



# THE VILLAGE NEWS

Volume 5, Issue 4

A Community Network of Support

April 2013

## At Tax Time, Others Besides the IRS Want Your Money

BY JANEAN MANN

While you are assembling your information in preparation for the April 15 income tax deadline, scammers are gearing up to relieve you of your refunds or steal your identity, according to the Internal Revenue Service.

Using information gleaned from phony e-mails and phone calls, your trash or that of your doctors or others, some scammers file income tax forms using your personal information to claim refunds. They often file early, claiming a refund in your name before you have had a chance to file yourself.

One way scammers gain your personal information is by sending you an e-mail purportedly from the IRS. If you received an unsolicited e-mail, allegedly from the IRS, it is a scam. The IRS never initiates contact with taxpayers by e-mail, text message or social media to request personal or financial information. If you receive such an e-mail, do not open it,

See SCAMS, Page 2



Singer and actor Ethan Watermeier is the star of "Golden Age of Broadway."

## For NNV's fundraiser, a bit of Broadway—and a taste of Northwest D.C.

BY MARIANNA BLAGBURN

Northwest Neighbors Village, in collaboration with American University, will present a performance of songs and stories, "Golden Age of Broadway," followed by "A Taste of Northwest D.C.," featuring a delicious array of hors d'oeuvres from area restaurants, on Sunday, June 2.

"Golden Age of Broadway" features American University singer, actor and voice teacher Ethan Watermeier. He most recently performed the "Adult Men" role in the Helen Hayes-

Recommended production of "Spring Awakening" at Olney Theatre Center. At Olney he previously appeared as Mr. Mushnik in "Little Shop of Horrors" and as Herr Zeller in last season's Helen Hayes Award-nominated production of "The Sound of Music."

This past season, Ethan portrayed multiple supporting roles in Shakespeare Theatre's staged reading of Brecht's "The Life of Galileo" as well as the leading role of Gil in UrbanArias' highly praised D.C. premiere of the comic opera "The Filthy

See BROADWAY, Page 2

## Northwest Neighbors Village,

a community network of support  
5425 Western Ave. NW  
Washington, DC 20015  
(202) 237-1895  
[www.nwnv.org](http://www.nwnv.org)

## Northwest Neighbors Village

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

## Join or Volunteer

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

## NNV Board Members

### Officers

Bob Holman, *co-president*  
Joan Norcutt, *co-president*  
Janean Mann, *vice president*  
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Elinor Stillman  
Jo Ann Tanner  
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### Ex-officio

Marianna Blagburn,  
*executive director*

### Newsletter Team

Janean Mann, *editor*  
Doris Chalfin  
Pat Kasdan  
Tom Oliver

## Broadway music and D.C. food

**BROADWAY**, *Continued from Page 1*

Habit.” Ethan’s upcoming performances will include the mini-opera “Adam and Eve” and opera-improv at Strathmore with UrbanArias.

“The Golden Age of Broadway” performance will be followed by “A Taste of Northwest D.C.,” with taste treats from area restaurants Masala Art, Al Dente, Blue 44, Jake’s, Maggiano’s and others.

TTR Sotheby’s International Realty has stepped forward as the premier sponsor of this event, open to the community.

The fundraiser will be held at 4 p.m. June 2 in the Abramson Family Recital Hall at Katzen

Arts Center of American University. Tickets are \$45, all-inclusive, and there is free underground parking at the Katzen. Tickets may be reserved by phone until May 3, with payment within 10 days. Reserve your seats early! Send checks, made payable to NNV, to 5425 Western Ave. NW, Washington, DC 20015.



Singer-actor Ethan Watermeier.

## Income tax scams

**SCAMS**, *Continued From Page 1*

do not reply. Report it to the IRS at [phishing@irs.gov](mailto:phishing@irs.gov).

The IRS has reported a dramatic increase in income tax refund frauds, with such frauds more than tripling from 2011 to 2012. This year appears headed to set a new record with more than 500 cases initiated in January 2013 alone. Because of the burgeoning problem, the IRS has established an Identity Theft Clearinghouse office to track identity theft leads.

While the IRS has a comprehensive screening process in place to stop fraudulent returns, some get through. If you receive a letter from the IRS telling you that more than one return was

filed in your name or that you received wages from an unknown employer, you may be a tax fraud victim. If so, a good place to start is the IRS identify theft page at [www.irs.gov/uac/Identity-Protection](http://www.irs.gov/uac/Identity-Protection).

