

# THE VILLAGE NEWS

Northwest  
Neighbors  
Village



Volume 10, Issue 7

A Community Network of Support

July-August 2018

## Two careers, with a front-row seat to history

*Ralph Lindeman: the law, then journalism*

BY JANEAN MANN

**N**W volunteer Ralph Lindeman's lifelong love has been journalism. But, after graduating from Vanderbilt Law School, he could not find a job in journalism so he turned to public interest law, a career track he pursued for 25 years.

"I didn't hate law and I liked public interest," he said. And his legal career may have led him to his "dream job" in journalism.

Ralph began his legal career in his native Ohio as a legal aid attorney in Toledo, but left after four years, moving to Washington in 1978 to join the Legal Services Corp. He then spent seven years at the Federal Trade Commission, prosecuting companies engaged in fraud and misleading advertising.

His next position took him to the Justice

*See PROFILE, Page 2*



JANEAN MANN

Ralph Lindeman in his garden, where he enjoys some of the remaining flowers that the rabbits haven't eaten.

## FROM THE EXECUTIVE DIRECTOR

### Healthy Aging Forum offers good advice

BY STEPHANIE CHONG

**L**ast month more than 100 people participated in our Healthy Aging Forum. Northwest Neighbors Village hosted the event in partnership with Washington Hebrew Congregation. The



BY STEPHANIE CHONG

Kojo Nnamdi, left, shares with Dan Werner his views on aging successfully and on the problems facing the city.

building was abuzz with attendees eager to learn about resources and

practical information on how to age well in their community. And

informed they were!

Eight workshops tailored for active retirees, caregivers and adults over 60 provided insights on improving and maintaining our health, supporting successful aging through environmental modifications, intimacy and relationships, and caregiving. A robust Resource Fair comprising nearly 40 local senior-service providers shared information on home modification, care

*See AGING, Page 6*

## NORTHWEST NEIGHBORS VILLAGE

a community network of support  
4901 Connecticut Ave. NW  
Washington, DC 20008  
202-777-3435  
[www.nwnv.org](http://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](http://www.nwnv.org) or call the office at 202-777-3435.

### NNV Board Members Officers

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## Ralph Lindeman's two careers

PROFILE, Continued from Page 1

Department as a trial attorney in the environmental enforcement section, where he sued polluters for 14 years under three administrations. "Those were interesting times," he said, noting that some cases took man-years to adjudicate. "Major litigation is a highly stressful way to live your life," Ralph said. So, when the Justice Department offered early retirement, he jumped at the chance.

While working in Washington he had heard of the Bureau of National Affairs (BNA), a "nerdy publication for people who really want to know the nuts and bolts" of government. So in 2001 he was hired by BNA. "That was like a dream come true," Ralph said. "I could write as much as I wanted and they would carry it all." It was a perfect blend of law and journalism.

He covered the White House and Congress for BNA, including what he considers his most rewarding work—the nomination hearings for Supreme Court Justices Roberts, Alito, Kagan and Sotomayor. Ralph said he got "a front-row seat at one of the most important events, and they also pay you!"

His daily trips to the White House briefing room were "eye-openers," he said, comparing the daily press briefings to "like being a pig in a pen, where one was fed slop." When he got scoops, the initial information came from outside the White House, but he could then pursue the story inside. On Capitol Hill, with two opposing forces, one was able to get more leaks, he said. He worked for Bloomberg News

when it bought BNA in 2011.

Since retiring in 2014, he has been pursuing his interest in black-and-white photography, a love gleaned from his grandfather's and father's darkrooms. He is also working on a nonfiction book about an attempted Confederate raid on a Civil War camp on Lake Erie's Johnson Island that might have had dire consequences for the country had it succeeded.



JANEAN MANN

Ralph Lindeman's hallway is lined with some of his black-and-white photos of Washington.

He and his wife, Nancy Miller—his "soul mate and best friend"—love to travel. They had a memorable trip to Antarctica in 2016, and are headed to Portugal this year and Vietnam and Cambodia for his 70th birthday next year.

Ralph enjoys volunteering for NNV, having learned about it from his mother-in-law, NNV member Miriam Miller. He especially likes the friendly visits and the weekly grocery trips where he really gets to know the members. Indeed, he gets high ratings from member Mimi Sokol, who loves her "wonderful" weekly trips with him. Nancy is also a driving volunteer for NNV. He says it's too bad that his mother, who still lives in Ohio, doesn't have an NNV to help her.



