

THE VILLAGE NEWS

Northwest Neighbors Village

Volume 6, Issue 7

A Community Network of Support

July 2014

MEMBER PROFILE

Beverly Simmons, here, there and everywhere

BY DAVIDA PERRY

Beverly Simmons was born on Corregidor, an island in the Phillipines, where her father, Army Capt. Charles Harris, was stationed. Over the next few years the family transferred to six different states. In Hawaii she attended the Punahou School, “the best school west of the Rockies,” later made famous by President Obama.

The family finally moved to Washington, D.C., in 1941, where she attended Wilson High School (with newsman Roger Mudd and developer Oliver Carr) and George Washington University (with Margaret Truman, whose parents lived across the street from Beverly’s parents).

At a 1953 New Year’s Eve party her father bought a house sight unseen on Cathedral Avenue. The house belonged to the 16th Street Unitarian Church, which had decided its minister should live closer to the church. Beverly lived there until she got her own apartment at Quebec House a few years later.

After college Beverly took a public affairs position with the Air Force. In 1962 she eloped with Henry Simmons, an aviation expert who wrote for



JANEAN MANN

Beverly Simmons holds a 1,000-year-old Korean teapot her father acquired in Korea during his stay as governor there following World War II. The wall panels behind her are also Korean.

several publications including the *Wall Street Journal* and *Newsweek*. The next year their son Taylor was born, and in 1966 the family moved to London, where Henry had been

promoted to Newsweek’s bureau chief. “It was a wonderful time to be in London—music and fashion were bursting with

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NORTHWEST NEIGHBORS VILLAGE

*a community network of
support*

4901 Connecticut Ave. NW
Washington, DC 20015
(202) 777-3435

www.nwnv.org

Northwest Neighbors

Village (NNV) is a nonprofit organization created to help the residents of Northwest Washington live comfortably and safely in their neighborhoods and homes as they age. Founded in 2007 and opened in 2009, NNV is part of the Senior Services Network, supported by the D.C. Office on Aging.

Join or Volunteer

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

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MARIANNA BLAGBURN

Around the world with Beverly Simmons

SIMMONS, *Continued From Page 1*

creativity,” she says. Beverly had the opportunity to travel extensively including to France, Spain, Sweden, Norway, Russia, Poland, Georgia, Morocco, Greece, Italy, China and Australia.

In 1968 she, Henry and Taylor returned to D.C. and moved into the big, wonderful house where she still lives, in upper Northwest just off Connecticut Avenue. Beverly remembers fondly their many trips to Florida to see the space flights, because Henry had passes to the Cape Kennedy launch site. Henry Simmons died in 1986.

Her house is filled with interesting furniture and objects from within her family and around the world. A red pot on the mantelpiece was made by Ben Owen III, a master potter and member of her father’s family; the Japanese prints in the foyer are by Paul Jacoulet. A small green Korean pot in the

living room is over a thousand years old and holds a certificate attesting to its age.

As an active member of the NNV Social Committee, Beverly hosts its meetings. Among other causes, she has long volunteered for the Folger Library and Planned Parenthood. She is on the board of the House of Mercy and Rosemont, which help unwed mothers and infants, and she actively supports Kiplin Hall in north Yorkshire, England, ancestral home of the Calvert family, which was prominent in Maryland history.

For recreation she plays bridge, swims, enjoys horse racing and travels. In fact, she is hoping to go to Antarctica next year. Most weekends she goes to her second home, which is on the Wicomico River in Charles County.

A tidbit I can’t resist including: Her father’s youngest brother invented the Harris Votomatic, later bought by IBM and in use in Florida for the 2000 Bush-vs.-Gore presidential election.

NNV CALENDAR

NNV members may request rides to all NNV events.

Wed., July 2, 1-3 p.m.

Village Card & Board Games

with Cleveland Park-Woodley Village members. Refreshments. Assembly Room, Methodist Home, 4901 Connecticut Ave. NW.

Mon., July 7, 2-3 p.m.

