



THE VILLAGE NEWS

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A Community Network of Support

June 2013

Remember when? From ice skating to luxury apartments

BY NANCY MONTWIELER

The District's first indoor ice skating rink, the Chevy Chase Ice Palace, had a relatively short but memorable history in the neighborhood, from the year it opened in 1938 as the centerpiece of a new shopping mall on Connecticut Avenue at Yuma Street until a metamorphosis 12 years later into a broadcasting center for WMAL.

The current structure, a six-story blond-brick retail and office center, with large-windowed views of the woods of Soapstone Valley Park in the rear, is on the brink of another transformation—into a luxury apartment and retail complex, owned and managed by longtime Washington developer B.F. Saul.

The Washington Post called the complex “one of the largest parking and shopping units in the country” when it was built by developer Garfield Kass—who had earlier constructed similar centers on Georgia Avenue and Rittenhouse Street in Shepherd Park and in Arlington. The complex included an A&P, an F.W. Woolworth's and a Peoples Drug Store and was also the setting for 41 bowling lanes, pool tables and ping pong.

The new ice rink was big news



TOM OLIVER



LIBRARY OF CONGRESS

ABOVE: The Van Ness Square building, soon to be demolished for an apartment complex.

LEFT: Skaters in the building's second-floor Chevy Chase Ice Palace, where customers glided from 1938 to 1950.

and, according to an [account](#) in *Streets of Washington.com*, a local history blog, some 2,200 visited the facility on opening day, “raking in \$4,000 profits for Kass Realty.”

A Nov. 20, 1938 story in *The Washington Post* discussed the popularity of ice skating, the construction of the massive building on the slope of the hill, and “the intricate engineering

problems” involved in producing the floor of the rink. “Realizing that ice skating in the United States is attaining a popularity never before realized, the builders of the center decided to include provision for this sport in their project,” according to a *Post* account marking the upcoming opening day of the

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Northwest Neighbors Village,
a community network of support

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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 or call the office at (202) 237-1895.

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Thefts are up! Lock your doors

BY JANEAN MANN

Thefts from cars in some parts of the area served by NNV are up as much as 1,000 percent, according to D.C.'s Metropolitan Police Department. Thefts from homes in some areas have also increased substantially, although others have seen a decline. The MPD has increased its presence in these areas.

In Police Service Area 201 (Chevy Chase), thieves hit two autos last year at this time and 22 this year. In PSA 202 (Friendship Heights/AU Park) thefts from autos have increased from 14 to 35. PSA 203 (Forest Hills/Van Ness) has seen a decline from 13 to seven thefts from autos and a similar decline in other property thefts.

Many of these are crimes of opportunity and occurred when houses or cars were unlocked. Thieves walk through the neighborhoods trying door handles, especially if they see something inside the car they want. They do the same thing with houses. Warmer weather means that more people are leaving their doors and windows open.

Thieves may come to your door to check if anyone is home. They will often claim to be looking for someone else or offering to do yard work. If you don't know who is on the other side of the door, just call to the person through the door to inquire. This will underline that the home is occupied.

At the May 14 Chevy Chase Citizens'



PHOTOS BY JANEAN MANN

Especially if left in unlocked cars, GPS devices are prime targets for thieves.

Association public safety meeting, Police Capt. Jeffrey Harold and Neighborhood Watch founder Samantha Nolan discussed the increases and suggested ways to avoid thefts and burglaries. No. 1, of course, is to lock your doors. Since GPS devices are the prime target for vehicle thefts, it is best to remove them, not just hide them in the car. A GPS ring on the windshield can prompt thieves to look for the device.

Secondly, do not leave valuables in your car even if it is locked. It is surprising how many people leave laptops, purses or other items of value in plain view.

At home, lock your house and any storage sheds you may have. Thieves have been known to walk in the back door and steal items while the homeowner is mowing the lawn out front.



CCCA safety guru Samantha Nolan and police Capt. Jeffrey Harold discuss theft prevention.

Former Ice Palace building to be torn down soon

ICE PALACE, Continued from Page 1

sports center. “It is a natural pastime for the youth of the country and now, in many schools, it is being considered good form and part of one’s general training to be able to skate.”

The rink closed in 1950, when the Evening Star Broadcasting Co. leased the space as center for three television studios of WMAL-TV. Among the programs broadcast was a variety show by country-western singer Jimmy Dean, who welcomed “a nervous young singer named Elvis Presley” as a guest in March 1953. The studios stayed there until 1988 when they moved across the avenue and several blocks south to the Intelsat building at Van Ness Street.