While most professional tax preparers provide honest service to their clients, the IRS warns taxpayers to beware of those who charge excessive fees, guarantee inflated refunds or skim from their clients’ refunds. Every professional tax preparer is required to have a Preparer Tax Identification Number (PTIN) and enter it on the return he or she prepares. If you don’t see this number, beware.

Other red flags are forms added to your return that you have never filed before, or the failure of your tax preparer to give you a copy of your return.

## VOLUNTEER PROFILE

# Jo Ann and Allan Tanner, dynamic duo

BY PAT KASDAN

**J**o Ann and Allan Tanner are founding members and volunteers for NNV. Active from the very first meeting, Jo Ann took minutes and contributed irresistible treats that helped keep attendance high.

Jo Ann developed the volunteer training and selection program while serving as NNV's first secretary and assistant treasurer. As chair of the Volunteer Committee, Jo Ann manages and hosts volunteer training sessions.

Allan helps members with computer and electrical issues. He helped install NNV's computers and handled logistics for events. Allan takes photos, makes badges and produces materials for volunteer training.

During World War II, he lived with his parents on their 700-acre Nevada ranch. After the war, they moved to Washington, where he graduated from Western High School. As a geology major at MIT, he worked one summer with the U.S. Geological Survey measuring radon in gas wells.

After graduation Allan was hired by the USGS, but was called to duty as an Army officer at the end of the Korean War. After two years, he returned to the USGS to research radon. As concern mounted about the negative effects of radon on health, Allan



FAMILY PHOTO

**Jo Ann and Allan Tanner at their son Evan's wedding at Lake Atitlan, Guatemala, last year.**

was assigned to help the National Cancer Institute design research to study health effects of radiation in a Maryland county.

In 1961 Allan moved to Washington. His study, *Radon Migration in the Ground: A Review* (1964, University of Chicago Press), has been republished many times. In the late 1960s and 1970s, Allan developed an X-ray fluorescence assay for gold and silver. He also used a new isotope, californium-252, in exploration of bore holes. He served as radiation protection officer for all USGS operations in Reston, Va.

Allan has worked for the National Council on Radiation Protection and was a member of the Committee on Radiation and Research Policy Coordination

under President Reagan's science adviser. His research in measuring and predicting radon hazards circulated worldwide.

Allan and Jo Ann met when both volunteered with the Potomac Appalachian Trail Club, where Allan has been a member for 48 years. Jo Ann joined the club in 1978 and was immediately recruited by Allan to work on cabin reservations. They were married in 1980.

While attending Connecticut College for Women, Jo Ann spent several months during 1961 in Guinea with an Operation

Crossroads Africa team, building a village community center. She also worked on the college newspaper and in the civil rights movement. Later, she worked with elderly and disabled clients for the Connecticut State Welfare Department.

In 1967, Jo Ann moved to Washington and worked for *The Washington Post* and Today Publications. She founded two publication production companies. As a volunteer with the Anchor Mental Health Association, she produced the newsletter, ran large social events and was secretary of the board.

Jo Ann and Allan greatly enjoy interacting with NNV volunteers and members and are continually stimulated by the new people they meet.

## Sunday Salon to feature award-winning journalist

Long appreciated for her fascinating public radio programs, NPR special correspondent Susan Stamberg will highlight NNV's last Sunday Salon for the season with a discussion of her tradecraft.

Ms. Stamberg was the first woman to anchor a national nightly news program, the popular and award-winning "All Things Considered." Called by novelist E.L. Doctorow "the closest thing to an enlightened humanist on radio," she has won every major broadcasting award.

Prior to joining NPR at its launch in 1971, Ms. Stamberg was a producer, program director and general manager of Washington's WAMU, where she continues to delight audiences. Ms. Stamberg, an NNV neighbor and supporter, will speak on Sunday, April 7, from 4 to 6 p.m. at Ingleside. Seating is limited, so please call NNV Executive Director Marianna Blagburn at (202) 237-1895 to ensure that you do not miss the program.



—Janean Mann NPR's Susan Stamberg, NNV's Sunday Salon speaker April 7.

