season upon us, it might be helpful to reflect on our personal finances and tax situations. Many times, we may just go from year to year and not focus on how we may be able to improve our own finances.

Reviewing our income sources can tell us a lot about our investments. We can see the breakdown between interest and dividends, and the kinds of interest and dividends that we receive. For some, there needs to be no adjustment, while for others, some adjustment may be advisable, either to increase income or reduce risk. It is important to keep track of our asset allocation, for that is a fundamental decision in managing our investments.

The asset allocation will reflect our tolerance for risk. Some will want as little risk as possible, and tend towards having the majority of

their investments in fixed income, perhaps, simply certificates of deposit or US Treasury securities. Others will accept some risk, and perhaps invest in mutual funds or individual stocks. All of these investment choices have some risk of principle, as well as varying income returns. For example, the yield on Treasury securities has been very little in recent years since interest rates have gone to almost zero. This is true, as well, of bank certificates of deposit.

Fixed income assets, of course, have little opportunity for capital appreciation. The greater the opportunity for appreciation, the greater the risk. Many people will hold equities in one form or another, hoping for both income and capital appreciation, so that their portfolios can keep up with any presumed inflation. With declines of the "Great Recession" seemingly behind us, we have seen an increase in the

equities markets, and a continuing low-interest-rate environment.

February was a somewhat confusing month. It opened strongly with good news from corporate earnings, and continued improvement in the underlying economy. At the end of the month, we had the continuing unrest in the Middle East, principally Libya. The markets responded strongly to the unrest in Libya and the disruption in oil production. As we know, the markets do not like uncertainty, and there is plenty of uncertainty surrounding the entire Middle East region. There is a lot of opportunity for good progress in the Middle East, but no guarantee, and there is just as much opportunity for continuing serious problems.

However, the economy in the United States seems to be stable and very slowly improving. At the end of the month, it was reported that personal income climbed 1 percent in January. This increase shows the effect of the tax-cut compromise reached by the Obama Administration and Congress in December. In addition, other indicators of the economy showed increased consumer confidence. Overall, it would appear that the United States economy is showing slow progress on many fronts. Yet, there is still no large increase in the number of jobs. It also is troubling that the cuts in the federal and state budgets will eliminate jobs, thus slowing the economic recovery that we have had so far.

After you have completed your tax returns for 2010, if you are able to consider a contribution to the Capitol Hill Village Endowment Trust, we would be very glad to speak with you.

### A VEXING RIVALRY

Not an avid competitor  
I am amazed  
at the persistent conflict  
between my mind and body  
each determined to outdo the other  
and get full credit for my demise.

In full course of time  
the rivalry matured  
from body pains and surgeries  
forgotten names to  
brainless deeds.



Unable to resolve my preference  
I monitor the rivalry with  
lively interest  
and root for a dead heat.

— By Leo Orleans

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## Proposed Hine Courtyard Raises Concerns *continued from page 1*

The developers plan, as of this hearing, was also to have open on to C Street the inside block courtyard. C Street is planned to be open to traffic during the week, and closed for use of the Eastern Market outdoor booths on weekends (along with the other open space at 7th and C Streets).

“There is an issue in play,” agreed ANC Commissioner David Garrison. Architect Amy Weinstein added, “We are going to have to think this through.”

Other ANC members, as well as speakers from the audience, indicated they still want to have the courtyard as public space.

During the public speaker portion of the session, residents of the 200



Capitol Hill Village Executive Director Gail Kohn also testified that the Village’s nearly 400 members are watching the project with much interest as there are few apartments available on Capitol Hill for those who are ready to move out of large homes. Two ANC members

The courtyard in question is circled on the drawing above. You can read about the plan and view other drawings of the project at the developer’s web site: [www.hineschool.com](http://www.hineschool.com).

they have considerable disagreement among themselves on several issues. While the ANC has no legal voice in the development proceedings, the Historic Preservation Board is required to give specific reasons if it turns down the ANC recommendations.

ANC members cautioned concerned citizens than the Hine project faces months of more review before it can receive approval to begin digging. Because of the size of the project, Hine Development next will face the District’s lengthy Planned Unit Development (PUD) approval process. Usually, this takes at least eight months, and involves the Zoning Commission and the DC Office of Planning.

The major issue facing the project in the PUD process, explains Metzger, “is assessing the value of its increased height and density” compared with its “benefits to the community and any compensating amenities.”

With this step, details of the inside of the project buildings will become part of the public discussions.

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**“An open courtyard would invite all kinds of problems at night. If skeptical, talk to the police.”**

— ANC commissioner and CHV member Norman Metzger

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and 300 block of 8th Street, who live immediately across from the project, indicated their concerns are far from answered by early changes to the Hine design. On the other hand, speakers representing 7th Street and other nearby business expressed strong support—indicating they believe the project will lead to the expansion of their businesses.

And Steve Cymrot, longtime owner of Riverby Books on East Capitol Street, noted “this is a project for the entire Hill,” and spoke favorably about adding “retail mix” to serve all of Capitol Hill. ANC member Kirsten Oldenburg added that she represents residents of blocks not attached to the Eastern Market immediate area.

noted that Capitol Hill Village has been an important voice in helping to define issues as the process has moved forward, and were echoed by one speaker involved with the development.

The Hine proposal includes nearly 238,000 square feet for residential use, 156,200 for office, 41,700 for retail, and about 100,000 square feet underground for parking and services (and possibly a food store).

The ANC’s next full meeting is April 20. It is to present a statement of support and/or objections on the Hine plan to the Historic Preservation Review Board by April 28. The ANC members will develop the report in closed sessions, and

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# Gala Salon Dinners: Good Food, Great Company



## The Reverend Paul Abernathy on Preaching at St. Mark's

By Paul Luckern

On March 2, 2010, Charlie Rupp and Louise Walsh hosted six of us, including our Village president, for a salon dinner with the Reverend Paul Abernathy and his lovely wife, Pontheolla. Rev. Abernathy, rector of St. Mark's Episcopal Church SE, is a native of St. Louis, Missouri.

