

THE VILLAGE NEWS

Northwest
Neighbors
Village

Volume 9, Issue 6

A Community Network of Support

June 2017

VOLUNTEER PROFILE

Mike Van Dusen—helping at home after years of travel

BY TED CLARK

Mike Van Dusen became a volunteer at Northwest Neighbors Village toward the end of a long and successful career in international affairs.

His fascination with foreign policy began at an early age when he and his father visited the Middle East. Mike majored in international studies at Princeton University. A Carnegie Grant allowed him to return to the Mideast (Lebanon) to deepen his understanding of that part of the world.



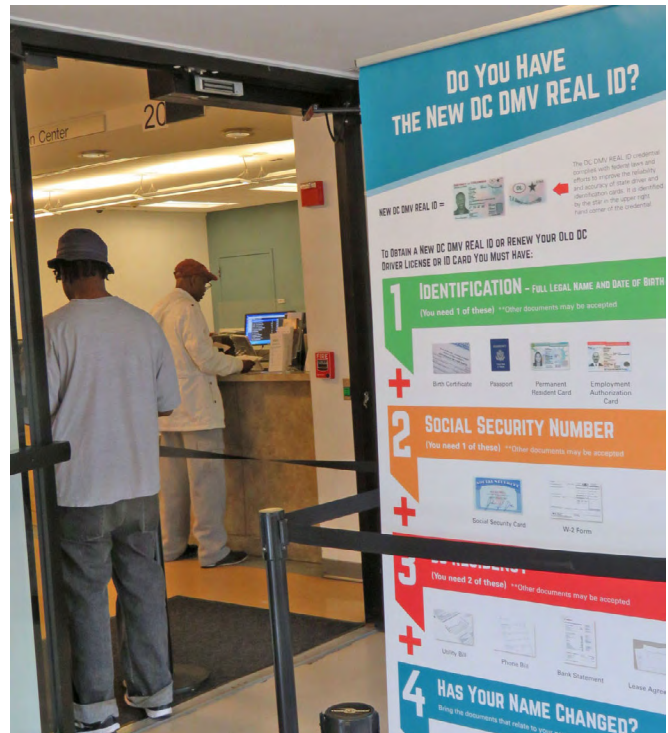
ANNE VAN DUSEN

Mike Van Dusen: A long career in international affairs.

Studies where he met Anne, a student one year behind him, who became his bride. They live in Northwest D.C. and have three daughters.

Mike worked for nearly 30 years in the U.S. House of Representatives. During much of that time he was staff director of the Subcommittee on Europe and the Middle East, helping to formulate congressional actions on Middle East issues under Chairman Lee Hamilton, long regarded as the leading congressional Middle East expert. Mike

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JANEAN MANN

Wait lines seem shorter at the DMV service center in Southwest, where handicapped assistance is also available.

Over 70? Renewing a driver's license isn't easy

BY JANEAN MANN

Renewing your D.C. driver's license if you are over 70 is a real challenge—one that has nothing to do with your driving skills. A lot of paperwork is required. And stamina.

Ever since 2014, newly issued licenses and renewals have had to comply with the Federal Government's Real ID Act security standards—standards recommended by the 9/11 Commission as a way of countering terrorism. That means you must go to a D.C. Motor Vehicle center in person and

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NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

4901 Connecticut Ave. NW
Washington, DC 20008
202-777-3435

www.nwnv.org

Northwest Neighbors

Village (NNV), founded in 2007 and opened in 2009, is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age.

Join or Volunteer

NNV welcomes new members and volunteers. For more information, go to www.nwnv.org or call the office at 202-777-3435.

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FROM THE EXECUTIVE DIRECTOR

Villages helping members— and other villages, too

BY STEPHANIE CHONG

NNV is benefiting from a variety of programs to aid our organization and our members and volunteers through grants and collaborative programs with other D.C. villages.

We are already hearing positive feedback from our members who are benefiting from one program that is providing short-term case management services for members in transition. A second program is offering enhanced volunteer training to village volunteers throughout the District. In May, NNV hosted its first of two volunteer training sessions. The next training will take place on June 15. We were able to launch these two programs thanks to a grant provided earlier this year to NNV, Dupont Circle Village and Palisades Village by the D.C. Office on Aging.