### NNV CALENDAR

**Sun., April 7, 4-6 p.m.**

***An Evening with Susan***

***Stamberg*** of National Public Radio. Ingleside at Rock Creek, 3050 Military Rd. NW. Limited seating; reservations necessary by calling (202) 237-1895 (rides provided to NNV members).

**Mon., April 8, 2-3 p.m.**

***Gentle Yoga*** with Sandi Rothwell. Solarium of Lisner Home, 5425 Western Ave. NW.

**Mon., April 15, 2-3 p.m.**

***Gentle Yoga*** with Sandi Rothwell.

**Wed., April 17, 2-4 p.m.**

***NNV Book Club*** to discuss *Caleb's Crossing* by Geraldine Brooks at the home of NNV member Bernice

Degler. RSVP: (202) 237-1895.

**Fri., April 19, 3-5 p.m.**

***Book talk***—Author Avrom Bendavid-Val to discuss *The Heavens Are Empty: Discovering the Lost Town of Trochenbrod*. Ingleside at Rock Creek, 3050 Military Rd. NW. Refreshments, books available for purchase, limited seating; RSVP: (202) 237-1895.

**Sun., April 21, 4 p.m.**

***Diamond Jubilee: A Coronation Anniversary Concert***. City Choir of Washington conducted by Grammy Award winner Robert Shafer. Bernstein, Handel, Taverner, Vaughn Williams. Washington National Cathedral.

RSVP: (202) 237-1895 to participate in NNV group ticket rate (rides available for NNV members).

**Mon., April 22, 2-3 p.m.**

***Gentle Yoga*** with Sandi Rothwell.

**Wed., April 24, all day**

Barnes Museum, Philadelphia Trip. Full; to be placed on waiting list call (202) 237-1895.

**Mon., April 29, 2-3 p.m.**

***Gentle Yoga*** with Sandi Rothwell.

**Tues., April 30, 3 p.m.**

***NNV Men's Book Club*** will meet at the home of Bernie Hillenbrand to discuss *The Hidden Wound* by Wendell Berry. RSVP: (202) 237-1895.

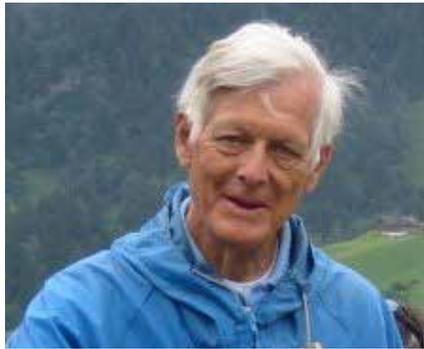
## OBITUARIES

### David J. Shears, journalist and NNV founding member, dies

**N**NNV has lost one of its founders, journalist David J. Shears, 86, who died on March 20 from complications of a broken hip and pneumonia.

He had worked with the small group that set up NNV and served as chair of the Services and Programs Committee. David served on the Board of Directors for a year before NNV opened for business in March 2009 and for another year afterward; he then served ex officio for a year before resigning to concentrate on an educational nonprofit with which he was also involved. He and his wife, Ursula, were charter members of NNV and also volunteers.

Born in London, David graduated from Oxford University and began a career in journalism. He worked



FAMILY PHOTO

David J. Shears

with Reuters news service and later *The Daily Telegraph* of London. His postings as a foreign correspondent included Pakistan, Holland, Germany and three stints in Washington. During his 16 years as the *Telegraph's* bureau chief in Germany he wrote a book, *The Ugly Frontier*, published in 1970, describing the Berlin Wall and the lethally fortified East-

West German border.

David and Ursula were married in 1956, bought a home in Barnaby Woods in 1961, and lived there continuously after 1981. They also owned a house on Ocracoke Island, N.C. After his retirement in 1986, David and son Nick jointly set up a small publishing house. They wrote and produced a book about Ocracoke Island, *Ocracoke: Its History and People*, and another about canoeing and kayaking throughout the United States.

David served several years as a neighborhood watch captain on 32nd Street NW before his involvement with NNV. The NNV board and staff, and members whom he knew and served as a volunteer, will miss his caring friendship and wise counsel.

