



Friendship Heights



# VILLAGE NEWS



Peter Pan at Olney Theatre

see page 3

DECEMBER 2008

301-656-2797

VOLUME 23, NO. 7

## Celebrate the arrival of 2009

Welcome 2009 with your neighbors, family and friends when the Mayor and Village Council hosts its annual New Year's Day Open House on **Thursday, Jan. 1, from 2 to 4 p.m.** at the Village Center. The celebration features music, fun and light fare from Ridgewell's Caterers.

This is a wonderful opportunity to mingle with your neighbors in a relaxed and cordial atmosphere. There is no charge for this event. Hope to see you there!



## Pompeii at the National Gallery

Escape winter in Washington and join us as we take an artistic tour of ancient Italy via the National Gallery of Art on **Tuesday, Jan. 13.** *Pompeii and the Roman Villa: Art and Culture around the Bay of Naples* presents more than 150 works of sculpture, painting, mosaic, and luxury arts from richly decorated villas along the Bay of Naples.

In the first century, BC, the picturesque Bay of Naples became a favorite retreat for vacationing emperors, senators, and other prominent Romans. They built lavish seaside villas in the shadow of Mount Vesuvius where they could indulge in absolute leisure, read and write, exercise, enjoy their gardens and the views, and entertain their friends.

The artists who flocked to the region to adorn the villas also created paintings, sculptures, and decorative arts for the residents of Pompeii and nearby towns.

Following our tour, you'll have time to visit some of the other exhibitions in the East and West wings of the National Gallery of Art. You'll also have time for lunch on your own.

The cost of the trip is \$34 and includes round-trip transportation, audio guide, and driver's gratuity.

We will depart from the Village Center at 9:30 a.m. and should return about

2:30 p.m. Residents and a guest may sign up immediately at the Village Center. Non-residents may sign up beginning Dec. 15. There are 24 spaces available.



## Toys in time for the holidays

Get a head start on your holiday shopping for your children and grandchildren. A representative from Discovery Toys will be on hand at the Village Center on **Thursday, Dec. 11, from 7 to 8:30 p.m.** With the ongoing concern over the safety of toys, gift-givers can take comfort in the knowledge that Discovery Toys are twice tested by independent certified labs. A variety of toys and games, for infants to adults, will be available on a cash-and-carry basis or for delivery.

## Artisan Fair Attracts a Crowd



Visitors to this year's artisan fair at the Village Center in November could watch, shop, even try their hand at a craft.



**CARPET 'N THINGS**

YOUR NEIGHBORHOOD ABBEY FLOORING DESIGN CENTER SINCE 1958

COME VISIT US

<p>13629 Connecticut Ave (Aspen Hill Shopping Ctr.) Silver Spring, MD 20906 301-460-4100</p>	OR	<p>1776 E. Jefferson St. Rockville, MD 20852 301-230-1440</p>
----------------------------------------------------------------------------------------------------------	----	-----------------------------------------------------------------------

\*Floor Mediq - Sales Consultant      \*References Available Upon Request

CARPET • PERGO • CERAMIC • WOOD



## Friendship Heights VILLAGE NEWS

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### ADVERTISING

The deadline for reserving space for the January issue is December 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

### FOUNDER

**Martin Kuhn**

### EDITORIAL STAFF

**Melanie Rose White**  
Volunteer Editor

**Anne Hughes O'Neil**  
Staff Writer, Advertising

**Jennie Fogarty**  
Staff Writer

**Susan C. Zarriello**  
Page Design/Layout

### FRIENDSHIP HEIGHTS VILLAGE COUNCIL

**Melanie Rose White**  
Mayor

**Maurice Trebach**  
Chairman

**Robert M. Schwarzbart**  
Parliamentarian

**Leonard E. Mudd**  
Vice Chairman

**Leonard J. Grant**  
Historian

**Elizabeth Demetra Harris**  
Secretary

**VILLAGE MANAGER**  
**Julian P. Mansfield**

**Alvan M. Morris**  
Treasurer

## Your Investment Statement has arrived. Do you want to open it?

Ameriprise Financial invites you to join us for a special seminar:  
**"Getting Through a Volatile Market: Steps You Can Take"**  
 Tuesday, December 9th, 7:30-8:30 p.m. at the Village Center  
 Light refreshments will be served. Space is limited.  
 Please RSVP by Friday, December 5th by calling (240) 314-4361.