NNV member Elaine Greenstone recalled the WMAL years, when “Seven on Your Side” broadcasters investigated



COLLECTION OF JOHN DEFERRARI

An old postcard shows the Chevy Chase Ice Palace in its glory days.

and responded to residents’ complaints. There was also a Hot Shoppes restaurant across Connecticut Avenue that included a popular drive-through facility. “I imagine it was very popular” with the young ice skaters of the 1940s, she added.

For many years after the WMAL move, the Van Ness Square shopping center was home to mixed retail—a bank, a pet store, restaurants, an Office

Depot and a Pier 1 Imports, among others. But demolition of that site is scheduled to begin soon. B.F. Saul, a family-owned real estate development firm, will be building a 273-unit luxury apartment building with ground-level retail—a 21st-century complex on the same hill where young ice skaters and bowlers met long ago and future residents may even hear the ghost of Elvis crooning a song or two.



Across the street from the Ice Palace (background) was a Hot Shoppes restaurant, where many skaters refreshed themselves after a session. The Hot Shoppes site is now occupied by UDC’s David A. Clarke School of Law.

MARRIOTT INTERNATIONAL ARCHIVE



PHOTOS BY JANEAN MANN

Fun, food and fundraising



Music from the Golden Age of Broadway and showplace food were on the menu at NNV's second annual fundraiser on Sunday, June 2.

ABOVE: Baritone Ethan Watermeier sang show tunes and Tim McReynolds accompanied on the piano.

LEFT: Member and volunteer Anike Buche with pianist McReynolds.

RIGHT: Numerous local restaurants provided some great food for the post-concert reception.



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PHOTOS BY JANEAN MANN

LEFT: Volunteer Martha Gudina chooses from the food table as NNV co-president Joan Norcutt (second from left), Executive Director Marianna Blagburn and board member/volunteer Elinor Stillman share a laugh.

BELOW LEFT: Joan Norcutt and member Ann Ingram talk with baritone Ethan Watermeier.

BELOW: Concertgoers enjoy treats from Blue 44, Jake's, Spring Valley Catering (Wagshall's), the Cheesecake Factory, Maggiano's, Al Dente, Edible Arrangements and others.



BY MIKI STEBBINGS, MSW, JD

Second of a two-part series

Most people have wills, but if you have postponed making a will, wait no longer. A will is the best way to insure that your wishes are followed regarding the disposition of your estate and burial plans. But there are other legal documents you might want to consider.

You have a will. Now what?

*There are two other
advanced care
documents that
you should think
about preparing*

One is a power of attorney. This document gives someone you trust the authority to act on your behalf while you are alive but need assistance. You may give a power of attorney a variety of purposes and time periods.

If you need someone to help you write checks to pay your bills, you can secure the appropriate form from your bank(s). You might need this document if you have investments or own other property that may need management and you become disabled.

Be sure that it is a durable power of attorney. What this means is that you authorize a person, who is referred to as your “agent,” to do a particular task for you for a specific time period. Remember that this person should be someone you trust.

It is generally recommended that you name a primary agent and an alternate in case the primary is not available when needed. It is also

a good idea, before naming them in the document, to discuss with them whether they are agreeable to assuming this task.

A lawyer can help you draw up a power of attorney document for your specific needs. The document must be signed and notarized and, depending on the state, witnessed by one or two other persons. You should make copies of the document and give one to your agent.

Limitations of power of attorney

Most power of attorney documents designate a specific person to perform a particular task for a certain length of time (e.g. “Until I am discharged from the hospital” or “Until I return from my vacation” or “Until I revoke it”).

Durable power of attorney for health care

This is a written document that appoints someone to make medical decisions for you if you become incapacitated and cannot make these decisions for yourself. This power of attorney goes into effect only if you become unable to make your health care decisions yourself, and it lets you choose now the person you would like to make these decisions for you.

It is different in that there is no set time period for it to become effective and usually lasts until you are no longer incapacitated. The D.C. Health Care Decisions Act (D.C. Code Section 21-2207) provides a general form for this, or you can consult a lawyer for help in writing the detailed instructions you might want to include.

Assistance is available through the NNV office. Call NNV Executive Director Marianna Blagburn at (202) 237-1895 for more information.

Be prepared. Start now!

Gardening with Washington-native plants

BY STEVE DRYDEN

If there's one thing that most single-family homes in Northwest Washington don't lack, it is plants—of all sizes, flowering ability and countries of origin. For more than a century, Washingtonians have beautified their neighborhoods with every manner of green thing that will grow in our temperate climate. Homeowners can face a real challenge maintaining and adding good plants to their gardens while coping with increasingly common, but uninvited and aggressive, vines and bushes not native to the United States.