In over thirty years of active, ordained ministry, he has served

congregations in Columbia, Missouri; Chicago; Charleston; and Washington, DC. Rev. Abernathy has been the rector of St. Mark's since June 1998.

"St. Mark's," he said, "is a place where people don't ask what you do, but who are you. Some one asked me the other day what I did, and I admit I was at a loss for an answer—I was so used to the St. Mark's way of getting to know other people."

He reminisced about his experience in preaching: "When I was younger," he said, "I worked to make my sermons seem erudite. Now I just talk. But the 11:00 AM sermon seminar at St. Mark's has really changed the nature of the sermon. The sermon, in fact, begins at the end of the sermon when people reflect on what it has made them think about."

We were fortunate during the evening to benefit from his depth of knowledge and wide experience, which included a sabbatical in Italy. Rev. Abernathy has been quoted as

saying that "the older I get, the more flamingly liberal I become," and that was readily apparent in the dialogue we enjoyed. We did learn that while he has had considerable experience in flying, flying is not his favorite past time.

The shrimp and champagne before dinner and the soup, salad, salmon, cheeses, sweets, wine, and a surprise cordial were added pluses to the evening.



Clockwise from empty seat is Mrs. Griffiths, wife of former pastor of First Congressional Church, Neil Gregory, Pontheolla Abernathy, Paul Luckern, Rev. Griffiths, Janice Gregory, Paul Abernathy.

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## General Neal Opened Listeners to U.S.'s Vast Commitments

By Margaret Crenshaw

Marine Gen. Richard "Butch" Neal — retired in 1998 and now living



on Capitol Hill with his wife, Kathy — held the rapt attention of 14 CHV members and guests at a February 12th buffet salon dinner hosted by Al and Margaret Crenshaw.

Sharing his 35 years of professional service and thoughts about today's wars, servicemen and women, training, organization, and future, General Neal opened a door into the vast world that encompasses the nation's military commitments around the world.

With facts, realism, and humor, he opened his remarks with a map that showed how the military divides up the world and how all the services interact. The general also noted

wryly that the State Department divides the world differently.

Neal gave a short tutorial, laced with his own experiences, on what's happening at the Pentagon today. He detailed an exceptional training program (Capstone) that mixes young admirals and generals from all service branches, saying that the nation's career officers are the "best of the best" in the nation and the world. What the nation is asking of them, however, is unprecedented, particularly as the military mission moves more from traditional warfare to nation building and peacekeeping.

► continued on page 9

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## Gala Salon Dinners *continued from page 8*

### **Alison Brooks Discusses Why We Are Human Beings**

*By Gary Abrecht*

With a delicious dinner at the home of Lisa Nickerson and Nelson Rimensnyder in late February, ten Village members enjoyed conversation with world-famous paleoanthropologist Alison Brooks and her fellow-anthropologist husband, John Yellen. Brooks is a professor at George Washington University and a research associate at the Smithsonian Institution.

After dinner, in an illustrated presentation, Dr. Brooks discussed her study of when, where, and why modern homo sapiens originated. At archeological sites, she looks for evidence of the factors that make us fully human, such as "living in our heads," morality, abstract thinking, language, and



symbolic behavior. Did you know that wearing jewelry is a sign of advanced human behavior?

Perhaps most interesting were her matter-of-fact descriptions of harsh daily life on digs in Ethiopia, the Kalahari Desert, the Congo, Tanzania, and Kenya. Some campsites were 500 kms. from the nearest store of any kind, so she had to bring chickens for eggs and flour to bake her own bread every day. She needed security guards armed with AK-47s at one site. John spoke of delicate negotiations

**Alison Brooks talks with Capitol Hill Village members Faith Brightbill and Nelson Rimensnyder.**

with local tribal leaders for access to sites.

Alison also described her participation in the preparation of the permanent exhibition on human origins at the National Museum of Natural History, an exhibit that will rise to the top of my to-do list once all of America's eighth-graders finish their spring migration to Washington.

### **General Neal *continued from page 8***

Years of personal experience in the Middle East make Neal "very concerned" about what ultimately will happen there, noting that no one really knows. The troop morale also is a continuing problem, and how budget cuts will impact the future is another unknown. Overall, however, he left the clear message that the nation can be very proud of its men and women in the armed services.

General Neal is currently the president of two companies dealing with Intellectual Property, Audio MPEG and Sisvel U.S. Inc. He also has been the Senior Mentor for

the U.S. Marine Corps, is a Senior Fellow for the National Defense University, serves as Chairman of the Board of the Military Officers Association of America and as a director of Humanetics Corporation and Steele Partners Holding, LP.

During his military career, he commanded at every level of the Marine Corps; battery, battalion, brigade and as the Second Marine Division Commander. He served two tours in Vietnam and has been decorated with the Silver Star Medal, the Bronze Star with Combat V, and the Purple Heart. During Operation Desert Storm, he



**CHV Members Donn Anderson, Tom Winter, Dawne Winter, Tom Mauro, and Nelson Rimensnyder listen to Gen. Neal.**

served as the Director of Operations for General Schwarzkopf and also was responsible for briefing the press on the war. General Neal's last assignment was as Assistant Commandant of the Marine Corps.

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## Gala Salon Dinners *continued from page 9*

### Don Kohn Shares His Views on Economic Missteps

By Diane Brockett

**A** new Donald Kohn has appeared—at least a new “public” Don Kohn—since retiring from his post as Vice Chairman of the Federal Reserve (where he spent 40 years). His wife is Gail Kohn, Executive Director of Capitol Hill Village.

Speaking during a recent dinner with Capitol Hill Village members and friends, Kohn described our huge economic woes of recent years, as well as the hard steps that must be faced to bring the United States back to financial health.

Guilt for these troubled times is spread widely, he suggested. Kohn said he had not been “shocked the banks and other lenders were irresponsible. I was shocked at *how* irresponsible.” In a similar vein, “The SEC did a miserable job of overseeing Merrill Lynch, Bear Stearns, and other of the largest investment banks in the United States.”

On the deficit: “Something will have to happen from the spending side, whether the Democrats like it or not; something has to happen from the taxing side, whether Republicans like it or not,” Kohn said.