This is an educational seminar. There's no cost or obligation.  
 Guest Speaker: Mitchell G. Berlin, CFP®, Field Vice President

### Hosted by:

**Thomas F. Reynolds, CLTC**  
Financial Advisor

9841 Washingtonian Blvd., Suite 200  
 Gaithersburg, MD 20878  
[thomas.f.reynolds@ampf.com](mailto:thomas.f.reynolds@ampf.com)

The Personal Advisors of  
**Ameriprise**  
 Financial



Financial planning services and investments offered through Ameriprise Financial Services, Inc., Member FINRA and SIPC. Investment products, including shares of mutual funds, involve risks including possible loss of principal and fluctuation in value. Neither Ameriprise Financial nor its affiliates may provide tax or legal advice. Consult your tax advisor or attorney regarding specific tax issues.

© 2008 Ameriprise Financial, Inc. All rights reserved.

## ON the GO...

### A magical adventure: **Peter Pan**

Fly with the Darling children this holiday season to a place where dreams are born. Join us for a matinee performance of *Peter Pan* at Olney Theatre on **Saturday, Dec. 6.**

This is the version of *Peter Pan* loved and remembered by millions with music by Jule Styne and lyrics by Betty Comden and Adolph Green. The Tony-winning play starred Mary Martin and Cyril Ritchard on Broadway and was restaged live for TV in 1956, drawing the largest ratings for a single television program up to that time.

Some of the songs in the enchanting score are "Tender Shepherd," "I've Gotta Crow," "I Won't Grow Up," "Never Never Land" and "I'm Flying." This show is guaranteed to sprinkle your heart with fairy dust.

We will leave the Village Center at 1 p.m. Children five and older are welcome if accompanied by an adult. The cost of the trip, which includes a discounted seat in the front of the Center Balcony, transportation, and driver tip, is \$75.

### A Colonial Christmas

Each year Williamsburg celebrates its most enchanting season and serves up colonial yuletide traditions with all the trimmings. Join us on **Monday, Dec. 15**, as we travel just two and half hours south to see Colonial Williamsburg decked out in 17-century décor.

We'll enjoy a buffet luncheon in the elegant Regency Room of Williamsburg's acclaimed Williamsburg Inn and take in the holiday décor with our own guide.

One of the finest restaurants in the Tidewater area, the Regency Room is consistently recognized with fine-dining awards. Listed as a Mobile Four-Star and AAA Four-Diamond restaurant, the Regency is featured in the Guide to Distinguished Restaurants of North America and is the recipient of Wine Spectator's Award of Excellence.

Following lunch, our costumed guide will show us the sites of this colonial capitol, with special emphasis on the holiday decorations. You'll also have time to shop for everything from toys to tavernware at Merchants Square.

*Continued on page 6*

# PUZZLED

## by Today's Real Estate Market?

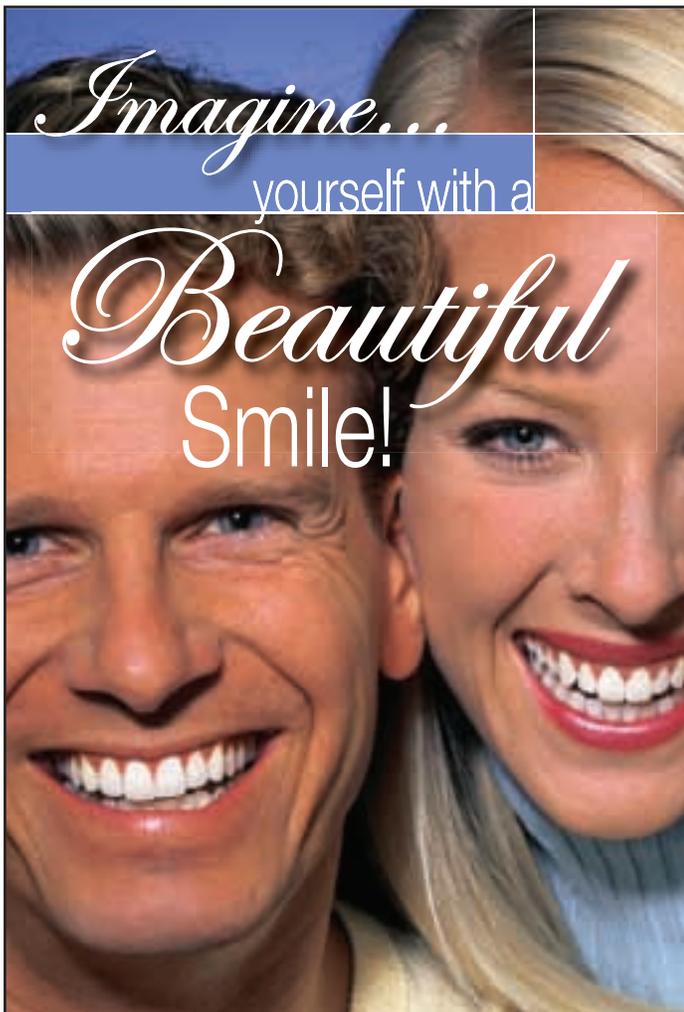
### Nancy Mellon Realty

### 301-951-0668

4500 N Park Ave., Suite 804N

Turn to  
**YOUR NEIGHBORHOOD  
REAL ESTATE SPECIALISTS**  
to find out why it's the time to **Buy, Rent, or Sell Now!**





Imagine...  
yourself with a

Beautiful  
Smile!