Other programs are helping all D.C. villages to work together to enhance services to village members across the city. In one of these, a number of NNV volunteers participated in a Social Engagement training session coordinated by Foggy Bottom West End Village (FBWE). The purpose of FBWE's Social Engagement Project is to encourage volunteers to help members remain socially connected when barriers such as illness, disability or caregiving



make it more challenging to do so. FBWE will work on this project through the summer and share best practices with all D.C. villages in September.

Through yet another program, Iona Senior Services and Georgetown Village in May provided a training session for the D.C. villages' leadership on the Capacity-Risk Model. This model, originally created for social workers, was adapted to prepare villages to respond appropriately to members whose needs are beyond the villages' scope.

Lastly, Capitol Hill Village was awarded a grant by the D.C. Department of Transportation to help all villages improve driving education, to enhance pedestrian safety and navigation and to increase members' use and awareness of ride-sharing options. Heather Foote has been hired as the transportation manager, who will act as a liaison to all D.C. villages in meeting the goals of this grant.

We are excited to have these opportunities to further improve upon the quality of our services. Our members will undoubtedly benefit from well-trained volunteers who feel prepared to help their neighbors. Leveraging the strengths and knowledge of all villages through these collaborations is a positive step in enhancing NNV's ability to be a valuable resource to our members.

NNV CALENDAR

Rides are available for NNV members to all NNV events.

Thurs., June 1, 8, 15, 22, 29, 1-3 p.m.

Watercolor, Pencil Drawing, Black Wash—Corcoran professor, artist Joey Manlapaz; five classes, \$100 on June 1. Register, materials list: manlapazjo@aol.com. Forest Hills of D.C., 4901 Connecticut Ave. NW. RSVP: 202-777-3435.

Sun., June 11, 3-5 p.m.

NNV Annual Picnic—Meadowbrook Park, 7901 Meadowbrook Lane, Chevy Chase, Md. RSVP: 202-777-3435.

Tues., June 13, 9 a.m.-12:30 p.m.

Brookside Gardens Tour—Flowers, ponds, butterflies; \$5, 10 participants. Bus from co-sponsor Ingleside, 3050 Military Road NW. Request ride to Ingleside by June 6. RSVP: 202-777-3435 or

nnvillageleah@gmail.com.

Wed., June 21, 2:30 p.m.

NNV Book Club discusses "A Dog's Purpose" by W. Bruce Cameron. At the home of NNV member and volunteer Lois Berkowitz. RSVP: 202-777-3435.

Tues., June 27, 3-4:30 p.m.

NNV Men's Book Club meets at the home of NNV member Bernie Hillenbrand. RSVP: 202-777-3435.

Renewing a driver's license? Be prepared for hassles

DMV, Continued from Page 1

bring a plethora of identification with you, including proof of your Social Security number (SSN), two proofs of residence and proof of identity. The D.C. Department of Motor Vehicles also requires a medical/eye report signed by your doctors. You can find all the medical forms, requirements and types of identities needed, as well as the DMV sites where you can apply, at <https://dmv.dc.gov/service/senior-driver-information>. All drivers' licenses issued before 2014 remain valid until their expiration dates.

If you don't have your Social Security card handy, there are three other types of documents that you can use: a pay statement with your full name and full SSN, a W-2 (wage and tax statement) with full name and SSN, or a 1099 IRS form, again with full name and SSN.

You must also bring two documents proving your D.C. residence. These must be original documents and contain a valid D.C. address (no PO box

numbers). These include utility bills issued within the last 60 days, phone bill, D.C. property tax bill, unexpired homeowner's or renter's insurance, credit card statement, or medical bill (not an explanation of benefits) issued within the last 60 days reflecting your name and address.

To prove your identity, you must provide one of the following documents: unexpired U.S. passport or passport card; birth certificate; certificate of naturalization; certificate of U.S. citizenship; unexpired foreign passport with accompanying visa; unexpired employment authorization card; valid Real ID driver's license or Real ID card. D.C. offers a variety of options for documents to prove your legal presence for non-U.S. citizens. These can be found at the above website.

With regard to the medical/eye doctor report, be sure it is filled out completely. D.C. DMV

will not accept it if anything is not answered or checked.