“The real worrisome aspects of the deficits come not from discretionary spending, where all the attention has been focused, but rather from entitlements,” Kohn continued, “the promises the government has made for future Medicare, Medicaid, and Social Security spending. That is the big debt no one has attacked. The

President and the Republicans have ducked dealing with those so far.”

Kohn is now a Senior Fellow at Brookings, focusing on monetary policy, financial regulation and macroeconomics. He also has been appointed to serve on an interim Financial Policy Committee of the Bank of England, which will deal with financial system risks in the United Kingdom.

Social Security isn’t hard to resolve, Kohn said. “Raising the age of retirement somewhat will take care of a good bit of the problem. I’m 68, Gail is 67 — although she doesn’t look it—and we are still working. If people live longer and longer, there is no reason we can’t expect them to work a little longer, in addition to enjoying retirement and events of Capitol Hill Village.”

Responding to a fellow diner’s comment on rising public fears about the deficit, Kohn said, “We have an important issue here. We have to get some controls over the spending and debt before the markets begin to worry. A really bad outcome would be to wait and wait and kick the can down the road, and then have *Moody’s* and *Standard & Poor’s* raise questions about the creditworthiness of the United States.”

“There is no doubt in my mind that cutting back on spending and raising taxes will have some adverse effects on jobs and the economy.... We shouldn’t kid ourselves that these actions won’t involve some short-term pain, but they are necessary for the long-run benefit of putting our public finances on a sounder footing.

“We need some people with courage” to move on these issues, Kohn said.



**Kohn shared: "The promises the government has made for future Medicare, Medicaid, and Social Security spending. That is the big debt no one has attacked. "**

“Are you going to run?” asked one diner companion, creating a Kohn smile and laughs around the table.

The U.S. economy is on the way up, but “it has been a very gradual process coming out of what is a very, very deep recession,” Kohn said. “Recessions that begin with financial meltdowns are always slow to reverse because lenders and borrowers need to make hard decisions that heal their financial problems and these decisions entail less lending, borrowing, and spending; and, they produce uncertainty about the future, much of which remains.”

On inflation, he noted that the increases in energy and commodity prices are causing higher inflation now, but he is optimistic that longer-run trends remain favorable. “Workers competing for jobs in a weak labor market and businesses facing very stiff competition for market share in a slowly recovering economy will keep a lid on cost and

► *continued on page 9*

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## Gala Salon Dinners *continued from page 10*

### Gala Dinner with DC Councilmember Tommy Wells

By Virginia Reno

On March 12, the night before we sprang forward to daylight savings time, Mary Proctor and Bill Matuszeski hosted 16 Capitol Hill neighbors for a delicious dinner and lively conversation with Ward 6 Councilman Tommy Wells. The guests were winning bidders at the silent auction of the January Capitol Hill Village Stardust Gala.

Bill's dinner buffet featured savory baked ham, to-die-for scalloped potatoes that his two-year-old granddaughter "hepped" garnish with extra cream and cheese earlier in the day, crisp salad, and choice of apple or berry pie a la mode.

Guests heard candid insights from Councilman Wells on a range of topics. First was his new role serving on the board of the Washington Metro Area Transit Authority (WMATA). There, the challenge is to get four jurisdictions—DC, Virginia, Maryland, and the Feds—to ante up what it takes to preserve and update our aging Metro system.

Conversation then turned to trolley plans for H Street NE, progress on the Hine Development Plan, the spread of plastic bag fees to the suburbs, and taking stock of Mayor Gray's challenges in the early months of his administration.

Bill and Mary thanked Tommy Wells and his wife Barbara and invited them to join a group of revelers heading for the H Street Playhouse to hear a special performance of the Jaynettes—a quintet featuring vintage songs sung by vintage women. There, all danced to vintage tunes of the 1950s, played with energy and skill by Parker Jayne.



Diners listened as Tommy Wells spoke about Capitol Hill issues.



The evening ended with a trip to the H Street Playhouse to hear a special performance of the Jaynettes—a quintet featuring vintage songs sung by vintage women.

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### Don Kohn *continued from page 10*

price increases for a while longer," he said.

Noting that the U.S. economy is a global issue, Kohn said that China, for its own long-range stability, needs to move from relying on exports (both to the U.S. and worldwide) to serving its own, domestic demands. "Let their own people realize more on the tremendous increase in productivity they have had. Their exports, in

effect, have subsidized shoppers of Wall Mart." The Chinese need to let their currency rise to help this switch happen.

He continued, "For our part, the U.S. needs to spend less and save more, and I think we will...I'm sure the Chinese recognize their problems. "How fast they can adopt and rely less on sales at Wall Mart and more on sales in China" is the question. As the Chinese currency rises and

worker demands are met, the U.S. will feel some adverse consequence. "You won't have the low jeans prices" you do now.

As for his own future, Kohn said he is looking forward to "working at Brookings, talking to Gail at dinner, playing with my grandchildren, and fooling around with the new sailing kayak Gail and I just bought last weekend."

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# Prostate Health and Cancer Treatment

By James Hardin

**P**rostate cancer is the most frequently diagnosed cancer in men, and the second leading cause of cancer death in men. One in six men in the United States will develop prostate cancer at some time during their lives. If they live long enough, most men will develop prostate cancer eventually. It's all a matter of when.

So says urologist Eric Emanuel, who spoke to a group of Capitol Hill Village members on March 8 at the Corner Store. Dr. Emanuel maintains an office on Capitol Hill at the Penn Medical Building, 650 Pennsylvania Avenue SE.

## When and How Often Should I Have a PSA Test?

Dr. Emanuel recommends that all men over 50 have a prostate cancer "screening" as part of their annual physical. If you wait until "cancer symptoms appear," he says, "it's too late." African-American men especially are vulnerable to the disease.

A screening for prostate cancer includes a digital rectal examination and a blood test for prostate specific antigens (PSA). The digital exam detects an abnormality in the prostate gland, such as a lump; the blood test detects an abnormally high or fluctuating PSA number. Neither test provides clear evidence of the presence of cancer; sure detection requires a biopsy.