**NEIL H. COHEN, D.D.S**

### Cosmetic Dentistry

4701 Willard Avenue  
The Irene, Suite 106  
Chevy Chase, MD 20815  
**(301) 654-7760**

Enjoy a complimentary  
consultation (\$100 value)  
with Dr. Cohen.  
**Payment plans available.**

Dr. Cohen has been devoted to his patients for over 25 years. Many of the families coming to his practice today span four generations of patients who have complete confidence in their dental health and appearance. Treatment options:

- |                    |                          |
|--------------------|--------------------------|
| Crowns             | Porcelain Veneers        |
| Bonding            | Teeth Whitening          |
| Invisalign         | Natural color Filings    |
| Root Canal Therapy | Implants and Bridges     |
| Hypnotherapy       | Ask about payment plans. |

**Free ways to get here:**  
Walking — 10 minutes from Metro  
The Irene Shuttle Bus — no charge  
Free parking in The Irene garage



## Don't miss these speakers!

The Bamberger Series presents Linda Greenhouse, the Pulitzer Prize-winning Supreme Court reporter for the New York Times for 30 years, who will discuss the past and future High Court at the Village Center on **Thursday, Dec. 4, at 7:30 p.m.** Please call 301-656-2797 to reserve a seat.

Guest lecturer Irving Nurik will discuss the great artist Luciano Pavarotti and show clips from his performances at the Village Center on **Friday, Dec. 5, at 1:30 p.m.** Following the lecture, please stay for tea. Reserve a space by calling 301-656-2797.

## How about lunch and a show?

Come to the Village Center on **Wednesday, Dec. 17** for a holiday treat.

*A Christmas Carol*, a musical based on the classic Dickens story, will be performed by The Baillie Players/Southeastern Theatrical Productions. This traveling troupe of actors has been entertaining and educating audiences across the country for over 25 years. The performance will begin at 1 p.m.

To make the afternoon really special, come at noon for lunch prepared by The Sandwich Lady, a Silver Spring caterer. Choose a tuna on pita, ham and cheese on a plain bagel, or a turkey and cheese on a croissant for \$3. Add a side green or pasta salad for another \$2. Please pay at sign-up. Dessert and beverage are included. Please reserve your lunch by Dec. 11. There are 40 spaces available.

## VILLAGE CLASSIFIEDS

**For Sale:** Unused Rascal scooter. Originally \$2200, bargain at \$1500 or best offer. Call 301-718-6583.

**For Sale:** Acme juicer, wheelchair, Steinway Regency piano. Call 301-652-2496

### Basic Computer Skills For Senior Citizens

Former first grade teacher with gentle style and endless patience will help you overcome fear of the computer and learn the basics of internet, email, etc.



Lynn 301-807-1879 • lk1aiman@comcast.net

## Dinner Dance a Success

Village residents enjoyed a dinner dance November 7 at the Center featuring big band music from Emery Davis.



## What Mortgage Crisis?

At “Washington’s Hometown Bank” there has never been a mortgage crisis – this century or last.

With 119 years of experience in the banking business, The National Capital Bank of Washington takes pride in our history of fiscally conservative management.

There has never been a mortgage crisis here and our customers don’t have to worry about understanding the latest exotic loan products, because we don’t offer them.

If you’re considering a new home mortgage, a refinance or a home equity line, call us today. We promise to take good care of you and your money.



THE NATIONAL CAPITAL BANK  
FOUNDED 1889 OF WASHINGTON

316 Pennsylvania Avenue, SE, Washington, DC 20003 • 202-546-8000  
5228 44th Street, NW, Washington, DC 20015 • 202-966-2688  
www.NationalCapitalBank.com



## Landon Ensemble performs

Ring in the new year with the spectacular sounds of the Landon Symphonette Chamber Ensemble when the group appears at the Village Center on **Saturday, Jan. 3, from noon to 1:30 p.m.** The program will be “Symphonie Concertante” by Mozart featuring soloists Robert Raymen and Brendan Shea. Symphony No. 3 “Eroica” by Beethoven will also be performed.