Gentle Yoga with Sandi Rothwell. Assembly Room, Methodist Home, 4901 Connecticut Ave. NW.

Mon., July 14, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Mon., July 14, 5 p.m.

Sunset Special Dinner—Three

courses \$23.95, parking half-price. RSVP by July 8: (202) 777-3435. Chef Geoff's, 3201 New Mexico Ave. NW.

Wed., July 16, 2-4 p.m.

NNV Book Club to discuss *Death Comes to Pemberley* by P.D. James at the home of NNV member Barbara Dresner. RSVP: (202) 777-3435.

Mon., July 21, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

Mon., July 28, 2-3 p.m.

Gentle Yoga with Sandi Rothwell.

NNV Men's Book Club will not meet in July or August.

Save the Date

Monday, Aug. 11, 3:30 p.m.

Cooking for One Demonstration by Holly Utt.

Sun., Sept. 7, 3 p.m.

NNV Annual Picnic—Candy Cane Park, Md.

Tues., Sept. 30, 3 p.m.

NNV Men's Book Club will meet at the home of NNV member Bernie Hillenbrand.

Wed.-Thurs., Oct. 15-16

Philadelphia Cultural Tour—

\$499 (\$200 non-refundable deposit due July 8; \$299 due Sept. 5). Information: B. Lubic, 202-362-6100, blubic@aol.com.

Summertime dining at Chef Geoff's

Please join the NNV community for a summertime dining experience at 5 p.m. Monday, July 14, at Chef Geoff's, 3201 New Mexico Ave. NW.

We will enjoy the "Sunset Special," a prix fixe dinner consisting of an appetizer, main course and dessert for \$23.95. Wine and beer are extra.

Our tables will be



inside the restaurant. Chef Geoff's is handicapped-accessible. Parking is available in the neighborhood on Lowell Street or at the rear of the restaurant in the parking lot; rates are half price. As always, we will provide rides for NNV members.

Please call (202) 777-3435 to make your reservations by 3 p.m. Friday, July 11.

SERVICE REQUEST OF THE MONTH

Junk removal

Are you ready to get rid of stuff that has accumulated in your house? Here are just a few items that might be ready for the junkyard: old batteries, computerware, paint cans and brushes, electronics (old VHS players, broken DVD players, radios), three-legged chairs and old lamps.

We are headed to the D.C. dump on the first

Saturday in August—Aug. 2 at 10 a.m. Volunteers will pick up your items that Saturday at 9.

To take advantage of this member service of the month, please call the NNV office at (202) 777-3435 by Monday, July 28. C'mon, join the decluttering movement in America . . . be the first on your block to throw away the useless items you *used* to love.

Sustainable gardening: The earth-friendly way

BY ADRIANA DELGADO

Sustainable gardening means working and enjoying our gardens to meet our present needs without compromising the ability of future generations to meet their needs. When we garden we interact with natural resources: soil, water, plants, insects, birds, to name the main ones. All of them are interrelated and our gardens are interrelated with the resources of our area, region, country and the world!

Soil, the physical support for plants, is really a living being too. We can increase its long-term health and that of the plants it supports, with practices like aerating, adding compost and responsibly mulching. These practices are more sustainable than applying fertilizers. A large part of the fertilizers we apply enters streams and rivers, increasing algae and other aquatic vegetation and deteriorating our water sources.

Water is a vital resource for plants, animals and us. When we water our gardens from the spigot we are using potable water. (Water for landscape irrigation is estimated to account for nearly one-third of all residential water use in the country.) Our region has a good supply of rainwater (average precipitation close to 40 inches per year), but the distribution is frequently not the same as the needs of our gardens.

We can harvest rainwater and we can direct runoff from impervious surfaces to our gardens to smooth the gaps



JANEAN MANN

Bee balm is a native plant with beautiful blossoms. It attracts butterflies and hummingbirds. Some types have also been used as tea.

between need and supply. Most importantly, we can plant more native species. These plants, adapted to the weather conditions and geographic characteristics of our region, are low maintenance.