There is some controversy in the medical community about the need for an annual PSA test. Dr. Emanuel believes that having the test regularly increases the chances of early detection and treatment and contributes to a decrease in the number of deaths resulting from the cancer.

Opinion varies as to the "safe" level of the PSA number, but a consistent score below 4 is desirable. A number above 4 indicates a 10 percent chance of cancer. In such a case, doctor and patient may elect a policy of "watchful waiting," with follow-up tests, before considering a biopsy. The PSA number may be affected by urinary infection, sexual activity, even riding a bicycle. The good news from some researchers is that frequent sexual activity may contribute to prostate health.

Some primary care physicians prefer to refer their patients to an urologist to conduct prostate screening procedures, rather than conduct the tests themselves.

## Will I Need to Have a Biopsy?

There is much joking and cultural baggage surrounding the "invasive" nature of the digital rectal exam, but the procedure is brief and painless. The prostate biopsy is another matter. Since cancer may occur in some areas of the gland and not in others, 14 to 20 samples of tissue must be taken, usually with the patient awake during the procedure, lying on his side. Ouch! It takes about 20 minutes. Discomfort and soreness continue for some weeks, along with the possibility of bleeding.

## What Happens If I Test Positive for Prostate Cancer?

If the sample tissue is discovered to be positive for cancer, the patient will want to discuss treatment with his physician. If further tests determine that the cancer has not spread, treatment can focus on the prostate gland alone, and success rates are high.

Several treatments are possible, based on the patient's age and health. An 85-90-year-old man

in poor health, for example, may decide to do nothing, since prostate cancer is slow growing and another ailment is likely to do him in before the cancer takes hold. A 75-year-old man with heart disease may not want to go through surgery, since "the risks may outweigh the benefits," says Dr. Emanuel.

## Should I Have Surgery or Radiation Treatment?

For Dr. Emanuel, radical prostatectomy is the treatment of choice (removal of the prostate gland), with a 94 percent success rate. This may be performed as "open" surgery by the physician, and success is dependent on his skill in targeting the offending tissue and avoiding the surrounding nerves and organs. Currently, about 50 percent of surgeries are laparoscopic, a "robotic technique" performed by remote control. Again, the surgeon's skill and experience are crucial.

Radiation treatment, which has an 85 percent success rate, may be administered externally or through radioactive pellets inserted in the prostate gland (brachytherapy). The radioactivity dissipates after a while, but the pellets remain in the gland thereafter. Watch out for metal detectors! Radiation is less invasive than surgery and usually involves a shorter recovery period. The risk of radiation treatment is that cancer cells may not be eradicated entirely.

Dr. Emanuel explained that if the patient begins treatment with radiation, it will be more difficult later on to remove the prostate using surgery, should additional treatment become necessary. If surgical treatment occurs first, it is possible and sometimes desirable to follow-up with radiation.

► *continued on page 13*

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## Gala Salon Dinners *continued from page 11*

### Grover Norquist Discusses His Views with Guests of Many Political Stripes

By Louise Krumm

It takes a village, a Capitol Hill Village, to bring together Capitol Hill Republicans, Democrats, Liberals, and a couple of Adams Morgan Progressives for a civilized, congenial evening with Grover Norquist, president of Americans for Tax Reform (AFR). It also takes splendid hosts Cindy and John Von Kannon.

As eight guests sipped Cindy's delicious soup, Norquist provided background on his political journey from the early eighties and the Reagan administration to his present position as President of AFR and the leader of the Center-Right's "Wednesday Meetings."

John Von Kannon opened the conversation up to questions during the salmon, lentils, and salad course and guests had a chance to add their comments and questions. While there probably were no major political conversions during the evening, the guests reflected on how stimulating it was to listen to differing opinions without the filter of TV news commentators.

Norquist focused on how he perceives politics works at the national level. He projected how things would be better in 2012 when, in his view, the Democrats lose the Senate and perhaps the Presidency. He admitted to frustration during the six years the Republican Party controlled the Presidency, the Senate, and the House, but were unable to deliver on small government and lower budgets. Known for his quip: "I don't want to abolish government;

I simply want to reduce it to the size where I can drag it into the bathroom and drown it in the bathtub," Norquist did acknowledge that his organization was not advocating for no government, opining that national defense and police functions are important, apparently among others like roads, clean air and water, and interstate commerce.

One guest, identifying herself as a Democrat, expressed gratitude for the wonderful life she has experienced, acknowledged that others are not so well off, and volunteered her willingness to honor the social contract and pay taxes to make the system more equitable for all.

Mr. Norquist graciously provided autographed copies of his book, *Leave Us Alone: Getting the Government's Hands Off Our Money, Our Guns, Our Lives*.

## Prostate Health *continued from page 12*

### What Are the Side Effects of Treatment?

Side effects of surgery and radiation, long- and short-term, are similar, but vary from patient to patient: urinary incontinence, erectile dysfunction, and bowel and bladder irritation. These effects can be physically discomfiting and socially embarrassing, but most men are able to adjust, particularly when they consider "the alternative."

### What Can I Do to Prevent Prostate Cancer?

So, it's best to avoid all this trouble by taking care of yourself (as with life in general, there are no guarantees). Dr. Emanuel made a number of recommendations for diet and exercise that contribute to

prostate health. The list includes the usual suspects:

1. Decrease fat in your diet
2. Eat less meat and fewer high-fat dairy products
3. Eat more fish
4. Eat more tomatoes
5. Increase the amount of soy in your diet
6. Eat fruits, vegetables, beans, cereals, and whole grains
7. Drink a cup of green tea every day
8. Maintain a healthy body weight
9. Exercise regularly
10. Reduce and manage stress

While there is controversy about the benefits of supplements, Dr. Emanuel recommends taking, in proper doses, vitamin E, selenium, vitamin D, and omega-3 fish oil.

The diagnosis of prostate cancer is not a death sentence. New information and treatments emerge every year. One option is cryogenic surgery, which involves the selective destruction of tissue by freezing. Some potential cancer patients respond to hormone therapy. Prescription drugs such as Flomax and Avodart may be used shrink the prostate and control Benign Prostatic Hyperplasia (BPH), a condition in which the prostate becomes enlarged and blocks urine flow.