## NNV CALENDAR

*Rides are available for NNV members to all NNV events.*

**Fri., July 13, 9:30-10 a.m.**

**Village Walk & Coffee**—Western Grove Urban Park, Western Ave., Chevy Chase, Md., just east of Giant parking lot (opposite Lisner Home). RSVP: 202-777-3435, [nnvillage@gmail.com](mailto:nnvillage@gmail.com).

**Tues., July 17, 2-4 p.m.**

**NNV Annual Ice Cream Social**—Home of NNV member/volunteer Bob Carr. Rain date, July 18. RSVP: 202-777-3435, [schong@nnvnv.org](mailto:schong@nnvnv.org).

**Wed., July 18, 2:30 p.m.**

**NNV Book Club** discusses “The Poisoner’s Handbook: Murder and the Birth of Forensic Medicine in Jazz Age New York” by Deborah Blum at the home of NNV member/volunteer Sharon Wolozin. RSVP: [FranMahn@aol.com](mailto:FranMahn@aol.com).

**Thurs., July 26, 9:30-10 a.m.**

**Village Walk & Coffee**—SE corner,

Albemarle St. & Connecticut Ave. NW (in front of cleaners). RSVP: 202-777-3435, [nnvillage@gmail.com](mailto:nnvillage@gmail.com).

**Tues., Aug. 7, 9 a.m.-6 p.m.**

**Virginia Museum of Fine Arts**—Bus trip to Richmond for “Napoleon: Power and Splendor” exhibit; \$115. Information: Benita Lubic, 202-362-6100, [blubic@aol.com](mailto:blubic@aol.com).

**Mon., Aug. 13, 9:30-10 a.m.**

**Village Walk & Coffee**—Corner 36th & Yuma Sts. NW, International Court embassies. RSVP: 202-777-3435, [nnvillage@gmail.com](mailto:nnvillage@gmail.com).

**Wed., Aug. 15, 2:30 p.m.**

**NNV Book Club** discusses “Luncheon of the Boating Party” by Susan Vreeland. RSVP: [FranMahn@aol.com](mailto:FranMahn@aol.com).

**Fri., Aug. 24, 5-10 p.m.**

**Dine for \$\$ for NNV**—20 percent of every check will be donated to NNV.

Blue 44, 5507 Connecticut Ave. NW.

**Tues., Aug. 28, 3-4:30 p.m.**

**NNV Men’s Book Club** discusses “Sapiens: A Brief History of Humankind” by Yuval Noah Harari. Forest Hills of D.C., outside library, 4901 Connecticut Ave. NW. RSVP: 202-777-3435, [schong@nnvnv.org](mailto:schong@nnvnv.org).

**Wed., Aug. 29, 9:30-10 a.m.**

**Village Walk & Coffee**—SE corner, Albemarle St. & Connecticut Ave. NW (in front of cleaners). RSVP: 202-777-3435, [nnvillage@gmail.com](mailto:nnvillage@gmail.com).

**Save the Dates**

**Wed., Sept. 5, 19, 10-11:30 a.m.**

**Caregiver Support Group**—Moderated by licensed clinical social worker, twice a month in Chevy Chase; limited to 8 participants. Call 202-777-3435.

**Sun., Sept. 23, 11 a.m.-1 p.m.**

**NNV Annual Picnic**, Meadowbrook Park, 7901 Meadowbrook Lane, Chevy Chase, Md.

## FROM THE PRESIDENT

# A vibrant NNV for the future

BY JUDIE FIEN-HELFMAN

NNV has come a long way since 2009 when we first opened our doors. Today we are 250 members strong, along with 170 volunteers and 500 donors! Who could have imagined?

This success is the result of the combined and cumulative energy and dedication that is our village. The good news is that there are two ways you can contribute your energy to NNV’s continued success in the next few months.

► **NNV’s 10th anniversary**—As 2019 looms, NNV plans to initiate a series of events and programs that commemorate our 10th anniversary. You can help create the celebrations marking this

auspicious occasion, by sharing your ideas and participating in the planning. Please email Stephanie at [nnvillage@gmail.com](mailto:nnvillage@gmail.com) or me at [jfh@obx123.com](mailto:jfh@obx123.com) with your thoughts and ideas, as well as your interest in participating in the planning.

► **Neighborhood salons**—NNV is continuing the successful salon series, inaugurated last October at the Gala. Salons are intimate, stimulating conversations in villagers’ private homes, and feature people from the worlds of media, politics, health, restaurants, culture, civil rights and public affairs.