Gardeners love plants. Some bring us memories of our childhood, significant people or special events in our lives. Some of them are natives (like flowering dogwood, American wisteria and Christmas fern) and some are introduced from other regions of the country or the world (like most of the azaleas, roses and peonies). If they are not classified as invasive, we are fine. But we can always do better.

When adding new plants to our gardens, we might consider natives. They support wildlife (butterflies, insects, birds and mammals) because native plants and our fauna evolved together through a long period of time. They contribute to maintaining the balance between “good

bugs” and “bad” ones, reducing the needs for pesticides and promoting the virtuous circle of life. Native plants are beautiful, very diverse and are more available in nurseries and garden centers throughout the D.C. area. A free guide to native plants can be found at www.nps.gov/plants/pubs/chesapeake/pdf/chesapeakenatives.pdf.

The concept of “sustainable gardening” looks relatively new but the principle is ancestral. As a popular Native American proverb says: “We do not inherit the earth from our ancestors, we borrow it from our children.” While enjoying our gardens, it is worth switching our practices to leave them as better places for the next gardeners to come.

Adriana Delgado is a Certified Master Gardener, University of the District of Columbia, and a Master Naturalist Intern, University of Maryland. She lives and gardens in Northwest Washington.



JANEAN MANN

Neither rain nor poison ivy: Dressed for all elements, Fannie Mae employees refurbish the yard of NNV member Nina Kraut.

From bankers, a little home investment

A group of 25 mortgage bankers from Fannie Mae pitched in to help in members' gardens in mid-June, weeding, mulching, pruning and planting. "They were wonderful," member Mary Pat Gaffney reported.



JANEAN MANN

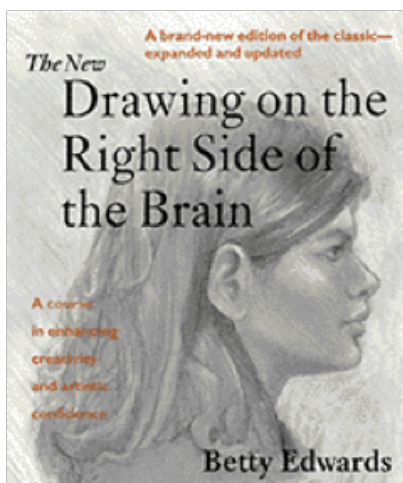
NNV member Ellen Schou, center, discusses pruning ideas with Fannie Mae volunteers Michael Vougeloff, left, and Qiang Cie.



MARY PAT GAFFNEY

NNV member Mary Pat Gaffney, front, with Fannie Mae volunteers Craig Boothe and Brooke Stanislaus.

Learning how to see: Drawing class starts Sept. 17



Nancy Meyer, longtime art teacher, artist, kitchen designer and now an NNV member, believes anyone can learn *how to see* to draw and is offering to show you how.

Nancy will teach a series of five drawing classes this fall, on Wednesdays from 1 to 3 p.m., Sept. 17 through Oct. 10. She will teach from the classic work of Betty Edwards on self-expression through drawing, *Drawing on the Right Side of the Brain*.

Whether you feel you have

little talent and doubt you could ever learn, or enjoy drawing but have not been able to get much beyond a childlike level, this drawing class will show you how to gain skill.

Participants can buy their own sketch pad and pencils or order from NNV. Costs will be around \$20. Space is limited to 12 students; the location will be announced when you call to register at (202) 777-3435. Registration deadline is Friday, Sept. 5 or when class is filled.

Good news, bad news on D.C. taxes for seniors

By JANEAN MANN

The D.C. Council voted on June 24 to add tax breaks and new taxes to the fiscal 2015 budget provisions requested by Mayor Vincent Gray (and reported in our May newsletter). The changes provided some tax relief for individuals and businesses with incomes over \$40,000 and under \$1 million. It eliminates the \$3,000 exclusion for those receiving federal and D.C. pensions. The budget also includes other new taxes. Many of these revisions correspond to changes recommended by the D.C. Tax Revision Commission.