Robert Raymond is in his senior year at the Eastman School of Music in Rochester, NY where he studies violin with Charles Castleman and viola with Phillip Ying of the Ying Quartet. He was the recipient of the Goldie Feder Award in the 2004 Washington Performing Arts Feder Memorial String Competition and has been a prizewinner in the Landon Symphonette Competition for Young String Performers. He is an active proponent of new music, having performed numerous premiers of works by student composers at Eastman, and he is a member of the school’s prestigious Musica Nova, directed by Brad Lubman. Also an avid chamber musician, Mr. Raymond has played both violin and viola in various trios, quartets, and quintets in concert series at Eastman.

Brendan Shea is a senior at Oberlin College where he is studying performance violin. He just won the Oberlin Concerto competition and as a prize, will be playing the Prokofiev 1st Concerto for Violin on December 9, 2008 at Oberlin. When Brendan was two, he asked to play the violin, and his mother told him to wait until he was three. He has studied with a number of inspirational violin teachers including Chao Wei in Beijing, Olga Khroulevitch in the D.C. area, Zakhar Bron in Europe, and Milan Vitek at Oberlin. Brendan is also a graduate of Landon School and has sung with the Landon Little Singers and has played with the Landon Symphonette.

The performance is free, but please call the Village Center at 301-656-2797 if you plan to attend.

# PLAYING on the BIG SCREEN

All movies now begin at 7 p.m.

## A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

- Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

**Thursday, Dec. 4, 7:30 p.m. — Bamberger Lecture featuring Linda Greenhouse**, see page 4 for details.

**Thursday, Dec. 11, 7 p.m. — Recount** — Kevin Spacey, Tom Wilkinson and Laura Dern give excellent performances in this engrossing docudrama about the 2000 American presidential election that Al Gore lost to George W. Bush. The movie originally aired on HBO on May 25, 2008. The film, told from the point of view of the losers, the Democrats, begins on Election Day and traces the wrangling over the hotly contested results for the next 36 days. Rated PG-13. Running Time: 116 minutes.



**Thursday, Dec. 18, 7 p.m. — Baby Mama** — Tina Fey and Amy Poehler play complete strangers who bond over babies in this poignant comedy from writer/director Michael McCullers. Single businesswoman Kate Hol-

brook can barely turn around without bumping into a baby, which only fuels her desire to have one for herself before time runs out. When she realizes she can't actually give birth, she turns to a surrogacy agency for help. The prospective surrogate mom, Angie, is the polar opposite of Kate in every way possible. However, Kate's desperate enough that she's willing to overlook any differences. Rated PG-13. Running Time: 101 minutes.



**Thursday, Dec. 25, — Center Closed** — Merry Christmas!

**Williamsburg, continued from page 3**

We'll depart from the Village Center at 8 a.m. and should return by 8 p.m.

The cost of the trip is \$110 and includes admission to Colonial Williamsburg, lunch at the Williamsburg Inn, guide services, transportation, and all taxes and gratuities. Sign up immediately at the Village Center. There are just a few spaces available.

## Jason A. Cohen, D.D.S.

General, Cosmetic & Implant Dentistry

*Treating Your Family Like Family*



General Dentistry • ZOOM! Whitening  
Porcelain Crowns  
**Implant Retained Dentures**

The Chevy Chase Building  
5530 Wisconsin Avenue, Suite 560, Chevy Chase, MD 20815

**(301) 656-1201**

[www.cosmeticdds.com](http://www.cosmeticdds.com)

## Is Your Lawyer also a CPA?



Shelton M. Binstock  
Attorney  
Certified Public Accountant



David B. Torchinsky  
Attorney  
Certified Public Accountant

**Law Offices of Binstock, Torchinsky  
and Associates, P.C.**

The Barlow Building  
5454 Wisconsin Avenue, Suite 1340  
Chevy Chase, MD 20815  
301-657-5555

**Creative Strategies for Preserving Your Wealth**

Wills, Trusts, Probate, Charitable Planning, Tax Matters  
60 years of combined experience

Visit our website at [www.binstocktorchinsky.com](http://www.binstocktorchinsky.com)

# ART and CULTURE

## The Colored Pencil Society on exhibit in Friendship Gallery

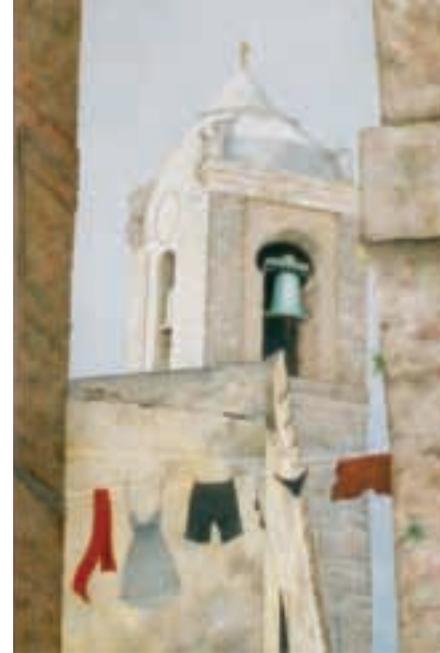
The Colored Pencil Society of America, founded in 1990, is a non-profit organization representing nearly 2000 members. Its purpose is to promote the stature and awareness of colored pencil as a fine art medium. The metropolitan Washington, DC area chapter of CPSA will exhibit in the Friendship Gallery during the month of December.

