



# THE VILLAGE NEWS

Volume 5, Issue 11

A Community Network of Support

December 2013

## The challenge of dealing with caregivers

*This article, one of a series on caregivers, was written by a member who does not use an agency (like many of our members) but uses caregivers recommended by friends and on local listservs.*

BY MARJORIE RACHLIN

**P**aid caregivers are a key emotional support. They help manage the home and give you free time to visit friends or just take a break. One can often talk with them about the health and latest problems with the person receiving care. They take their responsibilities seriously, are concerned about the person for whom they are caring and they want to do a good job.

Managing a house and supervising helpers can be a job with a never-ending learning curve. The following are suggestions developed over 10 years of using caregivers to help cope with my husband's illness.

Have a detailed interview with the person you are planning to hire. Explain exactly what you expect her (or him) to do. Make a detailed, typed (if possible) list of tasks, everything from giving

See CAREGIVERS, Page 2

## NNV Holiday Potluck Party

Saturday, December 14, 4-6

Bob Holman's House

4417 Lowell Street NW

RSVP: By December 10 to (202) 777-3435

Rides provided to NNV Members



## D.C.—an age-friendly city?

BY JANEAN MANN

**I**s Washington an age-friendly city? The D.C. government with the assistance of other organizations, such as AARP, held a series of meetings across the city to pose this question and compile the answers seniors gave. The consensus seems to be "We are not there yet," but a major effort is underway to improve the city's environment for seniors.

Last year, Mayor Vincent Gray announced that the District will submit a proposal to the World Health Organization (WHO) in 2017 to be designated as

an Age-Friendly City. WHO, a United Nations organization, has developed a Global Age-Friendly Cities project that will help cities address the anticipated doubling of their senior populations in the coming years. The D.C. proposal will build on a senior needs assessment, completed last year, and on the results of the recent focus groups.

A further assessment will take place next spring when individuals will walk through the city's neighborhoods to eyeball what needs to be done. The two wards served by

See AGE-FRIENDLY, Page 2

### **Northwest Neighbors Village,**

*a community network of support*

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

### **NNV Board Members**

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## **Hints for dealing with caregivers**

**CAREGIVERS**, *Continued from Page 1*

pills at 11 to cleaning the kitchen after lunch. Go over this list with the person, and make sure the caregiver understands your expectations. Then post it on the refrigerator.

Explain any limits. You might want to restrict smoking or cellphone conversations.

Ask for references. Find out if the person is “legal” and if he or she has a car and/or driver’s

license. Try to determine how well the person understands English.

Explain how you plan to handle payments. This includes salary, Social Security taxes, income tax and the federal W-2. Go over lunchtime, days off and parking problems. You can find IRS regulations on hiring household help at [www.irs.gov/publications/p926/aro2.html](http://www.irs.gov/publications/p926/aro2.html).

Expect to train a new person

*See CAREGIVERS, Page 3*

## **A good place for seniors to live?**

**AGE-FRIENDLY**, *Continued from Page 1*

Northwest Neighbors Village, Wards 3 and 4, have the highest concentrations of seniors in the city—16.4 percent and 16.3 percent respectively.

The city proposal will focus on the 10 “domains,” eight of which WHO has identified as important to the health and quality of life of seniors. Included in those domains are issues such as housing, transportation, community support and health services. D.C. added two issues not addressed by the WHO program: elder abuse, neglect and fraud; and emergency preparedness and resilience.

But the city plans to begin addressing the deficits before the 2017 presentation. In June, Mayor Gray appointed former Capitol Hill Village executive director Gail Kohn as the Age Friendly City Coordinator in the Office of the Deputy Mayor for Health and Human Services. In

a Nov. 27 session, the New York Academy of Medicine helped analyze information gained in the recent focus sessions and identify groups that the focus sessions did not hear from. George Washington University professors and students will work to identify ways for the District to meet WHO’s “age-friendly” standards.