Last year’s eight salons sold out rather quickly, as attendance was limited to eight to 10 people, which ensured the intimate, up-close-and-personal environment that we

envisioned.

We are in the process of recruiting salon hosts/homes and speakers for this fall and winter. Know someone we should include on our speaker list? Willing to host a salon and provide light refreshments? If the answer to either question is yes, please email [nnvillage@gmail.com](mailto:nnvillage@gmail.com) or [jfh@obx123.com](mailto:jfh@obx123.com).

I often write in my articles, “It takes a village,” as this expression so richly expresses who and what we are. We need everyone to help NNV stay vibrant and fiscally strong as we enter our 10th year. These activities will help NNV strengthen its community as well as raise needed funds, as membership covers only about 39 percent of our operating costs. Each year NNV leadership must raise some \$125,000 (61 percent) to balance our budget. I look forward to your ideas, participation and support in shaping these events.

BY JANEAN MANN

There is yet another transportation option available to residents with disabilities: TransportDC. This program offers \$5 one-way taxi rides for D.C. residents registered with MetroAccess. Unlike some of the other transportation options, eligible individuals can call a cab with as little as one-hour notice. TransportDC also differs from MetroAccess in that it picks up individual riders, whereas MetroAccess is a shared-ride system with vans picking up multiple passengers.

There are some restrictions, however. Participants can use TransportDC to go to medical or dental appointments or places of employment throughout the month, but this service is available only from the first to the 15th of the month for “anywhere” rides. TransportDC is available 24 hours a day, but only for travel within D.C. Accessible taxis are available for those using wheelchairs or who need other special accommodations.

To register for MetroAccess, one must download the nine-page application at [www.wmata.com/service/accessibility/metro-access/upload/MetroAccess-Application-March-2017.pdf](http://www.wmata.com/service/accessibility/metro-access/upload/MetroAccess-Application-March-2017.pdf). An



TOM OLIVER

## Getting around: If you qualify, TransportDC offers \$5 taxi rides

applicant must fill out a portion of this application and take another portion to his or her doctor to certify qualifying disabilities or handicaps. Once these documents are completed, the individual has to go to Metro for a personal assessment.

Fortunately, NNV has trained Transportation Navigator volunteers who can assist members with the application process.

Call the NNV office at 202-777-3435 to arrange a meeting with a volunteer.

There are, however, no income restrictions on this program. Nor is MetroAccess limited to those with permanent disabilities. Three-month registrations are available for conditions that last at least 90 days but are likely to improve within one year.

For more information you can call the Transit Accessibility Center at 202-962-2799 or visit the website [www.wmata.com/service/accessibility/metro-access/index.cfm](http://www.wmata.com/service/accessibility/metro-access/index.cfm).

Once you are registered with MetroAccess you can book your \$5 cab ride by calling a TransportDC operator at 844-322-7732. Have your MetroAccess ID ready.

MetroAccess is a federally mandated paratransit service for disabled persons and other individuals unable to use Metrobus and Metrorail independently for some or all of their transport.

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JANEAN MANN

## A night out with NNV

**G**ood company and good food are on the menu on Aug. 24, and diners can help support NNV at the same time. Blue 44 owner Chris Nardelli, left, shown at a previous NNV event, will host a dinner fundraiser for us at his Connecticut Avenue restaurant. He will donate 20 percent of the evening's proceeds to our organization. You can come anytime between 5 and 10 p.m. Reservations are accepted for parties of six or more.

## SERVICE OF THE MONTH

### *Yard work*

**I**s your yard (front, back or both) beginning to look untidy? Even if you use a lawn service that did a great cleanup back in April or May, the recent rains have probably encouraged new growth. You need bushes trimmed, weeds pulled, flower beds edged or fallen debris swept up.

Now is the time to call Northwest Neighbors Village and take advantage of our yard service. Experienced volunteers who love their own gardens will help you take care of yours.

NNV doesn't provide ongoing yard maintenance or mowing, but we can take care of all those little jobs that you can't do or don't want to do. Call 202-777-3435—and then make plans for a barbecue or garden party!

—Lois Berkowitz

## Do you scream for ice cream?

**D**.C. in July is hot, but NNV friends and family have a traditional way to chill out—our annual ice cream party. Join us for Northwest Neighbors Village's summer ice cream social, on Tuesday, July 17, from 2 to 4 p.m.