However, most of the tax reduction provisions that initially were slated to occur automatically in future years will not take effect unless there is sufficient revenue to cover their cost, though many council members expect them to be funded. This requirement was added by the council because of concerns expressed by the city's chief financial officer, Jeffrey DeWitt, who called the budget originally adopted by the council on May 28 "illegal" because it was not balanced. According to a *Washington Post* estimate by columnist Mike DeBonis, the city would need an additional \$143 million in revenue to "trigger" or permit those tax reductions slated for future years.

First the good news. Individuals earning \$40,000 to \$60,000 a year in 2015 would pay a 7 percent income

tax rate rather than the current 8.95 percent or the 7.5 percent proposed in the mayor's original budget. This would be reduced to 6.5 percent for 2016 if funds are available.

A new 8.75 percent tax rate, lower than the present 8.95 percent, is established for individuals with incomes of \$350,000 to \$1 million. The current 8.95 percent rate would remain for incomes over \$1 million. An increase in the estate tax from the current \$1 million to \$2 million is also subject to the trigger.

The council also increased the standard deduction incrementally to match the federal level by 2017. The new rate would be \$5,200 for individuals and \$8,350 for married couples in 2015 and 2016, with further increases subject to the trigger. Subject to available funds, personal exemptions would increase by \$2,000 in FY 2017 and \$3,200 in 2018 and match the federal level by 2019. However, personal exemptions diminish on incomes over \$150,000 and would be eliminated for those with incomes over \$275,000.

The council rejected the commission's recommendation to increase the D.C. sales tax from 5.75 to 6 percent. Business taxes would also be reduced.

And now the bad news. D.C. and federal retirees will lose the ability to exclude \$3,000 of

their pension income from their taxable income. A provision which would have waived all property taxes for low-income seniors over 70 became a property tax deferral, with taxes, albeit interest-free, for individuals over 75, due upon the sale of the property.

The pension exclusion elimination was part of the package adopted by the council to offset the other tax reductions. Officials in the offices of council members Muriel Bowser and Mary Cheh said the loss of the exclusion would be offset by the reduced tax rates and the increases in the

standard deduction and exemptions.

The council added taxes on a number of services including construction contracts, household storage, gym memberships, yoga classes, barber and

beautician services, car washes, carpet cleaning and others. Efforts to remove the yoga tax were defeated.

Mayor Gray has objected to a number of the provisions, particularly the major cuts in funding for his streetcar and hospital programs, and has not indicated whether he will sign the legislation.

Ms. Cheh's chief of staff, Jonathan Willingham, has offered to answer further questions on these provisions that individuals might have. He can be reached at (202) 724-8037.





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PHOTOS BY JANEAN MANN



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Ancient rhythms

It was horseshoe crab mating time at Cape May, N.J., when NNV board member Janean Mann visited on a nature photography trip. 1 A female crab digs into the sand to lay her eggs, as her ancestors have done for 350 million years. 2 A muskrat feasts on pond grasses. 3 An oyster catcher herds one of its three hatchlings. 4 Audubon Society naturalist Mark Garland holds a tiny horseshoe crab egg. 5 Thousands of sandpipers, which have timed their migration for the event, stop at Cape May to gorge on crab eggs before resuming their flight from South America to the Alaskan tundra. 6 Human and avian strollers walk the early morning sands of Cape May, one of the nation's oldest beach resorts.



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Cooking for one can be fun

By HOLLY UTT

Cooking for one doesn't have to mean heating up a can of soup or ordering takeout. Packaged meals may be an easy option when you're dining alone, but eating this way on a regular basis can lead to serious health problems. Preparing your own meals can help you take charge of your health. No matter your age, budget or culinary skills, you can learn to cook tasty, healthy and inexpensive meals.

Cook what you love

Cooking for yourself is empowering. You are taking care of yourself by cooking healthy, nutritious meals and making the foods you want to eat, when you want to eat them.

No more restricting your choices because of someone else's preferences. Do you like breakfast for dinner? Go ahead and make that omelet!