The actual experience at the DMV can also be frustrating. Lines at the Georgetown office (3222 M St. NW, in the Georgetown Park mall) can be long, though

DMV sometimes allows seniors to come in and sit down. Parking is expensive. The Southwest office at 95 M St. SW (around the corner from Arena Stage) may

be a better alternative, though farther away.

If you drive, beware that Maine Avenue traffic is heavy because of the construction underway there. The M Street center has free parking, including handicapped spaces, and the lines seem to move faster. This office also has seating. DMV officials tell me Thursday is the best day to come.

Lines are reportedly the shortest at the 4525 Benning Rd. SE service center off East Capitol Street. It also has free parking.



‘Friend-raising’: Spreading the village news

BY JUDIE FIEN-HELFMAN

The expression “It takes a village” is an ancient African proverb and the guiding principal and heart of what Northwest Neighbors Village undertakes every day. We believe everyone benefits when the entire community takes an active role in helping one another.

Friend-raising is an extension of our personal villages and another way that you can help Northwest Neighbors. Friend-raising is not the same as fundraising, although both provide NNV with critical resources—people power, creative power and financial power.

Friend-raising is all about your friends, your connections. You simply open your home to your “village” of friends and neighbors for an hour or two, and provide an opportunity for NNV to talk about Northwest Neighbors and options for involvement.

Recent focus groups underscored that many of our neighbors do not know about NNV, its wonderful programs and services, its ability to connect seniors and volunteers and forge real relationships based on common interests, new experiences and how NNV promotes a shared love of our neighborhood. This is how NNV creates a village within our village!

NNV would like to host

Friend-Raisers every month or so. You invite the guests (up to 15 people), provide the space and some nibbles. We provide the template for the invitation, the drinks, the “speakers” and the materials. After social mingling, there is a 10-minute informal talk about NNV and how people can be involved, followed by discussion and questions.

A recent first Friend-Raiser, attended by 10 neighbors, was very successful in that we recruited new volunteers and received unsolicited gifts, and the word was out about NNV. Those 10 attendees gave NNV some new program ideas, and all offered to talk about us to their friends.

NNV used this idea with substantial success when we first began organizing more than nine years ago. It brought in many of our original volunteers and members.

Friend-raising: simple at its heart because it builds on existing relationships and it promotes NNV in a social, comfortable environment. Friend-raising is simple at its heart because everyone wins and our village grows and becomes stronger.

If interested, please call Stephanie Chong in the office at 202-777-3435 or email nnvillage@nwnv.org.

You count on NNV. I hope we can count on you to host a Friend-Raiser in the next few months.



JANEAN MANN

Inside the Kusama infinity mirror exhibit. There are only five actual pumpkins; all the rest are reflections.

Thanking the volunteers with passes to the Kusama exhibit

On a rainy May morning, NNV volunteers gathered at the Hirshhorn Museum to visit the “Kusama: Infinity Mirrors” exhibition.

Exhibit passes became one of D.C.’s most sought-after tickets this spring. NNV is grateful to member and volunteer Benita Lubic for generously donating passes so eight of our volunteers could appreciate the captivating show. It is a small token of thanks to our volunteers who give of themselves throughout the year.

—Stephanie Chong



JANEAN MANN



TOM OLIVER

On the Harriet Tubman trail

Participants in NNV's May 3 trip to the Eastern Shore learned of the life of Harriet Tubman, an escaped slave who conducted many others out of slavery on the Underground Railroad. Susan Meredith, left, described items in a general store where Tubman was injured by a two-pound weight thrown in her direction. At right, viewers examine exhibits on Tubman's life and times in the brand-new Harriet Tubman Visitor Center.

Mike Van Dusen watched polarization in Congress

PROFILE, *Continued from Page 1*

rose to chief of staff of the Foreign Affairs Committee when Hamilton became its chair. He authored numerous articles on the Middle East and on Congress and traveled extensively in Europe and throughout the Middle East.

Over the years, much changed on the committee. After Republicans won control of the House in 1994, Mike says, they cut the committee's staff from 80 to 29. Many experts were let go but he stayed on. The committee became increasingly polarized along party lines and has remained so ever since. And he says the committee evolved into a Tuesday-to-Thursday club, as many members chose to

leave Washington for their home districts early Friday and not return until Monday afternoon. Consequently, members didn't get to know each other as well as they had previously, and that led to greater polarization.