The show runs from Dec. 2 to Jan. 2. All are invited to meet the artists at a reception on **Sunday, Dec. 14, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

"Hyannis Hiatus" by Betty Hafner



"Coke Break"  
by Betty Hafner



"Monday in Tuscany"  
by Johanna Swart

## Richard J. Castiello, M.D. Sean T. Gunning, M.D.

*Board Certified*

### DERMATOLOGISTS

SPECIALIZING IN COMPREHENSIVE EXAMINATIONS OF THE SKIN,  
DISEASES OF THE SKIN INCLUDING, BUT NOT  
LIMITED TO, ACNE, INFECTIONS AND ECZEMA

SURGERY OF BENIGN AND CANCEROUS  
GROWTHS OF THE SKIN

**COSMETIC PROCEDURES:**

BOTOX • RESTYLANE • PERLANE • RADIESSE  
LASER HAIR REMOVAL • LASER TREATMENT OF FACIAL VEINS  
SCLEROTHERAPY FOR LEG VEINS • CHEMICAL PEELS

HIGHEST MEDICAL QUALITY  
SKIN CARE PRODUCTS

5530 WISCONSIN AVENUE, SUITE 1418  
CHEVY CHASE, MD 20815  
**(301) 986-1880**

WWW.DRCASTIELLO.COM

### Computer Services & Desktop Publishing

- Computer Set Up, Trouble Shooting & Repair (PC & Mac)
- Create/publish documents, DVD's (photos or movies), & more...
- Tutoring & coaching also available!



**Colin King**  
Phone: (505) 238-7150  
Email: colinking24@gmail.com

### ADOM PRIVATE DUTY NURSING

*We care for the sick and the elderly*



**Belinda Baah**  
Nurse

**LIGHT CLEANING  
LIGHT COOKING**

INSURED

9230 Traders Crossing  
Laurel, MD 20723

(301) 366-8929  
(240) 280-7314

Email: adomtextiles@comcast.net

# Friendship Heights Village Center



# Calendar of Events 2008

## D E C E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 <b>7 p.m.: Café Muse</b>	<b>2</b> 8:15 a.m.: Walking Club 1 p.m.: All About Balance 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	<b>3</b> 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Si Or - O'g Celtic Christmas</b>	<b>4</b> 8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Linda Greenhouse: Thirty Years at the Supreme Court</b>	<b>5</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 pm.: Bridge Group <b>1:30 p.m.: Tea and Talk: Homage to Pavarotti</b>	<b>6</b> 8:15 a.m.: Walking Club <b>1 p.m.: Depart for Olney Theatre</b>
<b>7</b> 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>8</b> 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2 7 p.m.: Yoga <b>8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b>	<b>9</b> 8:15 a.m.: Walking Club 1 p.m.: All About Balance 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Open Book Play Readers 7 p.m.: Mat Pilates	<b>10</b> 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish <b>1 p.m.: Suburban Lecture: The Aging Athlete</b> 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Cathleen Kenny</b>	<b>11</b> 8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 1 p.m.: Chinese Brush Painting 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Toy Sale</b> <b>7 p.m.: Movie: Recount</b>	<b>12</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group	<b>13</b> 8:15 a.m.: Walking Club
<b>14</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	<b>15</b> <b>8 a.m.: Depart for Williamsburg</b> 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 6:30 p.m.: Spanish 2	<b>16</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.m.: Vision Support Group 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	<b>17</b> 9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish <b>12 p.m.: Lunch</b> <b>1 p.m.: A Christmas Carol</b> 6:30 p.m.: Beginning Spanish <b>7:30 p.m.: Concert: Friday Morning Music Club</b>	<b>18</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Baby Mama</b>	<b>19</b> 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 pm.: Bridge Group	<b>20</b> 8:15 a.m.: Walking Club
<b>21</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>22</b> 9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 6:30 p.m.: Spanish 2	<b>23</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	<b>24</b> <b>Center Open</b> <b>9 a.m. to 2 p.m.</b>	<b>25</b> <b>Merry Christmas!</b> <b>Center Closed</b> 	<b>26</b> 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 pm.: Bridge Group	<b>27</b> 8:15 a.m.: Walking Club
<b>28</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>29</b> 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting	<b>30</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	<b>31</b> <b>Center Open</b> <b>9 a.m. to 5 p.m.</b> 			

**Shuttle bus hours** 

Monday through Friday    6:40 a.m. to 9:40 p.m.  
 Saturday and Sunday        8 a.m. to 7 p.m.