Former NNV president Frances Mahncke and Executive Director Marianna Blagburn participated in one of these sessions. Marianna noted that the presence of the neighborhood villages in D.C. (there are now eight) has greatly expanded the dialogue within the city on issues involving seniors. The villages are assisting seniors in the overwhelming majority of the 10 “domains.” D.C. already has a number of programs focusing on seniors and the city has the largest concentration of villages in the country, a success that Gail Kohn said is recognized worldwide.

## Caregiving: A plan of action

CAREGIVERS, *Continued From Page 2*

and to continue training as situations arise. A helper has to learn your house, your “patient,” your ways. You often do things differently than the caregiver does at home (i.e. make the bed or set the table). Show your new helper where things are—the clothes closet, kitchen equipment, the basement and various supplies. Ask the caregiver to get familiar with the house.

Make a rough daily schedule. Discuss the pill times, when meals are to be ready, which days are wash days and when the person for whom you are caring has doctor’s or other appointments. Remember to give new instructions if health changes occur. These changes sometimes necessitate restrictions on the “patient.”

Some caretakers are better at cajoling sick or cranky patients than others, and you may have to model the behavior you want. The helpers have to be informed and reinforced to say no when necessary.

You are a supervisor—you have to monitor what is happening and tell the helper

if things are not going right. This is hard for all of us. No one likes to “criticize.”

Be specific in your instructions. Do not assume that someone understands your instructions, since many caregivers are not native speakers of English. You need to be specific, repeat sometimes, and look at the person to make sure he or she understands. “He must be ready to go out at 10:30, in his wheelchair, having gone to the bathroom.” Don’t depend on written instructions. Most helpers expect to be told orally, and some do not read carefully.

Expect to lose patience. Being the major caregiver is stressful for you. Sometimes a helper will seem incompetent. If you get mad, apologize, unless the problem is so important that you need to be forceful.

A final word: It is important to figure out what is most important to you. You have to accept the fact that life will never be perfect, but if something really upsets you, sit down and figure out how you can change it.

Most caregivers are anxious to please and will try to make your life easier. A “thank you” is always appreciated.

We would like to hear from other caretakers about their experiences. Tell us what rules or guides you follow. E-mail us at [nnvillage@gmail.com](mailto:nnvillage@gmail.com).



## NNV offers a new caregiver support group

Caring for a loved one can be emotionally draining, frustrating and tiring. But a group of Northwest Neighbors Village members found help and support in NNV’s first Caregiver’s Support Group, held this fall. The group is led by NNV member and licensed social worker Susan Lieberman, who has more than 30 years’ experience in counseling.

NNV will start a new Caregiver Support Group session Jan. 8, from 10 to 11:30 a.m. at the Methodist Home, 4901 Connecticut Ave. NW. The group will be limited to eight individuals

and will include 10 sessions, meeting every two weeks. Each session is 1½ hours long. A \$10 tax-deductible donation will be accepted for each session. If you have any questions, please call or e-mail Susan Lieberman at (202) 362-8188 or [slieb1@msn.com](mailto:slieb1@msn.com). To reserve a place for the session, call NNV Executive Director Marianna Blagburn at (202) 777-3435.

Those participating in the first group found comfort in the ability to discuss openly, but with complete confidentiality, the problems they were

encountering. They often found that someone else had good suggestions for resolving those problems. “I learned a lot by hearing of new ways of coping,” one said. “I don’t feel alone anymore,” said another.

While some of the participants also used outside caregivers, others did not. “I learned a lot about dealing with caregivers,” another participant said. Being with others who can understand these challenges creates a much-needed and welcome support system.