In 1999, Mike went on to work at the Woodrow Wilson International Center for Scholars where his old boss, Lee Hamilton, had been named president and director. Chartered by Congress in 1968, the Wilson Center is regarded as one of the top think tanks in the United States. Some 4,500 scholars, from all over the world, have attended the center. They do cutting-edge research, which sometimes results in imprisonment when they return

to their home countries.

A constant problem for the Wilson Center is maintaining strict bipartisanship, Mike says. One scholar wanted to write about impeaching President Obama. Since retiring, Mike has taken on several causes: He is a supporter of the Death With Dignity movement, so that people may be allowed to die in their homes and at their time of choice. He's working with a tuition-free school for boys in Anacostia (grades one through six).

And, of course, volunteering for Northwest Neighbors Village. Mike says he takes on a couple projects per week for Northwest Neighbors when he's in town. It helps folks who need help, he says, "and it's also fun."



JANEAN MANN

D.C. Office of Consumer Protection Deputy Director Jimmy Rock offers advice on avoiding financial fraud. His office is adding lawyers to combat the problem.

D.C. offers help avoiding scams targeting elders

By JANEAN MANN

If someone is trying to scam you or you have a dispute with a merchant, the D.C. Consumer Protection Office (CPO) is ready to help. This is the message CPO Deputy Director Jimmy Rock gave attendees at an NNV-sponsored talk May 24 at the Chevy Chase Community Center. The office has a 75 percent success rate in mediating disputes between consumers and merchants, he said.

When someone calls you claiming to be from the IRS, it is likely a scam, because the IRS's first contact with you about a problem is never by phone—it is always by mail, Rock said.

“Don’t be afraid to hang up,” he added.

If you do answer and the caller asks for payment or claims the sheriff is on the way if you don’t pay immediately by money order or cash card—these are sure signs of fraud. CPO is working with the IRS to shut them down. Unfortunately, most of them are foreigners who rent U.S. phone numbers—including those with 202 area codes—for a couple of days to make the calls. When the fraudulent calls are reported, IRS shuts down phone numbers, but the fraudsters get new ones. The IRS also shut down a large IRS scam call center last year. If you call CPO to report the call, they will pass the information along to the

IRS.

Warning about phony solicitations, Rock said just about everyone’s personal data has been compromised. Thus virtually anyone can be a target. He warned individuals to get their free annual credit reports and check them thoroughly. He also urged that you check your credit card statements fairly often to make sure there are no unauthorized charges. This can be done either online or by calling the number on the back of your credit card for a readout of recent charges. If you have gone paperless and just get your bills online, be sure to read the entire statement, he added.

Many companies try to sell you credit card fraud insurance, but Rock said this is not generally worth the money as you are liable for only \$50 if your card is used fraudulently.

If you get calls from a debt collector that you think are in error, demand to see the records of the alleged purchase. They are required by law to provide this information. But, Rock said, if you think a debt is an error, do not ignore the issue because the company can go to court and get a default judgment unless you address the problem.

Other common frauds in our area are family emergency calls, often targeting grandparents. In this scam, someone claiming to be a relative calls saying he is in jail but afraid to tell his parents and needs money. Rock suggests you hang up and call the number you have for your relative. NNV members have reported receiving such calls.

If you need help, call the CPO hotline at 202-442-9828.

Associate member, volunteer John Radner dies

“What a kind man. What a smart man. What a loss.” NNV member Mimi Sokol was expressing her thoughts about NNV volunteer John Radner, who regularly took her grocery shopping. Mr. Radner died May 9.

The husband of NNV associate

member Elly Greene, John had taught at Harvard (his alma mater) and at Georgetown University. He was a professor emeritus at George Mason University, from which he retired in 2007 after a 22-year career there.

In 2015, John received the Annibel Jenkins Biography Prize for his highly regarded “Johnson and Boswell: A Biography of Friendship.” Since 2013 he had been an Osher Lifelong Learning

Institute (OLLI) study group leader for literature courses on authors including George Orwell, Jonathan Swift and Samuel Johnson.

Radner really helped Mimi with her grocery shopping. “Let me tell you, he was a shopper. He made sure I had my shopping list and he knew the layout of whatever store I wanted to use,” she said. “I knew I was in very good hands. John, you will be missed.” —*Janean Mann*

Jack Rachlin, noted geologist

We were saddened to learn of the death of NNV member Jack Rachlin, husband of NNV member Marjorie Rachlin.