Work with your primary care physician, work with your urologist, eat your fish, and go to the gym.

For further information, see [www.HopkinsProstate.com](http://www.HopkinsProstate.com).

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# LOC Tour Much More than Civil War Maps

By Kay Elsasser

**O**riginal Civil War maps were only the beginning of what we saw on our March tour of the Geography and Map Division in the Library of Congress.

Dr. John Hebert, division chief, after a very brief overview of his division's history and collection policies, showed us some of the more unusual treasures before turning to Civil War maps.

We first saw a rubber roll-up map of the Utah Beach invasion site during the Normandy invasion in World War II. This was used aboard the lead ship in the invasion,

directing the landing of the troops, and may be the only rubber map from the invasion still in existence. We then saw the first map done of the Atlantic Ocean floor. It was instrumental in establishing the concept of continental drift in the 1950's, and with it the new and vital field of plate tectonics.

In passing, we saw a Russian globe of the moon done in 1959, which documented the first mapping of the dark side of the moon.

Then, on to the Civil War maps. There was a spectacular bird's eye view of the Battle of Gettysburg, drawn over three days

during the battle. This was an amazing achievement in that the cartographer worked in the midst of the battlefield.

Another fascinating item was a "sun map" of the area of the First Battle of Manassas/Bull Run in 1861. This was not a diagram of the battle itself, but rather an extremely detailed map of the area, down to labeling of individual buildings, churches, etc., and names of landowners. It was used by the Union commanders on the field during the battle.

The term "sun map" was a new concept to me; it is a method of

► *continued on page 15*

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## RANDOM MUSINGS: My Rolodex

By Leo Orleans

**A**s I flipped through my old and only Rolodex the other day, I came across the card of a recently deceased friend. Since it never seems right to throw these cards into the wastebasket, I had to face my usual dilemma: What to do.

At times, I actually have considered putting a match to them. It would be more respectful and ashes certainly would be easier to discard—maybe even in the garden.

That isn't me, however, and I would feel pretty stupid going through such a ritual. After two or three repeat encounters with the same cards, I do manage to remove and discard them—no, not into a wastebasket, but in the left bottom drawer of my desk, to rub edges with a pile of outdated personal cards.

Not realizing until yesterday that Rolodexes and other such listings have become obsolete, I found myself wondering whether others run into a similar quandary with

phone numbers and addresses of deceased friends, acquaintances, and colleagues. This quirk cannot be attributed solely to sentimentality, as confirmed by my packrat wife, who maintains I have trouble discarding stuff.

And I don't think I fall into the category of lonely old guys (and a few women) you occasionally read about in newspapers who die alone, leaving the police to discover stacks of newspapers and magazines in every room—and sometimes a bankbook with a million dollars in savings. Besides, my purpose is not to save but not to throw out. The only excuse we share is old age. Otherwise, I am in no sense lonely or unhappy and, since I don't have a million dollars in the bank, my condition is not nearly as extreme.

From the time this thingamajig came into use, my Rolodex has served its normal purpose of providing phone numbers and addresses of everyone in my personal and professional



life, as well as scores of other miscellaneous names and numbers that are necessary to survive in today's world. But, while I have been fortunate in my career, I have been most unfortunate in the deterioration of my memory.

And so, my Rolodex and my bottom drawer are, in some cockamamie way, my personal history. While I don't consciously seek people out, flipping through my Rolodex in search of someone's telephone number, the old cards I come across remind me of friends, colleagues, places, and events that otherwise would remain forgotten.

It makes for a pleasant moment.

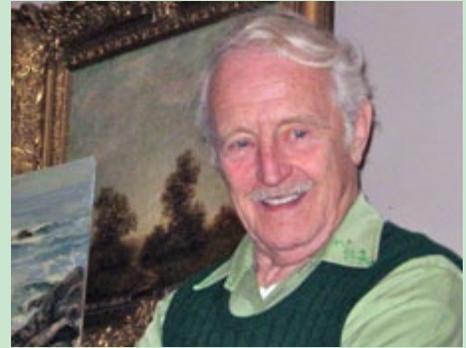
# St. Paddy's Day Celebration

**May your blessings outnumber the shamrocks that grow  
And may trouble avoid you wherever you go.**

The luck of Irish gayety was with Capitol Hill Village members the day before St. Paddy's Day as they gathered at the home of Geoffrey Lewis for Irish ales and stew (the latter cooked by Gail Kohn). Salads were green. Irish breads and cakes (one featuring an Irish liqueur) filled counter-tops.

Bryan Cassidy, who considers himself "Mr. Irish" of the Village, staged a part-history, part-Green Hat fun program after the desserts. But he quickly was egged on beyond his prepared program by two other Irish natives in the audience—Gerry Dunphy, whose childhood included 10 years in the same Irish village as Cassidy, and Mary Hannon-Haley, whose mother ran a better restaurant in another town and whose schooling was more among the upper class.

In the end, Cassidy returned to his story, demonstrating that Dunphy only learned Irish, while he was educated as an actor and thus speaks "proper English," at least when on stage.



**Bryan Cassidy, the Village's Mr. Irish, gave fellow party-goers a partial educational, partially just fun lesson on St. Paddy's Day.**



**Mary Hannon-Haley shared her own Irish memories with Ed Missiaen and other diners who enjoyed the dinner of Irish stew.**



**Irishman Gerry Dunphy enjoys a glass of Irish beer and humor with Gail Kohn and Patricia Molumby.**

## LOC Map Treasures *continued from page 14*

duplicating maps developed in the Crimean War, using a gel coated paper placed under the original map and exposing it to the sun. Very important, as it was the only known way to duplicate maps quickly in the field in order to distribute them to battalion commanders.

The finest example of Civil War mapmaking, and one of the most fascinating, was the saddlebag battlefield notebook of Jedediah Hotchkiss, cartographer for Stonewall Jackson during the Shenandoah Valley campaign. Hotchkiss carried his notebooks in his saddlebags, along with pens and inks, and drew the maps while on horseback so that Jackson would have almost instant information regarding the terrain.