—Janean Mann

# Conference explores villages' social, economic value

BY JOAN NORCUTT  
AND MARIANNA BLAGBURN

**M**ore than 250 conferees met in St. Louis for the fifth annual Village to Village Conference in mid-November. With the nearby Gateway Arch looming over the banks of the Mississippi—a symbol of America's westward expansion—village leaders met to celebrate the advancement of senior villages, now numbering more than 250, with the largest number of villages in the Washington metropolitan area. There are now eight villages open in the District of Columbia, with a total of 41 either open or in various stages of formation in the D.C. metropolitan area.

Twenty-five sessions over a three-day period focused on key aspects of village formation and sustainability with emphasis on the social and economic value

of a village in a community. Under the conference theme "Gateway to Connected Living: The Village Movement," participants explored the village as a community portal with valuable benefits for members, volunteers, donors, vendors and community partners.

Social engagement was cited throughout the sessions as having the highest cost benefit to those who wish to grow older at home, followed closely by mobility—being able to get to where one needs to go. Direct services, information and referrals, and social activities with an emphasis on physical and cultural activities created the most value for the membership fee.

For villages reaching the five-year mark, such as Northwest Neighbors Village (NNV), community engagement was cited as the key to developing

lasting value. Positioning the village as a community asset produces physical health, social and psychological well-being, safety and security and ultimately the ability to age at home.

In March 2014, NNV will celebrate its fifth anniversary serving the members of Chevy Chase, D.C., Friendship Heights, Tenleytown, American University Park, North Cleveland Park and Forest Hills. Telling the best stories of our village at work is high on our agenda as we honor our community of supporters: volunteers, members, donors and partners, all stakeholders in upholding the social and economic value of our strong and growing village.

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Joan Norcutt is co-president of NNV and Marianna Blagburn is executive director.

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## Support NNV while reducing your taxes

**W**ere you aware that you can reduce your taxes for 2013 by redirecting IRA income to a charity? An IRA distribution is an easy way for you to use extra funds to help NNV fulfill our mission to help seniors who live in the community.

Congress has reauthorized the IRA contribution for 2013. If you are 70½ or older, you can make a charitable gift of up to \$100K from your IRA. The gift will qualify for your 2013 required minimum distribution and you will not have to pay federal income tax on the amount given from your IRA to charity. To make a gift, please contact your IRA custodian and request an amount be transferred to NNV. For details call NNV's treasurer, Stewart Reuter, at (202) 777-3435.



### Attn: Federal employees

Federal workers can now donate to NNV via the Combined Federal Campaign. Use our number, 29360, when you register.



# Where in the world?

NNV volunteer Larry Williams and Patti Pride recently visited Yunnan Province in China on a Sierra Club trip.

1. The water town of Zhouzhuang is a UNESCO-designated site dating back about 900 years.
2. Preparing for their wedding day, a young couple poses for their traditional pre-wedding photos.
3. A highlight of the trip was the rice terraces of Yuanyang—a thousand years in the making and found at elevations of 4,500-5,400 feet.
4. In the charming old town of Shangri-La they were enchanted by the warmth of this young mother and her son.



LARRY WILLIAMS



LARRY WILLIAMS



LARRY WILLIAMS



PATTI PRIDE

## NNV CALENDAR

*Rides to events available for NNV members*

**Wed., Dec. 4, 1:30 p.m.**

**Kreeger Museum**—Docent tour. 2401 Foxhall Rd. NW. RSVP: (202) 777-3435. Meet at Ingleside at 12:45 p.m. to take the bus; rides to bus provided to NNV members.

**Thurs., Dec. 5, 1-4 p.m.**

**Medical Note-Taking Training**—For interested NNV volunteers. Call (202) 777-3435 to register. Assembly Room, Methodist Home, 4901 Connecticut Ave. NW.

**Mon., Dec. 9, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Fri., Dec. 13, 12:30 p.m.**

**Author Talk**—Bonnie Coe, NNV member and volunteer, on *Aunt Ada's Diary: A Life in 1918 Washington, D.C.* DeCarlo's Restaurant, 4822 Yuma St. NW. RSVP: (202) 777-3435.