—Pat Kasdan

### Musician, former NNV member Kenneth Pasmanick

**F**ormer NNV member Kenneth Pasmanick, a longtime musician with the National Symphony Orchestra, died March 6. He was 88 and had recently moved with his wife, Frances, one of NNV's founders, to Sunrise on Connecticut Avenue.

A native of Rochester, N.Y., Kenneth attended the Eastman School of Music and Juilliard before earning a degree at American University. He taught at universities and music schools in both Washington and Baltimore and gave private music lessons.

He played in an Army band



FAMILY PHOTO

Kenneth Pasmanick

during World War II and both taught and performed with the national symphony orchestras of Costa Rica and El Salvador. Before retiring in 1997, Kenneth was principal bassoonist of the National Symphony for 50

years. He also performed at Dumbarton Oaks, the National Gallery of Art, Washington National Cathedral and the Washington Opera Society. He played both bassoon and saxophone at Carter Barron summer concerts and performed with jazz musicians including Dizzy Gillespie, Benny Goodman and Charlie Parker in his youth.

In addition to his wife of 66 years, he is survived by a son, Philip, a daughter, Anne, and three granddaughters. Memorial donations can be made to the Michael J. Fox Foundation for Parkinson's Research.

—Pat Kasdan

# Workshop helps advocates for seniors

BY ANN INGRAM

With the growing number of seniors in Washington, Iona House and AARP recently sponsored a citywide D.C. Senior Advisory Coalition (SAC) seminar to help those advocating for the city's seniors to better make their case.

The Feb. 26 workshop at Iona included representatives of a wide range of organizations in the city, including neighborhood villages such as NNV, who are concerned about seniors. It was designed to help translate identified needs and interests into viable programs through advocacy. While we have opinions and have identified needs, we are often not sure how to get those needs met. The objective of the session was to help citizens

and advocates become more effective in improving the lives of all D.C. residents.

One of the first subjects presented was the difference

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*While we have opinions and have identified needs, we are often not sure how to get those needs met.*

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between an “issue” and a problem. A problem is a broad area of concern, e.g. lack of affordable housing, homelessness or racism. An issue in an advocacy campaign is a solution or partial solution to a problem. One example of an issue was the statement: “To address the problem of homelessness, the D.C. government should restore

\$7 million that was cut from homeless services in the FY 13 budget.

The workshop focused on four problem areas: housing, nutrition, transportation and the budget of the D.C. Office on Aging (DCOA). Advocacy methods discussed included making telephone calls, snail or e-mail, letter-writing and visiting public officials. The group discussed how to go about each kind of endeavor including the building of a group, the message to be delivered, the primary and secondary target of the message and follow-up. A good amount of time was spent on realizing the importance of “the story” you want to tell and how to do so. Advocating for the homeless, for example, is much more effective if one relates the plight of a homeless family rather than mere statistics on homelessness.

The first project encouraged by the SAC was calling on Mayor Vincent Gray to advocate for increased funding for the DCOA to support additional affordable housing for seniors and in capital improvement in the Washington Elderly Handicapped Transportation Service.

The participants were an enthusiastic cross-section of D.C. residents from differing wards—seniors as well as younger people working in services to seniors. They represented a variety of socioeconomic and educational backgrounds.

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*Ann Ingram is NNV representative to the Senior Advisory Coalition.*

## WHAT OUR VOLUNTEERS DO

What can NNV volunteers do for you? Here's a partial list:

- Transportation
- Organizing paperwork
- Cleaning out closets or cabinets
- Changing light bulbs
- Hanging pictures
- Moving furniture
- Hanging curtains
- Making simple repairs
- Raking, sweeping or shoveling walks
- Telephone call or visit
- Gardening/yard work
- Computer assistance
- Cellphone assistance
- Cordless phone assistance
- Setting up new computer/printer

- Mailing packages
- Running errands
- Checking on houses when members are away
- Waiting for delivery or service personnel
- Picking up mail or newspapers
- Temporary dog walking or pet care
- Referrals to professional service providers
- Other services that members request

If there are services you would like to see added, please contact Executive Director Marianna Blagburn at (202) 237-1895.

# Exercise can help prevent falls

BY TORI GOLDHAMMER

In the January *Village News* we began our series on fall prevention. This month's article focuses on the importance of exercise in managing your risk of falls.

We all know exercise is important for our physical, cognitive and emotional health. Specifically in relation to fall prevention, exercise has demonstrated positive outcomes.