I'm a veteran of domestic garden duties, as a 25-year homeowner in Bethesda who recently moved to the District. When our family settled in Bethesda, the lot had two towering red oaks that provided welcome shade, a mature American holly and Southern magnolia, a Japanese aucuba grove and about a half-dozen dogwoods. The scene was completed by several low-slung azaleas and evergreen shrubs lining the front of the house. The ubiquitous English ivy, of course, was creeping along the home's foundation and our property line.

Determined to master the quarter-acre space, I installed a side-yard brick path and a goldfish pond and planted more than 50 varieties of wildflowers, shrubs and understory trees (most of the dogwoods were wiped out by a fungal disease that ravaged the species in the 1990s). I was mostly self-taught, though my knowledge of native plants was helped immensely by seven years on the staff of the Audubon Naturalist Society at the Woodend Sanctuary in Chevy Chase. That work led me to conceiving and installing special gardens designed to catch storm-water runoff in southern



JANEAN MANN

The Rock Creek Nature Center garden features native plants and sings the blues in May.

Montgomery County and the District.

As a lifelong writer, I penned several articles for *The Washington Post* on native and invasive plants, while

expanding my work into Rock Creek Park, where I currently supervise a large garden attracting butterflies, birds and other wildlife to the patio area behind the Nature Center off Military Road.

Recently I became a garden and landscape adviser to friends in Cleveland Park, Arlington and Takoma Park. I'd be happy to visit your home and discuss your needs for a garden "spring tune-up," suggesting new plants that deer won't eat, or even what to do about that strange vine with red, white and purple berries that's smothering your shrubs and trees. (It's an Asian porcelainberry and you need to keep its roots from getting too comfortable under your property.) I don't mow lawns or climb trees, but other than that, I'm game for just about anything needed in your outdoor space, and my fees are reasonable. Please contact me at 301-512-5899, or jsdryden@comcast.net.

NEXT MONTH: How to make your yard and garden more nature-friendly.

Please note NNV's new e-mail address: nnvillage@gmail.com

A vegan dessert to please the chocoholic

BY BARBARA OLIVER

For those who love desserts but follow a vegetarian diet that excludes meat, eggs, dairy or refined white sugar, try this recipe that appeared in the Sunnyside Gourmet newsletter, which invites readers to pass it on.

The cake is chocolate but not overly sweet, which might please other palates. I found it tasty on its own, but others may prefer more sweetness. Here are some topping suggestions: a sprinkle of confectioner's sugar, frosting, fresh berries, a raspberry coulis, frozen yogurt, ice cream or whipped topping.

Easy Vegan Chocolate Cake

1½ cups flour
¾ cup agave syrup (or sugar)
⅓ cup cocoa powder
1 tsp. baking soda
1 tsp. white vinegar
1 tsp. salt
1 cup warm water
1 tsp. vanilla
⅓ cup canola (or other vegetable) oil

Preheat oven to 350°F.

Sift flour, sugar (if using), cocoa powder, baking soda and salt into an 8-inch-square pan. Using a fork, make three 2-inch holes in flour mixture.



TOM OLIVER

Pour warm water and vanilla into one hole. Pour oil (and agave, if using) into another hole. Pour vinegar into the third hole. Stir until the batter is well mixed—about 2 to 3 minutes.*

Bake about 30 minutes until a toothpick inserted in the center of the cake comes out clean. Cool cake completely in pan before serving. Makes 9 square servings.

* Although chef Tony Avirgan recommends making this batter in the pan, I found it cumbersome to incorporate the dry ingredients in the corners. Thus I prefer making the batter in a bowl and pouring it into the pan. Or you could use a round pan (makes 8 wedge-shape servings).

SOURCE: TONY AVIRGAN, CHEF AT LOCAL CATERER SUNNYSIDE GOURMET, WWW.SUNNYSIDEGOURMET.COM, WHICH SPECIALIZES IN LOCAL, SUSTAINABLE AND GLOBAL CUISINE.

NORTHWEST NEIGHBORS VILLAGE CALENDAR

Mon., June 10, 2-3 p.m.
Gentle Yoga with Sandi Rothwell.

Mon., June 17, 2-3 p.m.
Gentle Yoga with Sandi Rothwell.

Wed., June 19, 2-4 p.m.
NNV Book Club to discuss *Angle of Repose* by Wallace Stegner

at the home of NNV member Bernice Degler. RSVP: (202) 237-1895.

Mon., June 24, 2-3 p.m.
Gentle Yoga with Sandi Rothwell.

NNV Men's Book Club will resume Sept. 24 at the home

of Bernie Hillenbrand. Over the summer, members will read *Team of Rivals* by Doris Kearns Goodwin.

Save the Date: Sun., Sept. 8
NNV Annual Picnic, Candy Cane Park, Chevy Chase, Md.