**Sat., Dec. 14, 4-6 p.m.**

**NNV Holiday Party**—(Change from Dec. 15!) NNV Co-President Bob Holman's new house. RSVP: (202) 777-3435.

**Mon., Dec. 16, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Wed., Dec. 18, 2-4 p.m.**

**NNV Book Club** to discuss *World of Wonders* by Robertson Davies at the home of NNV member Bernice Degler. RSVP: (202) 777-3435.

**Mon., Dec. 23, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell.

**Mon., Dec. 30, 2-3 p.m.**

**Gentle Yoga** with Sandi Rothwell

**Tues., Jan. 7, 3-4:30 p.m.**

**NNV Men's Book Club** at the home of Bernie Hillenbrand to discuss *Wilson* by A. Scott Berg. RSVP: (202) 777-3435.



JANEAN MANN

## Journalists and the glass ceiling

Author and University of Maryland professor Maurine Beasley discussed problems women journalists encountered in breaking the glass ceiling in Washington as part of her Nov. 15 joint NNV-Ingleside talk on her book *Women of the Washington Press: Politics, Prejudices and Persistence*. The book includes many fascinating anecdotes based on interviews conducted by women journalists, including one of Eleanor Roosevelt. At left, she used an editorial cartoon of Roosevelt to illustrate the criticism such journalists faced.

## January Supper Salon features photography curator and author

**L**eah Bendavid-Val, the former director of photography publishing for National Geographic Books, opens the 2014 NNV Supper Salon series with a talk about recent travels to Siberia and her most recent work, *Siberia: In the Eyes of Russian Photographers*.

Published last month, *Siberia* presents unknown parts of this vast country as photographed by Russians. The deeply

researched book offers a portrait of Siberia contradicting common stereotypes and long-held beliefs.

The photographs, shown in the West for the first time, span more than 150 years, from the 1860s to 2011. Contributions from Russia's State Historical Museum, Moscow's Literature Museum, and independent photographers working in recent decades and today cover virtually every aspect of Siberian life.

This is a history of Siberia and a history of photography all in one. There is a small selection of photos of the American West juxtaposed with Siberian photographs illustrating links and unexpected similarities between the regions. America's West can be intriguingly compared with Russia's East because Americans and Russians, despite their vastly



SAM ABELL

Author Leah Bendavid-Val.

different climates and politics, share a number of historical experiences.

The talk will be held Sunday, Jan. 12, at 4 p.m. in the theater at Ingleside, 3050 Military Rd. NW. A potluck reception will follow. A representative of Politics & Prose bookstore will be available to sell the book. RSVPs are requested by Jan. 9 at (202) 777-3435.





## MEMBER PROFILE

# Victoria Cordova, an envoy here and abroad

BY NANCY MONTWIELER

**A**fter serving for 30 years as a Foreign Service officer in the United States Information Agency (USIA) in eight countries around the world, Victoria Cordova “retired” to a home she owned—but had lived in for only a short time—in Forest Hills in 1992.

“Washington,” she said, “was a place I really knew well and an international city with a diverse culture and lots of foreign service people.”

But “retired”—at least any sense of sitting next to the fireplace or out on the front porch—is not a word to describe Victoria, a longtime NNV member who is actively engaged in a range of volunteer community and cultural activities—many of them building on her career in diplomacy and her love of music.

A Seattle native and the daughter of first-generation Turkish immigrants, Victoria developed an early interest in travel, foreign culture, languages and international studies. After graduating from Whitman College in Washington State (where she recently attended her 50th reunion celebration), she embarked for Berlin on a Fulbright fellowship.

From there, a career at USIA was the logical next step. “It was a natural field of interest for me,” she said, “and a terrific opportunity to understand different cultures.”