As we age there is a natural loss of muscle strength, called sarcopenia. Occasionally it is caused by a specific disease process, but for most of us it occurs normally as we age. When we lose muscle strength in our legs it increases our fall risk by affecting how we walk, how we are able to withstand a challenge to our balance, and how we are able to transition between surfaces (such as in getting in and out of the tub).

The good news is much of the muscle loss can be reversed with resistive exercise. In addition to building muscle mass, a fitness program should include exercises to maintain flexibility. Another factor in aging is decreased range of motion in our joints.

In the ankle we tend to lose the range of motion and strength to bend our foot up, leading to a significant risk of falls. Try this every morning at the edge of the bed: "write" the alphabet with your feet. It is a good way to get the blood pumping before you



PHOTO BY JANEAN MANN

Sandi Rothwell, left, leads NNV's yoga class in foot and ankle strengthening.

stand and a good exercise for ankle range of motion.

Finally, studies have also shown that exercises to work on balance and core strength are very effective at reducing fall risk. Tai chi has been widely studied and consistently shows positive results on fall risk, as does yoga. Our Monday yoga class regularly focuses on fall prevention.

As with any exercise program, you need to consult with a physician before beginning and seek professional advice (physical therapist or certified personal trainer) on the most appropriate exercise regime for you.

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*Tori Goldhammer is an aging-in-place specialist and founder of Living at Home Consultations, LLC.*

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## What are your interests?

As a community, Northwest Neighbors Village supports the idea of increasing our friendships. It is reassuring to know that we are not alone as we get older.

NNV has three self-organized and thriving groups of newly made friends—a men's book club, a general book club open to all and a yoga class. The book groups meet regularly for discussion and to enjoy each other's company, while yoga class participants improve their health.

There must be members and volunteers who share particular interests—perhaps nature walks, gardening, opera, knitting, playing cards, playing or listening to music, attending concerts or plays. We can publicize your interest in the newsletter and invite others to join you.

Speak up! Our office can help you get started.

—Elinor Stillman  
Co-chair, Membership Committee

## Court okays deer culling in Rock Creek Park

BY JANEAN MANN

With a federal court decision clearing the way, the National Park Service on March 27 began culling deer in Rock Creek Park to reduce the herd and permit the park's regrowth.

The Park Service estimates there are currently about 70 deer per square mile, well over the 18-per-square-mile maximum to permit plant regeneration and preserve the park for other plants and animals. The park is also home to 181 species of birds and 19 species of reptiles and amphibians. This first phase of culling, scheduled to end March 30, drew protests near the Rock Creek Nature Center from local residents.

A U.S. District Court judge on March 14 had

dismissed a suit by six local residents and a California-based organization that sought to block plans by park officials, announced last year after an extensive study, to cull deer in the park. In his decision, Judge Robert L. Wilkins rejected charges by the plaintiffs that the park had not considered methods other than shooting some of the deer and that the other methods would preserve the park's flora and fauna.

The court noted that the park had in fact considered other options. "While reproductive controls may hold promise for the future," evidence in the court record indicates that "such controls are inadequate to meet the Park's needs now," according to the decision.

The court also rejected the lawsuit's claim that there is no current overpopulation of deer in the park, saying evidence presented to the court "flatly contradicted" that claim.

## Delectable dessert for a dozen or more

BY BARBARA B. OLIVER

Looking for a dessert to please a crowd? This moist cake will do the trick. It's good on its own or crowned with a dollop of whipped cream or light whipped topping, or accompanied by a scoop of vanilla bean ice cream or fat-free vanilla frozen yogurt.

### Charlie's Apple Cake

*1 1/4 cups vegetable oil*  
*2 cups sugar*  
*3 eggs*  
*3 teaspoons pure vanilla extract*  
*3 cups all-purpose flour*  
*1 teaspoon salt*  
*1 teaspoon baking soda*  
*1 cup chopped nuts (walnuts, pecans or other of your choosing)*  
*3 cups apples, cored, peeled and sliced*



Do not preheat oven!  
In mixer or by hand, cream together oil, sugar, eggs and vanilla.  
Sift together flour, salt and baking soda; blend into the creamed mixture.  
Gently stir in nuts and apples by hand with a wooden spoon. Batter will be very thick.  
Spoon batter evenly into a 9-

or 10-inch tube pan.