Hotchkiss is considered one of the finest battlefield cartographers of all time, and one of the most prominent American cartographers. Seeing his notebook and how he worked was amazing. Sadly, he was riding with Jackson when Jackson was shot accidentally by one of his own pickets at Chancellorsville.

We were in the vaults of the map division to see the Hotchkiss notebook and were shown other treasures as well, including three original maps drawn by George Washington. The earliest was a survey of a farm for Lord Fairfax that Washington did at age 16. There also was a map of his farm on Little Hunting Creek adjacent to Mount Vernon, done in the late 1760's, and a map of Mount Vernon itself,

which he worked on over many years, making his last notations two months before his death in 1799.

While we were in the vaults, staff members were working on the latest acquisition: the first American drawn and published map of the United States, printed in 1784 by Abel Buell of Connecticut. Now on loan to the Library of Congress for the next five years, this map has the distinction of being the most expensive map ever sold at auction: sold at Christie's last December for \$2.1 million. We were allowed to look at it after the staff had finished preparing it. The map will be going on display in the Jefferson Building later this year.

Few people have had such a fascinating LOC experience.

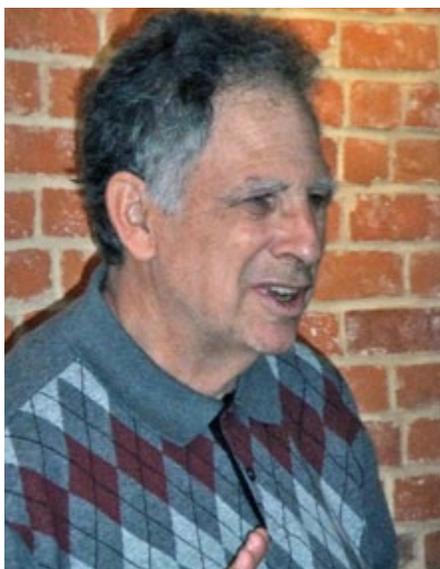
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# Members Get Advice on Family History Searches

By Diane Brockett

Soon after Capitol Hill Village was established, a small group of Village members met a couple of times to exchange information and advice on how they were researching their family trees. Most had done considerable work, frequently over several years.

John Hirschmann recently held a two-hour talk for other Village members on how to initiate their own family history searches, primarily using the Internet.



While the Internet had been a valuable source for the earlier group, genealogy available via the Internet has soared in the past four years, and continues to do so, Hirschmann said.

Hirschmann's presentation was one of the items offered for sale at Capitol Hill Village's Third Annual Stardust Gala (held January 29).

Hirschmann says his search interests were fired up while working on putting his late father's papers in order in late 2007. Today, he still spends two hours almost daily on family research.

"To start creating you own tree," Hirschmann advised, it is sufficient to have your name, your parent's names (including your mother's maiden name), and all their siblings names. Of course, if you know your parent's siblings, and your grandparents, that's even better (but not necessary).

Genealogy, Hirschmann defined, as a study of family and identification of your ancestors, along with their pertinent information such as birth and death place and date. "Consider it a hobby," he suggested, adding that it is wise to "set boundaries" on how far you will research your family. One decision to make is whether to "be expansive or to concentrate—find more family members or more documentation about already known family."

Hirschmann's own recommendation is to include immediate family, ancestors and their spouses and siblings, cousins, and spouse's family. Otherwise, "at some point, your work will get out of control." In-laws' families he considered a "maybe," in-laws of in-laws likely "too far."

A starting rule, he continued, should be to "document as your tree grows." Otherwise, later, you won't remember where you obtained some information, and you likely will find conflicts in information. Sometimes, your final research will indicate that you have "information in conflict."

While other systems are available, Hirschmann said he concluded that the most useful Internet program to use is [Ancestry.com](http://Ancestry.com), which offers 6 billion digitized records, including millions of family trees worldwide. Necessary, related software, he added, is Family Tree Maker, a \$40 product of Ancestry.com.

When you are ready to begin researching your family tree, Ancestry.com offers its program free for two weeks. Then, if you want to continue, the service is available for: \$12.95 monthly for a year, \$16.95 monthly for three months, or a continuing monthly fee of \$19.95.

The service allows your family tree work to be kept private, but Hirschmann says he has found it a positive experience to make his public. Doing so, you are likely to hear from many other family researchers, with whom you may have a "tree" connection, he said.

Ancestry.com will lead you to many other sites, he continued, including federal and state census figures, ship arrivals, passport applications, social security death records, military information, and newspaper clippings on birth and death announcements, weddings, and property changes. State and local vital records are found at [www.cec.gov/bcgs/ww.htm](http://www.cec.gov/bcgs/ww.htm).

Try searching on [Google.com](http://Google.com) for names, check with relevant state and local genealogy societies, genealogy user groups, city directories, and local newspaper libraries. Another Internet service is [Geni.com](http://Geni.com). And cemeteries can be searched for records.

Also, remember you can continue your search when you are traveling, especially to former sites of your family. There local newspapers and county courthouses may have rewarding files that are not on the Internet.

Don't get discouraged when you hit a brick wall, Hirschmann advised, adding "work on other parts. Finding one key fact may open a huge door."

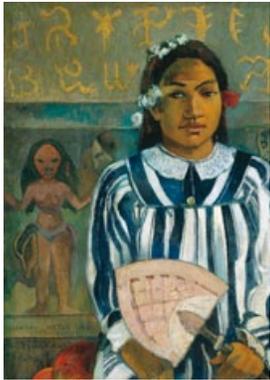
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## Upcoming Events *continued from page 1*

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Wednesday, March 30 • 1:00 pm  
National Gallery of Art, 4th Street NW

### Gallery Talk: Gauguin, Maker of Myth



Join a National Gallery of Art Educator in exploring this glorious exhibit, which features 120 works by Paul Gauguin, including colorful images both of Brittany and the islands of the South Seas. This is the first major look at this master's oeuvre in the United States since the blockbuster National Gallery of Art retrospective of 1988–

89. Meet at the National Gallery of Art East Building Art Information desk. You can preview the exhibit at <http://www.nga.gov/press/exh/3011/index.shtm>

### Optional pre-talk Luncheon: 11:45 am at the National Gallery of Art Garden Café

Join other Village members in the lovely Garden Cafe (West Building) for a classic French- inspired buffet. Luncheon cost is \$20. Enter the West Building on the Constitution Avenue side and walk straight back to the Garden Café.