Great food and company

Mark your calendar and make your reservations for NNV's annual picnic. We will return to Candy Cane Park in Rock Creek Park, where the picnic was held in 2011, for our Sept. 8 event. Our talented grill masters will be back to ensure that you are well fed. The facility is handicapped-accessible.



JANEAN MANN



Normandy landing

NNV treasurer Stewart Reuter and his wife, Sue Lieberman, recently returned from a Road Scholar trip to the Normandy beaches and Paris with a riverboat tour on the Seine that featured lots of medieval history and Impressionist art. They brought back pictures of Mont Saint-Michel, above, a UNESCO World Heritage site crowned by an 11th-century monastery, and a reproduction D-Day paratrooper whose landing went awry at Ste. Mère Église, left. The paratrooper, John Steele, hung for two hours pretending to be dead before being captured by the Germans.

Chair yoga for bones and balance

BY LINDA SMITH

The best kind of exercise for bones is the weight-bearing kind, but most people don't consider yoga for weight-bearing balance when it can easily be so. Did you know that by raising your arm, you are adding the equivalent of a 2-to-5-pound weight?

When you do yoga in a chair, there is special emphasis on how to position or pose the body for weight bearing. That muscle strengthening can add balance for day-to-day activity.

Here's how: The weight of an arm or careful extension of a leg adds movement range to muscles in your legs or arms. Over time, and practice, these yoga activities bring options for an active, happier lifestyle.

More specifically, you want to aim for attention to hips, knees and ankle joints as well as important muscles of your leg and core. Through ongoing participation in yoga you will be stronger for walks and other activities such as shopping, getting in and out of cars,

or daily living tasks, such as reaching for food from a kitchen cabinet or bending down for a dropped object.

Dr. Linda Smith is an occasional yoga instructor at NNV's Monday yoga class. Her yoga teaching skills build upon a wider knowledge of health and wellness, which includes work for NIH and heart surgeon Michael DeBakey. She holds a doctorate from Columbia University and is a distinguished professor at the University of Maryland. Got a question? You may contact Linda at (202) 674-0414.

COMMUNITY CALENDAR

Mon., June 10, 7 p.m.

Book talk—Walter Mosely, author of *Little Green: An Easy Rawlins Mystery*, Moseley's 12th Rawlins novel; Politics & Prose, 5015 Connecticut Ave. NW.

Mon., June 10, 7:30 p.m.

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

Wed., June 12, 1-2 p.m.

Breathe Easy—Suburban Hospital Director of Respiratory Care Carl Voss explains lung function, symptoms of dysfunction and coping with lung disease; 4433 S. Park Ave., Chevy Chase, Md.

Thurs., June 13, 7:30 p.m.

ANC 3E—Meeting, Janney Elementary School library, 4130 Albemarle St. NW.

Fri., June 14, noon-1 p.m.

Fall Prevention—Seminar sponsored by Sibley Senior Association, Main Building, Private Dining Room 3, Sibley Memorial Hospital, 5255 Loughboro Rd. NW; free, call (202) 364-7602 to register.

Sat., June 15, 3:30 p.m.

District Lines—Readings and discussion with local writers who contributed essays, stories and poetry to Politics & Prose's new literary journal; Politics & Prose, 5015 Connecticut Ave. NW.

Sun., June 16, noon

Bloomsday celebration—Reading from James Joyce's *Ulysses*, set on this day in 1904; Politics & Prose, 5015 Connecticut Ave. NW.

Tues., June 18, 7:30 p.m.

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

Thurs., June 20, 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.

Fri., June 21, noon-1 p.m.

Save Your Back—Seminar sponsored by Sibley Senior Association, Main Building, Private Dining Room 3, Sibley Memorial Hospital, 5255 Loughboro Rd. NW; free, call (202) 364-7602 to register.

Sat., June 22, 5-6 p.m.

Gallery talk—Kitty Klaidman on her show "Beneath the Surface," American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW, free.

Sat., June 29, 1 p.m.

Book talk—Marion Winick, NPR commentator and essayist, author of *Highs in the Low Fifties: How I Stumbled Through the Joys of Single Living*; Politics & Prose, 5015 Connecticut Ave. NW.

Sat., June 29, 4-5 p.m.

Gallery talk—Artist Nan Montgomery on her show "Opposite and Alternate," American University Museum, Katzen Arts Center, 4400 Massachusetts Ave. NW, free.

Every Thursday, 1 p.m.

Scrabble—Chevy Chase Library, 5625 Connecticut Ave. NW.

Chevy Chase Library Movie Mondays

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

June 10—*Tempest*, U.S. 2010, PG-13 (Helen Mirren, Russell Brand).

June 17—*Washington Square*, U.S. 1997, PG (Maggie Smith, Albert Finney).