Place tube pan in *cold* oven, set oven to 350°F and bake cake for 1 1/2 hours (including the time taken for the oven to heat). Run knife around edge of pan and around tube in center of pan. Let cool in pan on rack. Turn cake out onto serving plate or cake stand. Makes 12 generous or 16 standard slices.



PHOTOS BY TOM OLIVER

**LEFT:** Mixed batter will be very thick.  
**ABOVE:** Moist apple cake can serve a large group.

## COMMUNITY CALENDAR

**Tues., April 2, 7:30 p.m.**  
**Police Service Area 201—**  
Community Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Wed., April 3, 9 a.m.-4:30 p.m.**  
**AARP Driver Safety Course—**\$12 AARP members, \$14 non-members. Iona Senior Services, 4125 Albemarle St. NW. Register: Joseph Ryan, (202) 362-0704.

**Thurs., April 4, 7 p.m.**  
**At-Large D.C. Council Candidates Forum—**Anita Bonds, Michael A. Brown, Matthew Frumin, Patrick Mara, Perry Redd, John F. Settles II, Elissa Silverman, Paul Zukerberg. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Sat., April 6**  
**Friendship Garden—**  
Community Work Day. All are welcome. Beekeeper will give demonstrations. Warren Street between 44th and 45th streets NW.

**Sat., April 6, 3:30 p.m.**  
**Book talk—**Mary Roach, author of *Gulp: Adventures on the Alimentary Canal*. Politics & Prose, 5015 Connecticut Ave. NW.

**Sat., April 6, 5 p.m.**  
**Gallery talk—**Abstract artist Timothy App. Spring exhibition; reception at 6 p.m. American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW; free.

**Mon., April 8, 7:30 p.m.**  
**ANC 3/4G—**Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Thurs., April 11, 7:30 p.m.**  
**ANC 3E—**Meeting. Janney

School library, 4130 Albemarle St. NW.

**Sun., April 14, 5 p.m.**  
**Book talk—**Evgeny Morozov, author of *To Save Everything, Click Here: The Folly of Technological Solutionism*. Politics & Prose, 5015 Connecticut Ave. NW.

**Tues., April 16, 7:30 p.m.**  
**Chevy Chase Citizens Association—**Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Tues., April 16, 7:30 p.m.**  
**ANC 3F—**Meeting. Methodist Home of D.C., 4901 Connecticut Ave. NW.

**Thurs., April 18, 10:30 a.m.**  
**Avalon Senior Cinema—**  
Patrons age 62 or more can see the feature film for only \$7.25 (usual senior price, \$8.75). 5612 Connecticut Ave. NW.

**Sat., April 20, 10 a.m.-2 p.m.**  
**Paper shredding—**Free from CCCA and PNC Bank. Parking lot behind 5530 Connecticut Ave. NW. Four-box limit.

**Sat., April 20, 1 p.m.**  
**Book talk—**Tom Dunkel, author of *Color Blind: The Forgotten Team That Broke Baseball's Color Line*. Politics & Prose, 5015 Connecticut Ave. NW.

**Mon., April 22, 7 p.m.**  
**Book talk—**Author Rebecca Gale on her new novel about love and politics, *Trying*. Tenley Friendship Library, 4450 Wisconsin Ave. NW.

**Mon., April 22, 7:30 p.m.**  
**ANC 3/4G—**Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Tues., April 23, 7 a.m.-8 p.m.**  
**Election—**Special election to fill D.C. Council at-large seat formerly held by Council Chairman Phil Mendelson.

**Wed., April 24, 7 p.m.**  
**2nd District Metropolitan Police Dept.—**Citizens Advisory Council meets. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Sat., April 27, 4 p.m.**  
**Gallery talk—**Artist and American University professor Lee Haner. AU Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW; free.

**Tues., April 30, 6:30-8:30 p.m.**  
**Ward 3 budget—**Town hall meeting. Alice Deal Middle School, 3815 Fort Drive NW.

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

**Every Thursday, 1 p.m.**  
Scrabble—Chevy Chase Library, 5625 Connecticut Ave. NW.

**Every Friday**  
**AARP legal counsel for the elderly—**Self-help office, free to D.C. residents 60+ years old. Paralegal 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.