Call the office by Tuesday, March 29, to say you are coming to the tour and if you will attend the luncheon, so we know how many to expect at each.

*Members and their guests*

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Saturday, April 2 • 9:00 am  
Your home

### DC Hazardous Waste Materials Pickup

This is the periodic pickup day for hazardous materials and personal papers at CHV members' homes, for delivery to the District's safe disposal site. Personal papers (medical records or financial files) will be shredded at the drop-off site, viewed by the CHV delivery team to ensure they are destroyed.

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours or by e-mailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

Hazardous wastes for pickup include paint, house cleaners, batteries, old medicines, television, video equipment, and others not accepted in weekly home trash pickup. For the list of accepted wastes, check the DC hazardous wastes website: <http://dpw.dc.gov/DC/DPW/Services+on+your+block/recycling/household+hazardous+waste++E-cycling+document+shredding>

Call 202.543.1778 or e-mail [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org) by noon on Friday, April 1, to request a pickup or volunteer to assist with the drive.

*Members only*

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Tuesday April 5 • 9:45 am

Library of Congress, Madison Building,  
Independence Avenue between 1st and 2nd Streets

### Early maps of the Washington, DC Region

Once again, we will have the privilege of looking at rare holdings of the Geography and Map Division, which few other than scholars ever see. Last month, though our focus was on Civil War maps, we also were shown priceless maps, globes, and atlases from around the world (see page 14 for more).

This month, we will be viewing the 1562 Gutierrez map of the Chesapeake Bay; the early 17th century maps of Maryland by Augustine Hermann; and the 1624 map by Captain John Smith, which is the first depiction of the Potomac in accurate detail, as well as Southern Maryland, the Eastern Shore, and the Susquehanna River. We also will see the Rochambeau progression map, one of the greatest treasures of the Library of Congress. The Rochambeau map shows the encampment sites and route taken by Rochambeau's army after the Battle of Yorktown in 1782. The army did camp in the District of Columbia, as well as at Bladensburg, Baltimore, and Havre de Grace as it went back to Providence, Rhode Island.

We will be led by a senior map historian, who will discuss the history of these maps and explain why they are so extraordinary. Tour lasts approximately 2 hours. **Optional lunch together afterwards is at Hunan Dynasty.** This tour is an unusual opportunity, so reserve a place now by calling the office. Meet at 9:45 am in the Madison Building lobby.

*Members and their guests*

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## Upcoming Events *continued from page 17*

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Thursday, April 7 • 7:00 pm  
Southeast Library, 7th and D Streets SE

### Chew On That

Please join us for the second half of this two-part series. We will discuss the local phenomenon of gentrification and its effects on our community. Help us brainstorm ideas of positive ways we can approach this social challenge to create a richer and more unified community.

All are welcome, but please RSVP to the CHV office, 202.543.1778.

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Friday, April 8 • Starting at 9:00 am  
Your home

### Book Donation Monthly Pickup

Friends of the SE Library will be picking up donations of used books, records, music and movie CDs and DVDs from Capitol Hill Village members' front porches. The items will be included in the monthly used-book sale Saturday, April 9 (10 am to 3 pm), in the basement of the library at 7th Street SE, just off Pennsylvania Avenue. Requests for pickup must be made through the office (202.543.1778) by 5 pm Wednesday, April 6.

*Members only*

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Wednesday, April 13 • 6:30 pm  
322 Massachusetts Avenue NE (several steps at the entrance)

### Dinner at Café Berlin

Reserve by 3 p.m., Monday, April 11

Join us for dinner at Café Berlin, a popular Capitol Hill dining spot since 1986, serving German food "with a lighter touch." CHV members are offered a 3-course, \$26 fixed-price meal with a choice among two appetizers and three entrees, and cherry-crumble cake for dessert. The \$26 cost includes taxes

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours or by e-mailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

and gratuities. Beverages (including coffee) are additional, and charged on an individual basis. CASH ONLY.

Seating will be six per table to allow for easy conversation. Reserve by calling the CHV office (543-1778) by 3 p.m. on Monday, April 11. If you reserve and cannot attend, please call the office to cancel. When the restaurant sets up for us, they turn away other diners. "No-shows" mean a loss of business revenue and also weaken CHV's ability to arrange for group meals. Please be considerate and call the CHV office if your plans change.

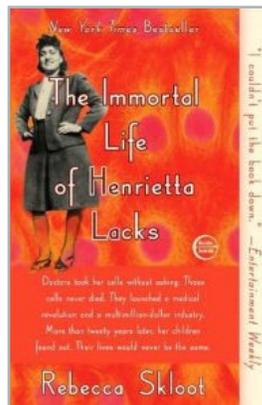
*Open to members and volunteers.*

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Tuesday, April 19 • 6:00-7:30 pm  
Private home

### Literary Club

In *The Immortal Life of Henrietta Lacks*, science writer Rebecca Skloot relates the true story of the amazing genetic legacy of a poor Southern woman, Henrietta Lacks, who died in Baltimore of cervical cancer in 1951. Unbeknownst to her or her family, Lacks, a patient in the Blacks-only-ward of John Hopkins Hospital, had her cells surgically extracted and targeted for research.



Astonishingly, after 50 years, the cells still are alive—and grown in cultures in labs all over the world—thus, the "Immortal" in the title. Known as the "HeLa cells," they have been vital in ongoing research on polio, cancer, viruses, in-vitro fertilization, and gene mapping. The cells are known throughout the medical/scientific worlds, yet

Henrietta's family did not learn of their existence until more than 20 years after her death. They have received no returns from any of the industries reaping profits from the use of those cells for their successful discoveries.