**Village Center Hours**

Monday through Thursday    9 a.m. to 9 p.m.  
 Friday                                9 a.m. to 5 p.m.  
 Saturday and Sunday        9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

## Food and Toy Drive on until Dec. 15

Please bring donations to the Village Center before Dec. 15 and they will be delivered to Manna Food Center before the holidays. The food most needed include cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, the following items are needed for Smart Sacks, Manna's innovative program to fight childhood hunger.

Each Friday, elementary school students in need receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwaveable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins. Please no junk food! **Important: please check expiration dates before bringing donations and do not bring anything in a glass jar or box that has already been opened.**

New toys will also be collected and delivered to children in the area.

# CLASSES and CLUBS

**PREREGISTRATION IS REQUIRED FOR ALL CLASSES.  
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.**

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

## ART

### ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskell, begins Dec. 4. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Class ends Feb. 19. Maximum number of students is 16.

### DRAWING AND PAINTING

A 10-week course for all skill levels, taught by Doris Haskell, begins Dec. 1. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Residents may sign up immediately; nonresidents may sign up Nov. 10. Session ends Feb. 23 (no class Dec. 22, Jan. 19 or Feb. 16). Maximum number of students is 18.

### STILL LIFE PAINTING

A 12-week course with noted artist Joan Samworth begins Jan. 8. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$175 for residents; \$180 for nonresidents. Last class is March 26.

## EXERCISE AND FITNESS

### ALL ABOUT BALANCE

This 6-week class begins Jan. 6. Meets Tuesdays, from 1 to 1:45 p.m. The class, taught by Tonya Walton, will focus on simple exercises you can do to improve your overall balance. The cost is \$62. Session ends Feb. 10.

### CHAIR EXERCISE WITH TONYA

This 6-week class begins Jan. 7. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$62. Session ends Feb. 11.

### CHAIR YOGA AND MORE

This 5-week series taught by Louisa Klein begins Jan. 7. Meets Wednesdays from 3 to 4:15 p.m. Benefits body, mind and spirit using synchronized breathing and movement. Instills calm, steady, physical and emotional well-being. Includes weight bearing and centering poses, isometrics, toning and strengthening. Learn skills to improve all body systems that you can incorporate into your daily life. Do not eat for one hour before class, wear comfortable clothing but no heavy jewelry or perfume. The cost is \$50. Ends Feb. 4.

## MAT PILATES

The next 6-week session begins Jan. 6. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Movements to improve balance, strength and flexibility. Pilates balls are used to assist in some exercises. Not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? E-mail – [Gingerrusteach@yahoo.com](mailto:Gingerrusteach@yahoo.com). Session ends Feb. 10.

### STRENGTH TRAINING WITH CHERYL

This 6-week session begins Jan. 2. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65. Session ends Feb. 6.

### STRENGTH TRAINING WITH TONYA

This 6-week session begins Dec. 1. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$62. Session ends Jan. 19.

## TAI CHI (THURSDAY)

This 6-week session begins Jan. 8. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends Feb. 12.

### **TAI CHI (TUESDAY)**

This 6-week session begins Jan. 6. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. The class will not meet on Jan. 20. Session ends Feb. 17.

### **YOGA (SUNDAY)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 25. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$120. Class will not meet Feb. 15. Students who must miss a class may make it up in the Monday class with the instructor's permission. Session ends April 5.

### **YOGA (MONDAY)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 26. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$120. Class will not meet Feb. 16. Students who must miss a class may make it up in the Sunday class. Session ends April 6.

## **ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES**

### **BLOOD PRESSURE SCREENING/ SUBURBAN NURSE**

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

### **CONCERTS**

Free live music is presented every Wednesday throughout the year at 7:30 p.m. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

### **FHUN**

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group is currently organizing events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, check FHUN's website at [www.fhun.net](http://www.fhun.net). This group is not affiliated with the Friendship Heights Village Council.

### **GREAT BOOKS DISCUSSION GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

### **HEALTH INSURANCE COUNSELING**

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

### **OPEN BOOK PLAY READERS**

Meets the second Tuesday of each month. The group reads traditional and contemporary works. Participants are expected to act and direct

both short sketches and one-act plays. Led by Marlene Harte and Lisa Kassoff.

### **SCRABBLE**

This group of Scrabble players meets at the Center Thursdays at 6 p.m. All are welcome.