USIA was established by

President Eisenhower in 1953 as an agency devoted to promoting “public diplomacy” through cultural activities and outreach in foreign countries. USIA employees had “immediate contact” with the citizens of those countries, organizing talks



JANEAN MANN

**Music remains an important part of Victoria Cordova's life.**

and exhibits and other outside activities, Victoria explained.

“The focus of our work was going outside of the agency and the embassy,” she said. “We were people-centric.”

Victoria speaks Spanish, French, Swedish and Flemish and her 30-year agency career was “somewhat unusually” spent almost entirely overseas, with stints starting in Panama City, then on to Mexico City, Buenos Aires and La Paz in Latin America; Yaoundé, Cameroon; Ottawa; Stockholm; and finally Brussels. Her assignments

ranged from cultural attache to press attache and public affairs officer and included an 18-month stint in D.C. as a congressional fellow and foreign affairs specialist.

Since her retirement and permanent return to Washington in 1992, Victoria has kept “very busy” with a similar range of outreach activities—this time in a varied volunteer arena. She is an active member of the Women’s National Democratic Club, volunteers as a reader for the dyslexic and visually impaired through Learning Ally, and serves as a garden docent at the Hillwood Estate.

Music also continues to play a major role in her life. Along with her own cello playing—and participation in two string quartets—she is the chair of the D.C. women’s committee of the National Symphony Orchestra. The committee, which in the past devoted much of its efforts toward fundraising, now concentrates on education and outreach for children and teenagers aimed at increasing their appreciation for symphonic music. “Music is a very important part of my life,” she says.

A longtime NNV member, Victoria said that although she’s yet to rely on many of the village’s member services, she is an enthusiastic supporter of its goal of community support for living in place. “The whole premise interested me from the start,” she said. “I bought into the idea from the beginning.”

# A quick 'holidaze' dinner

BY BARBARA OLIVER

Time is of the essence in holiday-laden December and this main course can be made in minutes with ingredients you can keep on hand. Serve the Salmon Tetrazzini with a green vegetable (frozen small peas, broccoli, spinach, green beans or Brussels sprouts zapped in the microwave), a small tossed green salad with a light honey mustard dressing, and chilled canned pear halves in natural juice for dessert.

## Salmon Tetrazzini

*1/3 cup uncooked elbow macaroni, regular or whole wheat*  
*1 7½-ounce can salmon*  
*Milk*  
*1 teaspoon instant minced onion*  
*1 tablespoon butter or margarine*  
*1 tablespoon flour*



TOM OLIVER

*1/8 teaspoon salt*  
*Dash pepper, freshly ground if you wish*  
*2 tablespoons grated Parmesan cheese, divided*  
*2 tablespoons dry sherry*  
*2 ounces canned sliced mushrooms, drained*  
*1 tablespoon dry breadcrumbs*

Preheat oven to 350°F. Cook macaroni according to package directions; drain.

Meanwhile, drain salmon, reserving liquid in a liquid measuring cup. Add enough milk to salmon liquid to bring to 1 cup; then add instant onion to liquids.

Break salmon into pieces; remove the skin and bones.

Melt butter in a small skillet or saucepan; remove from heat and blend in flour, salt and pepper with a whisk. Slowly add liquid to flour mixture, place pan over low heat, stirring constantly till sauce is thickened. Stir in 1 tablespoon Parmesan cheese and the sherry. Then stir in the macaroni, mushrooms and salmon.

Turn mixture into a 3-cup casserole or three individual casseroles. Combine remaining cheese and the crumbs; sprinkle over the top. Bake 20 to 25 minutes or until heated through. Makes 2 to 3 servings.

Source: Adapted from Apartment Ideas Spring 1971

## Poetry Corner

BY ELLEN COMPTON

missing the turn sign  
missing the turn  
—wild lilies

ripple of sea oats  
whisper of the tide . . .  
nothing on my mind

must be thousands  
on Arlington's hill  
fireflies

emberglow—  
tasting the last drops  
of summer wine

one more goodnight—  
halo around  
the hunger moon

whispers of a fragrance  
my sister loved—  
evening in spring



JANEAN MANN

The poems are from *Gathering Dusk*, a soon-to-be-published book of poetry by Chevy Chase resident and NNV donor Ellen Compton.