One of the most moving aspects of the book is Skloot's conversations with and relationship to Henrietta's family. They speak in their own words, capturing the distinct language of people whose legacy of slavery still is very much a part of their

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## Upcoming Events *continued from page 18*

lives. After a decade of research, Skloot has produced a remarkable tale that raises numerous scientific issues and moral questions.

As background you may want to listen to a wonderful interview with the author on NPR's Fresh Air program, available here: <http://www.npr.org/templates/story/story.php?storyId=123232331>.

Call the office to sign up and learn the address.

*Members and volunteers*

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**Thursday, April 21 • 11:00 am**

Location will be announced later

### Memory Issues

Gail Kohn, Capitol Hill Village's executive director, will introduce geriatric specialist and Medical House Call Program co-director George Taler, MD.



(Gail says she wishes George Taler could be her physician.) Dr. Taler will talk about the myths and facts (as we know them) about the aging mind, and what affects our abilities to recall recent and old memories.

Medical House Call Program is a Medstar medical practice whose patients include Capitol Hill Village members.

They see only patients with Medicare and any kind of, or no, supplemental insurance, who have difficulties leaving home to see their primary physician. Dr. Taler or one of the other physicians, as well as geriatric nurse practitioners and social workers, visit and provide medical and other patient services in the patient's home. The physician or nurse practitioner arranges for related medical services in the home, as much as possible, including lab tests, various therapies and treatments. Read and listen to a 2005 report (still relevant) about Medical House Call Program ([www.whcenter.org/documents/CenterConnections/HCall.pdf](http://www.whcenter.org/documents/CenterConnections/HCall.pdf)).

Medical House Call Program has a demonstration grant to show that their at-home practice substantially can save the Center for Medicare and Medicaid Services (CMS) on medical care costs using at-home prevention and monitoring, and avoiding needless hospital stays.

Please RSVP with Capitol Hill Village at 202.543.1778 or [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org).

*Members and volunteers*

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**Friday, April 29 • 12:30 pm**

Southeast Library, 7th and D Streets SE

### Balance Class

Join other members in this monthly balance class, which will help you recognize that strength and agility are the best defenses against falls. Practice skills that will keep you on your feet. The class is taught by a physical therapist volunteering from Physiotherapy Associates.

Please RSVP to CHV office.

*Members only*

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**Saturday, April 30 • 2:00 pm**

Studio Theatre, 1501 14th Street NW  
(McPherson Square Metro stop)

### The New Electric Ballroom

Three aging sisters are imprisoned inside their reenactment of a tragic, pivotal night years ago. As the sisters rehearse these ancient scenes, a lonely fisherman interrupts, bringing both devastation and possible redemption to these three isolated women. In this beautiful and eerie family drama, the past is tyrannical. The *New York Times* said about this play: "Mordantly funny, weirdly transfixing...casts a powerful, macabre spell."

Group-rate tickets cost \$35 each. **Call the office to reserve tickets** (and let them know if you need an accessible seat). Then send a check made out to Capitol Hill Village to CHV, P.O. Box 15126, Washington, DC, 20003.

*Members and their guests*

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours or by e-mailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

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## Upcoming Events *continued from page 15*

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Saturday, April 30 • 2:00 pm  
Home of a CHV member

### **Birthday Celebration**

Steven C. Rogers died before Capitol Hill Village launched in October 2007. But he is remembered



by many for his work to make Capitol Hill a great place to live and visit. It is in his honor and memory that the Capitol Hill Village fund for low-income members is named; **see the boxed article on page 4.**

Steve was born on the same day in April as William Shakespeare. You are invited to bring a gift

check for the Village fund to celebrate Steve's birthday and remember both men with cake and champagne (or a non-alcoholic bubbly).

Contact CHV, if you plan to attend to find out the location. If you cannot be with us, join us in spirit by sending a check to Capitol Hill Village, noting that it is designated to the Steven C. Rogers Fund.

*Open to all*

Saturday, May 14 • 8:00 pm

Atlas Performing Arts Center, 1333 H Street NE

### **From Berlin to Sunset**

#### **ADVANCE NOTICE**

#### **RESERVE TICKETS BY MONDAY, MAY 2**

A cabaret presented by the In Series. In 1940s Hollywood, émigré artists (Marlene Dietrich, Billy Wilder, and composers Erich Korngold and Kurt Weill) socialize on a rooftop on Sunset Boulevard. This promises to be an entertaining evening. There will be a special group rate.

**Call the office to reserve tickets no later than Monday, May 2.**

*Members and their guests*

Please RSVP to all events, and let the CHV office know if you need a ride, by calling 202.543.1778 during regular office hours or by e-mailing [info@capitolhillvillage.org](mailto:info@capitolhillvillage.org)

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## Continuing Events

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Wednesdays • 6:30-7:30 pm

Townhomes of Capitol Hill, 750 6th Street SE, accessible

### **Yoga**

Note: this is a fairly new exercise program being offered to CHV members and volunteers, as well as other Townhomes neighbors. Suzanne Gentes, Capitol Hill Village member and volunteer, and a certified yoga instructor, teaches a beginners class that incorporates the fundamentals of yoga. These include step-back sun salutations, standing poses, hip-openers, seated poses, twists, backbends, and basic inversions. Breathing exercises are explored as students begin to link movement through postures with inhale and exhale. This class provides a nurturing environment to help you gain flexibility, strength, balance, and relaxation.

Whether you practice on a yoga mat or in a chair, this is a class for those new to yoga or to anyone seeking a refresher on the basics.

*Open to members and volunteers only*

Tuesdays and Thursdays • 10:00 am

Capitol Hill Presbyterian Church

4th Street and Independence Avenue, accessible

### **Qigong**

The gentle, but powerful Chinese movement exercise known as Qigong (pronounced chee gong) is offered by CHV member Joni Bell. Joni has practiced this discipline for ten years. Her strength and balance have improved remarkably, and she credits the activity with helping her as a 30-year patient with multiple sclerosis. The twice-weekly classes are free for CHV members, last 30-40 minutes.

*Members only*