### **TEA TIME**

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

### **VILLAGE PLAY TIME**

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

### **WALKING CLUB**

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 for more information.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

## **Restorative yoga workshop**

Yoga instructor Robin Dinerman will demonstrate how to use pillows and blankets to sink effortlessly into yoga postures that restore your energy. Come to the Center on **Sunday, Jan. 4 at 9 a.m.** for two hours of relaxation to replenish your body, mind and spirit. Robin will provide a list of items to bring to this special class when you register. Cost is \$18. Minimum number of participants is six.

# CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m. in Huntley Hall in the Village Center. As a courtesy to our performers, before entering the auditorium, please turn off any cell phones or electronic devices. Please do not take reading materials in the auditorium. If you arrive late, please wait for a break in the performance before entering the concert hall.

**Wednesday, Dec. 3 — Si' or-O' g Celtic Christmas**— Si' or O'g plays traditional Irish instruments such as the fiddle, bodhran, and a variety of high and low Irish whistles accompanied by guitar, Irish bouzouki, mandolin and piano. The group's name, which means "forever young" in Irish Gaelic, reflects the music that has been played in Ireland for at least 150 years. The music evokes Ireland's abundant and varied musical heritage in the form of traditional reels, jigs, slides, polkas, and hornpipes.

**Wednesday, Dec. 10 — Cathleen Kenny** — Mezzo-soprano Cathleen Kenny celebrates Christmas and Hanukkah with a program of holiday favorites. She has performed throughout the United States, Austria, France, Germany, and Italy in operas and concerts.

**Wednesday, Dec. 17 — Friday Morning Music Club Young Artists Showcase** — Some of the Washington area's finest young performers will appear for a late December concert at the Village Center. This winter's performance features a wide variety of musical talents. Vocalist Jennifer Minnick, who garnered an honor-

able mention in the FMMC's voice competition last April will perform Faure's "Clair de Lune", Mozart's "Das Veilchen," and Handel's "Oh! had I Jubal's Lyre." The program will also highlight the talents of violinist Jehshua Karunakaran, who received an honorable mention award in the FMMC's strings competition on Nov. 3. He will be accompanied by Sergei Morozov. Pianist Fifi Zhang, who took home first-prize honors at the FMMC's piano competition last April, will also perform, as will flutist Hillary Tidman, who won first prize last February in the FMMC's woodwinds, brass and percussion competition.

**KEYNETIK** Call a Tech, not a Geek

<b>10% Off</b> All services anti-virus/spyware removal, pc repair backup, wireless networks hardware upgrade, vista, etc	<b>FREE CONSULTATION</b> For small business network setup, new office setup, web design, web development servers, etc
-----------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------

**Call Now: 1-202-286-0000**  
[www.keynetik.net](http://www.keynetik.net)

*five stars*  
\* \* \* \* \*  
concierge service

 Taking Care of Errands

 Elderly Assistance

 Holiday Shopping

**Make Your Holidays Merry**  
*Let five stars concierge assist you with holiday shopping, gift wrapping, decorations, holiday cards and holiday celebrations. Gift certificates available.*

[fivestarsconciergeservice@comcast.net](mailto:fivestarsconciergeservice@comcast.net) 301.986.1085 [www.fivestars-concierge.com](http://www.fivestars-concierge.com)

# TO YOUR HEALTH

## Vision Support Group: Safe and independent travel

Join the Vision Support Group on **Tuesday, Dec. 16, at 12:30 pm**, and meet Brigid Dougherty, Metro system orientation specialist. Brigid will provide us with tips on how to navigate safely and efficiently on the bus, subway, and Metro access vans. She will also help to eliminate your fears on traveling throughout the Washington metropolitan area and beyond.



Bring a bag lunch; dessert and beverages will be provided. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.

## The aging athlete

It's harder to bounce back from the strains and stresses of sports as one gets older. Dr. Neil Barkin will share some tips on preparing for activities and preventing injury at this month's Suburban Health Lecture at the Village Center on **Wednesday, Dec. 10, at 1 p.m.**

Whether your sport is golf, tennis or jogging, come and learn what causes conditions like arthritis and tendonitis and how to treat them to get the most out of your game and your life.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



**DR. MICHAEL L. GITTLESON**



**Podiatrist**



The Barlow Building  
5454 Wisconsin Ave., Suite 640  
Chevy Chase, MD 20815  
(301) 986-4900  
Medicine and Surgery of the Foot

**Personal Computer Coach**

In-home computer training for women

*Cheryl Morris*

Phone: (240) 994-2921

E-mail: [personalcomputercoach@att.net](mailto:personalcomputercoach@att.net)

[www.personalcomputercoach.com](http://www.personalcomputercoach.com)



Convenient\*Flexible\*Personalized  
Gift Certificates Available



**FUNNY MEANS  
NOTHING WHEN  
YOU CAN'T HEAR.**



**WIDEX**  
High Definition Hearing

Let us help you hear the punchline!