This year's event will again be hosted by NNV member and volunteer Bob Carr, in his backyard at 5426 39th

St. NW. You're invited to come enjoy ice cream, cool beverages and neighborly conviviality.

In the event of rain, the social will be held the following day, July 18, at the same time and place.



## Chevy Chase House

*Independent & Assisted Living*  
(202) 686-5504

Come visit our beautifully renovated community and tour our luxury apartments, where "Everyone Deserves A Great Life!"  
Call today for your tour and receive a complimentary lunch prepared by our extraordinary chef!



5420 Connecticut Avenue • Washington, DC 20015

[www.meridianseior.com/chevychase](http://www.meridianseior.com/chevychase)

Facebook: ChevyChaseHouse



# ‘Navigating Life’s Choices’: NNV’s how-to forum

AGING, Continued from Page 1

management, visiting physicians, home care and more.

The highlight of the day was a candid discussion with Kojo Nnamdi, host of NPR and WAMU’s “Kojo Nnamdi Show” and “Politics Hour.” Moderator Dan Werner, an executive producer at Newshour Productions, asked Kojo to reflect on his personal experiences with aging and his plans as he moves toward retirement. Just as he does on air, Kojo spoke to the audience with great insight and thoughtfulness, saying he is not afraid of aging or dying and that he sees retirement as an opportunity to focus on his passions.

Asked how one can age successfully, he replied, “It’s quite basic” and pointed to the importance of physical activity, intellectual stimulation and engagement. But he acknowledged that modifications are sometimes necessary. A longtime runner, Kojo switched to bike riding when his knees and back protested the constant pounding on hard pavement.

There are benefits to change, he said. Not only did he discover a low-impact alternative to running, he also found bike riding to be a much more enjoyable form of exercise. In retirement, Kojo plans on indulging his passions of reading and writing and is committed to staying engaged in his community through volunteerism.

Kojo spoke about our beloved city, sharing his concerns about an



KAREN ZUCKERSTEIN



STEPHANIE CHONG

**ABOVE:** Laurie Cameron of George Mason University’s Center for the Advancement of Wellbeing, left, and former NNV president Steve Altman talk about planning for retirement years. **LEFT:** Elinor Stillman buys lunch from one of the food vendors.

insufficient supply of affordable housing and its effect on aging District residents. He observed that older adults are teaching younger residents how to live well. He also discussed the appeal of new development and job opportunities to a younger demographic.

Kojo noted the importance of intergenerational relationships and the exchange of learning that takes place when people of different ages spend time together. He showed the influence of his younger colleagues when he referred to Ruth Bader Ginsburg as the “Notorious RBG”—a takeoff on the

name of the late rapper Notorious B.I.G. He said he admires Ginsburg as a living model of aging.

The event had the theme of “Navigating Life’s Choices.” The workshops, resource fair and keynote discussion offered information, insights and inspiration for all attendees to live a life full of purpose and opportunity well into their older years. It was an honor for NNV to collaborate with Washington Hebrew Congregation to offer this event to the community. After all, Kojo Nnamdi’s recommendations for successful aging sound very much like NNV’s commitment to offer opportunities for engagement, physical activity and intellectual stimulation.

NNV extends special thanks to our Healthy Aging Forum sponsors: Capital City Nurses, Chevy Chase House, Debra Levy and Associates, Doctors to You, Forest Hills of D.C. and Georgetown Home Care.



# Where in the world?

Janean Mann brought back these photos from Glacier National Park in Montana. ❶ Global warming's effect on the glaciers is evident in this scenic view. ❷ American bison, including one nursing calf. ❸ Georgia schoolteacher Mitzi Gaynor visits a 1906 prairie school in rural Montana. ❹ Snowshoe rabbits turn all white in the winter, but in an early spring this rabbit's big feet have yet to change. ❺ Sparring pronghorns block the road.



❶



❷



❸



❹



❺



FAMILY PHOTO

Tom Donohoe, third from left, with his brothers.

## Salesman, musician Tom Donohoe dies

**N**NNV extends its condolences to the family of Tom Donohoe, who died in June. Born in Delaware, Tom was eldest of six children and helped care for his younger brothers, earning the nickname “the General.”

A graduate of New York

University’s Stern School of Business, Tom sold electronic equipment in New York and later in Washington, where he worked for RCI Systems in its technical sales department. While in New York, he served in the Army National Guard’s 165th Infantry.