A noted geologist, Jack was a member of the U.S. delegation that negotiated the 1974 Threshold Nuclear Test-Ban Treaty because of his expertise on Russian geology. He worked for many years with the U.S. Geological Survey, becoming head of its Military Geology Project. On his retirement in 1993, he received a Citation for Meritorious Service for his original contributions.

The son of Russian Jewish immigrant parents, Jack was born in Brooklyn, N.Y. He met Marge on a bird-watching trip. Long interested in art, Jack volunteered for 10 years at the Smithsonian American Art Museum, where he enjoyed working with the staff.

In addition to Marge, he is survived by his brother and sister-in-law, Marvin and Barbara Rachlin; nephew Michael Rachlin, and nieces Lisa and Susan Rachlin.



JANEAN MANN

Grilling at last year's picnic. The event moves this year from late summer to June.

For NNV, summertime is picnic time!

Mark your calendar for an afternoon of good food and great company! NNV's annual community picnic will be held Sunday, June 11, from 3 to 5 p.m. at Meadowbrook Park, 7901 Meadowbrook Lane, Chevy Chase, Md.

This year, we welcome you to invite friends and family. Hamburgers, hot dogs and

beverages will be provided. Side dishes, salads and dessert contributions are potluck. Back by popular demand, Sal Selvaggio will be playing his guitar. Please call 202-777-3435 to let us know who will be attending and what you will bring.

Special thanks to Chevy Chase House for sponsoring this year's picnic. —*Danielle Feullian*

Frozen delights for the warm weather ahead

By BARBARA OLIVER

NNV member Judy Brace suggested these two dessert recipes. Both are made in a food processor. As I don't have a food processor, I tested them in a blender (see notes).

Frozen Ginger Yogurt

2-pound container (32 ounces) low or nonfat yogurt

1/4 to 1/2 cup crystallized ginger (depending on preference)

1/4 cup fresh or bottled lemon juice, or to taste



BARBARA B. OLIVER

The strawberry version of super simple sorbet.

Put ginger in a food processor,* blend till shredded.

Add yogurt and lemon juice and blend for several seconds.

Pour into a bowl, cover with plastic wrap and freeze. Stir mixture once before it is frozen hard. [At this stage, it makes a tasty topping for fruit, babka, pound cake or brownies.] If serving later, allow time for rock-solid yogurt to soften at room temperature. Serve on its own or with fresh berries or fruit.

Makes at least 8 servings.

** Note: If using a blender, add 1/3 the yogurt, blend and repeat.*

Super Simple Sorbet

1 pound frozen strawberries or other fruit

1/2 cup yogurt, crème fraîche or silken tofu

1/4 cup sugar, more or less

Put all ingredients in a food processor** along with a couple of tablespoons of water. Process until just puréed and creamy, stopping to scrape down the sides of the bowl as needed. Be careful not to over-process or you'll have a smoothie. The whole recipe should take no more than 10 minutes to make.

Serve immediately or freeze for later; if serving later, allow 10 to 15 minutes for sorbet to soften at room temperature.

Makes at least 4 servings.

*** Note: If using a blender, break up frozen fruit and add 1/3 at a time.*

SERVICE OF THE MONTH Grocery shopping online

Maybe you're finding it more difficult to get out to the supermarket these days or you need help carrying heavy bags or boxes. Maybe you're tired of eating the same old thing and would like to try new meals or recipes. Maybe you'd like to entertain friends without cooking. All these situations are typical for seniors—but surprisingly, busy millennials have found the solution: shopping online.

You can go to sites such as Peapod, Freshdirect, Instacart and others to get fresh foods, groceries and heavy paper products delivered right to your door at the time you choose. Or you can try Blue Apron, Plated, Munchery or other services that supply you with all the ingredients for a new, interesting meal, along with the recipe for putting them together. Or, if you want a healthy, cooked meal delivered instead of the same old pizza or Chinese takeout, sign up at Mom's Meals or other websites.

Too many sites to choose from? Too difficult to access? Call the NNV office and arrange to have a volunteer arrive on your doorstep. We will send you a friendly, computer-savvy person who will help you determine your needs and figure out which site (or sites) might suit you best. That person can also help you through the computer sign-up process. Ordering online may cost a little more, but you can't beat the variety or conveniences of these services. —Lois Berkowitz

COMMUNITY CALENDAR

Events are free unless otherwise indicated.