Be creative with your proteins

Don't think you will never be able to eat a whole roast chicken or roasted pork butt? Not in one sitting, but over a week and several meals you will. Think of your protein as a base for several meals. One roast chicken can be served the first

night right from the oven. On subsequent days you can make a chicken pot pie, chicken salad or quesadillas. Pulled pork barbecue sandwiches one night become pork tacos and then a rich pork ragu for pasta for another dinner or lunch.

Prep and save

Prepare fresh vegetables and fruits when you buy them. You are much more likely to use them right away, and the prep work is already done for later! Prepare multiple servings of sauces and side dishes, then store them in single serving containers in your freezer. All you'll need to do is reach in for a side of rice pilaf or roasted vegetables.

Sensory elements

Sing along to your favorite music, sipping a glass of wine or listening to the radio or a book on tape. See how relaxing it can be to savor the smells and textures of each ingredient.

Don't always eat alone. Start a supper club, eating at a different home once a week. The host can make the entrees while others bring sides, salad and dessert.

A demonstration class on cooking for one will be given at 3:30 p.m. Monday, Aug. 11, in the Assembly Room of the Methodist Home, after which we'll enjoy our meal with a glass of wine. To reserve a seat call (202) 777-3435.



For a 'regular' treat, a blueberry jam wheat germ muffin

Preheat oven to 400 degrees.
In a large bowl add and combine well:

3 eggs
1 cup brown sugar
½ cup buttermilk
1 teaspoon vanilla
1 cup raw wheat germ
1 cup bran

In a smaller bowl, combine well:

2 cups all-purpose flour
2 teaspoons baking powder

2 teaspoons baking soda
½ teaspoon salt
1½ cups whole fresh or frozen blueberries

Fold wet and dry mixtures together gently until mixed. Pour batter into greased muffin cups or a greased muffin pan. Bake at 400 degrees for 20-25 minutes. Remove from pan and cool on rack.

Makes 12 large or 16 medium muffins. Muffins freeze well.

—Susan Lieberman



JANEAN MANN

These tasty muffins have bran's usual benefits in promoting regularity.



JANEAN MANN

How dry we weren't

Sipping wine at the home of NNV Co-president Bob Holman on June 8, NNV members, friends and volunteers listen to historian Garrett Peck discuss the many ways Washingtonians skirted the Prohibition laws of the '20s. Peck is the author of a book on the subject, *Prohibition in Washington, D.C.: How Dry We Weren't*.



Caregiver support group resumes in September

Are you caring for someone while juggling other responsibilities, interests and needs? You are no longer alone. According to AARP in collaboration with the National Alliance for Caregiving, more than 65 million people, 29 percent of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours a week providing care for their loved one. The numbers are growing.

The good news is that more support groups are forming to offer resources and empathy.



The Northwest Neighbors Village Caregiving Support Group just completed its first year of sessions and will resume in early September.

If you are caring for a spouse, partner, child, parent or friend, consider joining NNV's popular and compassionate support group in the early fall. Meetings

will resume on Wednesday, Sept. 3 at 10 a.m. The support group will meet for 10 sessions, every first and third Wednesday of the month. Each session is 1½ hours long; the fee is \$10 per session (tax deductible). Location of the meeting will be provided to each participant when you register.

If you have any questions, e-mail or call therapist and facilitator Susan Lieberman, MSW, LICSW, at slieb1@msn.com or (202) 362-8188. You may also reserve your place for the fall session by calling NNV Executive Director Marianna Blagburn at (202) 777-3435.

Where in the world?

Bob and Sharon Wolozin brought back these pictures from a nine-day whirlwind trip to Turkey, which they visited this spring. It included visits to Istanbul, the ruins of ancient Ephesus (the city to which St. Paul addressed his Epistle to the Ephesians), and a co-op where they saw a demonstration of rug weaving.



Istanbul's famed Blue Mosque.

PHOTOS COURTESY OF BOB WOLOZIN



A group "facility" from Roman times, which was supplied with running water underneath. Looks like it might have been uncomfortably cold, but users could have a slave sit and warm the stone.



A worker in a silk shop prepares to use a brush to gather the ends of silk threads from silkworm cocoons.