He met his future wife, NNV member Cathy Donohoe, in seventh grade in East Rockaway, N.Y., and they reconnected years later when they both traveled the Long Island Rail Road line. They married in 1962 and moved to Washington’s Hawthorne neighborhood in 1977. Tom remained an active amateur radio operator, keeping in touch with friends even after moving to a Van Ness apartment. He had been a member of the American Radio Relay League since he was 16.

Tom was also a talented musician. He was an organist at the Church of the Epiphany near Gramercy Park in New York City and continued playing the organ and other instruments after moving to D.C. He accompanied his wife to the NNV yoga class and a variety of social events.

In addition to Cathy, Tom is survived by his brothers David, William Jr. and Paul Donohoe and sisters Margaret Mary Donohoe and Alice Langen.

—Janean Mann



JANEAN MANN

## Volunteer social

**N**NNV volunteers gather for a coffee social June 14 at Bread and Chocolate. All volunteers are invited to join the fun at these periodic events. From left are Andrea Selvaggio, Anne Witte (top of head), Stephanie Chong, Pat Kasdan, Karen Zuckerstein and, back to front, Helene Kenny, Sam Smith, Vin Roque, Judie Fien-Helfman and Sal Selvaggio.



## COMMUNITY CALENDAR

*Events are free unless otherwise indicated.*

**Tues., July 3, 10, 24, 31, 2 p.m.**  
**Tenley Summer Movie Series—**  
 New and old films; call  
 202-727-1225 for title. Tenley-  
 Friendship Library, 4450 Wisconsin  
 Ave. NW.

**Fri., July 6, 13, 20, 27, 11:30 a.m.**  
**Gallery Tours—**Summer  
 exhibitions, docent-led. Katzen Arts  
 Center, 4401 Massachusetts Ave.  
 NW.

**Sat., July 7, 1 p.m.**  
**Game On—**Board and video games  
 for all ages. Tenley-Friendship  
 Library, 4450 Wisconsin Ave. NW.

**Mon., July 9, 7 p.m.**  
**ANC 3/4 G—**Meeting. Chevy Chase  
 Community Center, 5601  
 Connecticut Ave. NW; 202-363-  
 5803, [chevychaseanc3@verizon.net](mailto:chevychaseanc3@verizon.net).

**Mon., July 9, 7-9 p.m.**  
**ANC 3F Parks & Trails**  
**Committee—**Meeting. Forest Hills of  
 D.C., 4901 Connecticut Ave. NW.

**Mon., July 9, 7:30 p.m.**  
**Board Games for Grown-Ups—**  
 Themed, strategy, cooperative, etc.  
 Chevy Chase Library, 5625  
 Connecticut Ave. NW.

**Wed., July 11, 1-2 p.m.**  
**Advance Care Planning—**Explore  
 future health needs, hospice  
 benefits, Advance Directives,  
 Medical Orders for Life-Sustaining  
 Treatment. Register: 301-896-3939.  
 Friendship Heights Village Center,  
 4433 S. Park Ave., Chevy Chase,  
 Md.

**Wed., July 11, 7-9 p.m.**  
**ANC 3F Streets & Sidewalks**  
**Committee—**Meeting. Room 202,  
 Bldg. 38, UDC, 4200 Connecticut  
 Ave. NW.

**Thurs., July 12, 6-7:30 p.m.**  
**Gallery Talk—**"Things Unseen: The  
 Fluency of Abstraction." Katzen Arts  
 Center, 4401 Massachusetts Ave. NW.

**Thurs., July 12, 7:30 p.m.**  
**ANC 3E—**Meeting. AU Washington  
 College of Law, Ceremonial  
 Classroom, 4300 Nebraska Ave.  
 NW.

**Tues., July 17, 7:30 p.m.**  
**ANC 3F—**Meeting. Room A-03,  
 Bldg. 44, UDC, 4200 Connecticut  
 Ave. NW.

**Thurs., July 19, 10:30 a.m.**  
**Avalon Senior Cinema—**Patrons  
 62+ pay less than the usual senior  
 rate of \$8.75. Avalon Theatre, 5612  
 Connecticut Ave. NW.

**Mon., July 23, 7 p.m.**  
**ANC 3/4 G—**Meeting. Chevy Chase  
 Community Center, 5601  
 Connecticut Ave. NW; 202-363-  
 5803, [chevychaseanc3@verizon.net](mailto:chevychaseanc3@verizon.net).

**Tues., July 24, 6:30 p.m.**  
**Fighting Misinformation on Social**  
**Media—**How to spot, report, combat  
 fake news. Chevy Chase Library,  
 5625 Connecticut Ave. NW.