Thurs., June 1, 2 p.m.

Tech Products Help—Bring smartphone, tablet, laptop; learn how to use them. Age-Friendly D.C., Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., June 1, 15, 29, 7 p.m.

Tenleytown Memoir & Essay Writing Club—Supportive feedback on your work. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., June 5, 7-9 p.m.

Chevy Chase ANC Survey Meeting—Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Tues., June 6, 13, 20, 2-3:30 p.m.

Adult Coloring—Materials provided. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., June 6, 7 p.m.

Upper NW Knitters—Learn to knit, crochet; supplies free. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., June 8, 12:30-4 p.m.

GW Law School Health Insurance Counseling—Medicare, Medicaid, other insurance; free to D.C. residents 60+ by appointment: 202-895-9448. Iona Senior Services, 4125 Albemarle St. NW.

Thurs., June 8, 6 p.m.

Neuroscience Discussions—Trauma. Bill Marks, Ph.D., Johns Hopkins; Jeanine Hull, attorney. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., June 8, 7 p.m.

Poets on the Fringe—Reading. Age-Friendly D.C., Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., June 8, 7:30-10:30 p.m.

ANC 3E—Meeting. Room NT08,

Washington College of Law, 4300 Nebraska Ave. NW.

Sat., June 10, 1 p.m.

Game On!—Play many board and video games. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., June 12, 7-9 p.m.

ANC 3/4 G—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Thurs., June 15, 10:30 a.m.

Avalon Senior Cinema—Patrons 62 or older pay less than the usual senior rate of \$8.75. Avalon Theatre, 5612 Connecticut Ave. NW.

Tues., June 20, 7 p.m.

Meditation for Peace & Well-Being—Sangeeta Sinha offers suggestions for practice. Age-Friendly D.C., Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Tues., June 20, 7:30 p.m.

ANC 3F—Meeting. Room A-03, Bldg. 44, UDC, 4200 Connecticut Ave. NW.

Thurs., June 22, 7 p.m.

Upper NW Knitters—Learn to knit, crochet; supplies free. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Fri., June 23, 6-7:30 p.m.

Concert—Forest Hills Playground, Chesapeake & 32nd Sts. NW.

Mon., June 26, 7-9 p.m.

ANC 3/4 G—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Tues., June 27, 7 p.m.

Grief 101—Steve Asher, MSW, LICSW, leads workshop on process, stages, moving on; first come, first served. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., June 29, 2 p.m.

Health Care Apps for

Smartphones—Reliable first aid, symptom check, medication websites; bring smartphones, tablets, questions. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Every Mon., 10:30-11:30 a.m.

Club 60+ —T'ai Chi. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Tues., 10-11 a.m.

Club 60+ —Line dancing. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Tues. & Thurs., 8:30-9:30 a.m.

Walking Club—Sibley Senior Association. Mazza Gallerie, concourse level, Wisconsin & Western Aves. NW. 202-364-7602.

Tues. & Thurs., 11 a.m.-noon

Club 60+ —Exercise basics and muscle strengthening. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Fri.

AARP Legal Counsel for the Elderly—Self-help office. Assistance with legal questions, claims reports, consumer complaint letters, benefit checks, etc. Call 202-895-9448 (option 4) for appointment. Iona Senior Services, 4125 Albemarle St. NW.

Farmers Markets

Sat., 8 a.m.-1 p.m. — New

Morning Farm, Sheridan School, 36th St. & Alton Pl. NW.

Sat. 8 a.m.-2 p.m. — Van Ness, 4340 Connecticut Ave. NW.

Sat., 9 a.m.-1 p.m. — Chevy Chase, 5625 Connecticut Ave. NW.

Movie Mondays, 2 & 6:30 p.m.

Chevy Chase Library, 5625 Connecticut Ave. NW.

June 5—“Sully,” U.S., 2016, rated PG-13 (Tom Hanks).

June 19—“In and Out,” U.S., 1997, rated PG-13 (Kevin Kline).



JANEAN MANN

Chunks of history

Participants in a recent NNV bird walk in Rock Creek Park view sandstone and marble blocks (background) that were once part of the U.S. Capitol. Some date back to as early as 1818.