## COMMUNITY CALENDAR

**Tues., Dec. 3, 7:30 p.m.**  
**Police Service Area (PSA)**

**201**—Meeting. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Thurs., Dec. 5, 7 p.m.**  
**Autumn in N.Y. Film Series—**

Call 202-727-1225 for movie title. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Thurs., Dec. 5, 7 p.m.**

**Book Talk**—Deborah Solomon on *American Mirror: The Life and Art of Norman Rockwell*. Politics & Prose, 5015 Connecticut Ave. NW.

**Mon., Dec. 9, 7:30 p.m.**

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

**Tues., Dec. 10, 11 a.m.**

**Digital Drop-In Clinic**—Help with e-book readers, smartphones, tablets. Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Tues., Dec. 10, 7 p.m.**

**Knitting Nights**—With Upper NW Knitters. Bring supplies and learn to knit or crochet; Tenley-Friendship Library, 4450 Wisconsin Ave. NW.

**Wed., Dec. 11, 1-2 p.m.**

**Eat, Drink and Stay Healthy**—Registered dietitian Jill Johnson shares tips on preventing holiday weight gain. Free, call (301) 896-3939 to register. Friendship Heights Village Center, 4433 S. Park Ave., Chevy Chase, Md.

**Thurs., Dec. 12, 7 p.m.**

**Autumn in N.Y. Film Series**—See Dec. 5, 7 p.m.

**Thurs., Dec. 12, 7:30 p.m.**

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

**Thurs., Dec. 12, 7:30 p.m.**  
**Chevy Chase Citizens Association**

—Association/community updates, holiday celebration. Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Sun., Dec. 15, 4 p.m.**

**Christmas Concert**—Community carols. Chevy Chase Presbyterian Church, 1 Chevy Chase Cir. NW.

**Tues., Dec. 17, 7:30 p.m.**

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

**Wed., Dec. 18, 6 p.m.**

**Digital Walk-Up Clinic**—See Dec. 10, 11 a.m.

**Wed., Dec. 18, 7 p.m.**

**Knitting Nights**—See Dec. 10, 7 p.m.

**Thurs., Dec. 19, 10:30 a.m.**

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

**Thurs., Dec. 19, 7 p.m.**

**Autumn in N.Y. Film Series**—See Dec. 5, 7 p.m.

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

**Walking Club**—Sibley Senior Association, Mazza Gallerie, Concourse Level, Wisconsin and Western avenues NW. Free. (202) 364-7602.

**Every Monday, 9:30-10:30 a.m.**

**Club 60+**—Walking Club. Shirley Ricks, Staff Office, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Tuesday, 11 a.m.-noon**

**Club 60+**—Chair Yoga with

Andrea Christie. Free. Second-floor ballet studio, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Thursday, 11 a.m.-noon**

**Club 60+**—Cardio exercise with Will Yates. Free. Auditorium, Chevy Chase Community Center, 5601 Connecticut Ave. NW.

**Every Thursday, noon-2 p.m.**

**Club 60+**—Bingo. Free with prizes. Lounge next to first-floor office, 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**—Sheridan School, 4400 36th St. NW.

**UDC Farmers Market**—

Connecticut Ave. at Yuma St. NW.

**Movie Mondays**

2 p.m. and 6:30 p.m., Chevy Chase D.C. Library, 5625 Connecticut Ave. NW

**Dec. 9**—*Beautiful Girls*, U.S., 1996, rated R (Natalie Portman, Timothy Hutton).

**Dec. 16**—*My Favorite Year*, U.S., 1982, rated PG (Peter O'Toole).

**Dec. 22**—*Antonia and Jane*, U.K., 1991, rated R.