**Wed., Aug. 1, Sat. Aug. 4, 1 p.m.**  
**Game On—**Board and video games  
 for all ages. Tenley-Friendship  
 Library, 4450 Wisconsin Ave. NW.

**Fri., Aug. 3, 10, 11:30 a.m.**  
**Gallery Tours—**Summer  
 exhibitions, docent-led. Katzen Arts  
 Center, 4401 Massachusetts Ave.  
 NW.

**Tues., Aug. 7, 14, 21, 28, 2 p.m.**  
**Tenley Summer Movie Series—**  
 New and old films; call  
 202-727-1225 for title. Tenley-  
 Friendship Library, 4450 Wisconsin  
 Ave. NW.

**Mon., Aug. 13, 7:30 p.m.**  
**Board Games for Grown-Ups—**  
 Themed, strategy, cooperative, etc.  
 Chevy Chase Library, 5625  
 Connecticut Ave. NW.

**Sat., Aug. 18, 2 p.m.**  
**Palindrome Party—**Sequences that  
 read the same forward and  
 backward, e.g. "WOW"; games,  
 music, trivia, art, books, food. Chevy

Chase Library, 5625 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.

**First & third Thurs., 10-11:30 a.m.**  
**Low Vision Support Group—**Iona  
 Senior Services, 4125 Albemarle St.  
 NW. Pre-registration required: 202-  
 895-9448.

**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.

**Every Sat.**  
**Farmers Markets**  
**9 a.m.-1 p.m.**—Chevy Chase, Broad  
 Branch Ave. & Northampton St. NW.  
**8 a.m.-1 p.m.**—New Morning Farm,  
 Sheridan School, 36th St. & Alton Pl.  
 NW.  
**8 a.m.-2 p.m.**—Van Ness,  
 Connecticut Ave. & Yuma St. NW.

**Movie Mondays**  
**2 & 6:30 p.m. Chevy Chase Library,**  
**5625 Connecticut Ave. NW.**  
**July 2—**"Miss Pettigrew Lives for a  
 Day," U.S., 2008, rated PG-13 (Amy  
 Adams).  
**July 9—**"Somewhere in Time," U.S.,  
 1980, rated PG (Christopher Reeve).  
**July 16—**"Turtles Can Fly," 2004,  
 Iran/France/Iraq, rated PG-13.  
**July 23—**"Roman J. Israel, Esq.,"  
 U.S., 2017, rated PG-13 (Denzel  
 Washington).  
**July 30—**"Wonder Boys," U.S.,  
 2000, rated R (Michael Douglas).  
**Aug. 6—**"Diner," U.S., 1982, rated R  
 (Kevin Bacon).  
**Aug. 13—**"The Man Who Came to  
 Dinner," U.S., 1942, rated G (Bette  
 Davis).

# A soup for summer: Cool, but with a little zing

By BARBARA OLIVER

Refreshing on a hot summer day, chilled soup is an acquired taste for American palates. This bright orange, lightly curried carrot soup is easy to make in a blender, provides vitamins A and C, and can also be served hot.

The soup is naturally gluten-free. To reduce calories, use fat-free stock and sour cream, light butter and a sugar substitute. If you are vegetarian, use vegetable broth. If vegan, also use appropriate dairy substitutes for butter and sour cream.

## Curried Carrot Soup

1 onion (1¼ cups), coarsely chopped

2 tablespoons butter

4-6 medium-size carrots (about 3



BARBARA OLIVER

cups), diced

4 cups chicken stock \*

¼ teaspoon grated lemon rind

1 teaspoon sugar

½ teaspoon salt

1/8 teaspoon white pepper

1 teaspoon curry powder

3 tablespoons sherry (optional), or more if desired

Sour cream (or plain Greek yogurt)

Dill (fresh or dry)

Sauté onions in butter until translucent. Add carrots, stock, lemon rind, sugar, salt, pepper and curry. Cover and simmer until carrots are cooked but not mushy. Cool.

Put cooled mixture in blender. (You might have to divide into two batches.) Purée until smooth. Add sherry and chill.

Makes four to six 1-cup servings. Garnish with a dollop of sour cream and sprinkle of dill.

**Note:** \* Soup is very thick. Add one more cup of chicken stock for a thinner soup.

SOURCE: ADAPTED FROM A COLLECTION OF DONATED RECIPES IN "PURE & SIMPLE, AN INCIRCLE COOKBOOK."