**A&A MARYLAND HEARING CENTER  
CHEVY CHASE AUDIOLOGY**

Welcoming your family to our family  
practice! • [www.HEARinMD.com](http://www.HEARinMD.com)

Dr. Jenifer Cushing & Dr. Ross Cushing • Certified Licensed Audiologists

**CHEVY CHASE**  
5530 WISCONSIN AVE.  
SUITE 1540  
(301) 907-0002

**ASPEN HILL**  
13975 CONNECTICUT  
AVE., SUITE 316  
(301) 438-8070

**MONTGOMERY VILLAGE**  
19110 MONTGOMERY  
VILLAGE AVE., STE 120  
(301) 977-6317

# Your EMPLOYEES' commute is a drain.

Help  
**STOP**  
the drip.



Want to build a better, happier business?

**Employer Solutions:**  
[MontgomeryCountyMD.gov/commute](http://MontgomeryCountyMD.gov/commute)  
**240-773-TRIPS**



**We know how to reduce costs, beat traffic, save time, and our services are free!**

## Cafe Muse presents...

This month's Café Muse, on **Monday, Dec. 1, at 7 p.m.**, presents a reading by poets Rick Barot and Martin Galvin.

Rick Barot's poems and essays have appeared in numerous publications, including *New England Review*, *The New Republic*, *Poetry*, and *Virginia Quarterly Review*. His work has also appeared in many anthologies, including *The New Young American Poets*, *Asian American Poetry: The Next Generation*, and *Legitimate Dangers: American Poets of the New Century*. His book, *The Darker Fall*, was chosen for the Kathryn A. Morton Prize in Poetry. His latest book is entitled *Want*.

Martin Galvin's third chapbook, *Circling Out*, was published in 2007. His book *Wild Card* was selected for the Columbia Award. He has won numerous prizes for individual poems in national competitions. His poems have appeared in *The Atlantic Monthly*, *Poetry*, and *The New Republic*, among many others.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization.

Complimentary  
Cosmetic  
Consultation



Dr. Alona Bauer  
**301.664.9695**

[chevychasesmiles.com](http://chevychasesmiles.com)

**ArtisticSmiles**

by *Alona*  
**Our Passion Is Your Smile**

4601 North Park Ave,  
Suite C7  
Chevy Chase, MD 20815



# Winter Open House Celebration *at Brighton Gardens at Friendship Heights*

Happy holidays from our Sunrise family to yours! Join in the festivities as Brighton Gardens at Friendship Heights hosts a Winter Open House Celebration. At this exciting event you can mingle with neighbors, residents and guests. Enjoy traditional holiday spirits and delicious specials prepared by our talented chef. Live entertainment provided by harpist Hector Munoz. Enter our free raffle to win a beautiful holiday gift basket!

While you're here, meet our team, tour our community and find out what we do to make our community a place seniors are proud to call home.

**Join us for a joyous celebration for the holiday season. RSVP for you and a friend today!**

## EVENT DETAILS

**Winter Open House Celebration  
at Brighton Gardens at Friendship Heights**

**Wednesday, December 17th  
2:00pm to 4:00pm**

**Space is limited. RSVP to  
301-656-1900 by December 10th**

**BRIGHTON  
GARDENS  
ASSISTED LIVING**

A SUNRISE SENIOR LIVING COMMUNITY

**Brighton Gardens at Friendship Heights**

**301-656-1900**

**5555 Friendship Boulevard**

Assisted Living • Memory Care



For more information and a FREE online newsletter, visit  
[www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)



# Village Council Corner

## Rec Center Opening Summer 2009

Construction of the new Wisconsin Place Recreation Center is nearly complete. Village Council members recently toured the new facility. The Council and staff have worked closely with the developer and the County over the years to help bring this new facility to reality.

The Center will include a full-court gymnasium with state-of-the-art flooring (see photo at right). The lobby features a spacious front desk (see photo below right). There will be a large exercise room and several multi-purpose spaces.

The athletic emphasis of the new facility will complement the programs offered at our Village Center.

## Road Repaving Project Progressing

Our contractor is finishing sidewalk work and has started the repaving of all Village streets. The entire project is expected to be completed this month.

At its November 10 meeting, the Council appointed Jodi Lubetsky, Rachael Schacherer, and Joel Williams to the Village Council's Community Advisory Committee.



*Friendship Heights*

**VILLAGE NEWS**

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815

### Check out our website:

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

**E-mail:** [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

**Phone:** 301-656-2797

**December 2008 events calendar**