Sharon and Bob Wolozin negotiate some ancient stones with their "invaluable" walking poles.



The Wolozins' tour group poses for a group shot at the remains of ancient Ephesus. That's them at left.

COMMUNITY CALENDAR

Tues., July 1, 7:30 p.m.

Police Service Area (PSA) 201—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Thurs., July 10, 2-3 p.m.

Allergies—Nothing to Sneeze At! Johns Hopkins allergist Heidi Isenberg-Feig will describe different reactions and diagnoses in seniors. Free, register at (301) 896-3939. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

Sun., July 13, 1 p.m.

When Doctors Don't Listen: How to Avoid Misdiagnoses and Unnecessary Tests—Author talk by Leana Wen. Politics & Prose, 5015 Connecticut Ave. NW.

Mon., July 14, 7:30 p.m.

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

Tues., July 15, 7:30 p.m.

ANC 3F—Meeting. Methodist Home, 4901 Connecticut Ave. NW.

Wed., July 16, 11 a.m.

MS Office Workshop—Intro to MS Word. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Thurs., July 17, 10:30 a.m.

Avalon Senior Cinema—Patrons age 62 or over can see the feature film for less than the usual senior price, \$8.75. 5612 Connecticut Ave. NW.

Thurs., July 17, 6-8 p.m.

"So What Brought You Here?"—Reception and conversation with artist Judy Baron about "Continental Drift" exhibit. Katzen Arts Center, 4400 Massachusetts Ave. NW.

Thurs., July 17, 7:30 p.m.

ANC 3E—Meeting. Tenleytown Room 1, third floor, Embassy

Suites Hotel, 4300 Military Rd. NW.

Sat., July 19, 10 a.m.

Caring for You, Caring for Me—Building cooperative relationships. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Wed., July 23, 11 a.m.

MS Office Workshop—Intro to MS Excel. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Fri., July 25, 7 p.m.

The Greatest Comeback: How Richard Nixon Rose From Defeat to Create the New Majority—Author talk by Patrick J. Buchanan. Politics & Prose, 5015 Connecticut Ave. NW.

Sat., July 26, 10:30-11:45 a.m.

Traveling Writer's Workshop—Developing personal meaning in the writing process. Followed by Open Mic poetry reading at noon, 3 minutes per reader. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Mon., July 28, 7:30 p.m.

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

Tues., July 29, 7 p.m.

Citizen Canine: Our Evolving Relationship With Cats and Dogs—Author talk by David Grimm. Politics & Prose, 5015 Connecticut Ave. NW.

Wed., July 30, 11 a.m.

MS Office Workshop—Intro to MS PowerPoint. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

Every Tuesday, 11 a.m.-noon

Club 60+—Chair Yoga. Second-floor ballet studio, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Tuesday, 11 a.m.-noon

Club 60+—Cardio/Strength Class. Second floor above

auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

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

Walking Club sponsored by Sibley Senior Association. (202) 364-7602. Mazza Gallerie, Concourse Level, Wisconsin and Western Aves. NW.

Every Thursday, 11 a.m.-noon

Club 60+—Exercise Basics with Will Yates. Second floor above auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

Every Friday

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

Every Saturday, 8 a.m.-1 p.m.

Lafayette Farmers Market—Northampton St. and Broad Branch Rd. NW.

New Morning Farmers

Market—4400 36th St. NW. Also Tues. 4:30-8 p.m.

UDC Farmers Market—(Till 2 p.m.) Connecticut Ave. at Yuma St. NW.

Movie Mondays

2 p.m. and 6:30 p.m., Chevy Chase Library.

July 7—*Star Trek II: The Wrath of Khan*, U.S. 1982, rated PG (William Shatner).

July 14—*Logan's Run*, U.S. 1976, rated PG (Michael York, Peter Ustinov).

July 21—*Close Encounters of the Third Kind*, U.S. 1977, rated PG (Richard Dreyfuss).

July 28—*Blade Runner*, U.S. 1982, rated R (Harrison Ford).