



Friendship Heights



# VILLAGE NEWS



Storytelling Returns

page 12

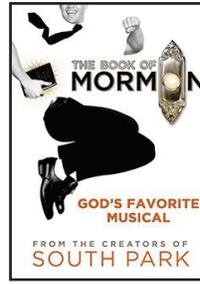
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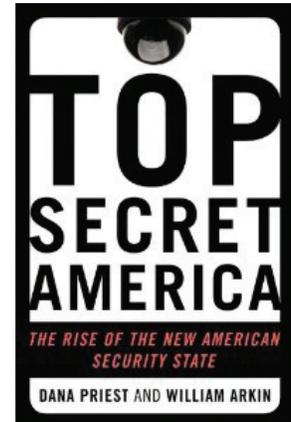
## See Broadway's top Tony winners

Celebrate the season with an overnight trip to New York City to see two enormous Broadway hits, "The Book of Mormon" — voted Best Musical for 2011 — and "War Horse" — winner of Best Play — plus a tour of the beautiful Fifth Avenue Public Library, lunch together, and lots of time for shopping, on **Nov. 29 and 30.**



Ben Brantley of the NY Times raved about both of these plays. He called "War Horse" "theatrical magic" and "enchantment." The thrilling play originated at the National Theater in London and became a runaway West End hit. Now at Lincoln Center, "War Horse" is magnificent drama, filled with stirring music and beautiful songs. It is the story of a boy and his horse and World War I. Through the magic and inventiveness of puppetry, there

*continued on page 2*



## Dana Priest to speak at the Center

Dana Priest, two-time Pulitzer Prize winning investigative reporter for The Washington Post, will discuss her latest book, *Top Secret America: The Rise of the New American Security State*, at the Village Center on **Thursday, Oct. 13, at 7:30 p.m.**

Ms. Priest and her colleague William M. Arkin won a George Polk Award for National Reporting for the July 2010 Post series "Top Secret America," a two-year investigation into the enormous ecosystem of military, intelligence, and corporate interests spawned in the decade after the Sept. 11 terrorist attacks. They revealed that the top-secret world that the government created has become so enormous, so unwieldy, and so secretive that no one knows how much money it costs, how many people it employs or exactly how many agencies duplicate work being done elsewhere. The result is

*Continued on page 3*

## Taste of Friendship Heights: Sept. 17

The fifth annual Taste of Friendship Heights, featuring tastings from local restaurants, is scheduled for **Saturday, September 17, 12 p.m. to 5 p.m.,** (rain or shine) at the Village Center.

Organized by the Friendship Heights Village Council and the Friendship Heights Urban Network (FHUN), the Taste of Friendship Heights will showcase some of the area's premier restaurants, including Capital Grille, Courtyard Marriott, Frosting Cupcakery, Indique Heights, Lia's, Maggiano's, Potomac Pizza, Rosa Mexicano, Sunrise Brighton Gardens, Tynan Coffee and Tea, and Whole Foods.

Attendees can purchase food and drink tickets (\$5 for 4 tickets), and no food or drink item will cost more than 3-4 tickets. A portion of the proceeds will be donated to the Community Council for the Homeless at Friendship Place.

TTR Sotheby's International Realty is a primary sponsor of the event. Other sponsors and contributors to the event are Eye Doctors of Washington, Chevy Chase Florist, Renewal by Andersen, Wisconsin Place, Eagle Bank, Coca Cola, Bethesda Magazine, Capital One Bank, and American University. Entertainment at the event includes live music, moon bounce, clown and face painting. The American University basketball team will be on site to shoot hoops with kids and give away prizes.

More information is available at [www.TasteOfFriendshipHeights.com](http://www.TasteOfFriendshipHeights.com).

# CHILDREN'S PROGRAMS

## *New York Trip, continued from page 1*

are charging, galloping horses on the stage of the Vivian Beaumont Theater!

Brantley described "The Book of Mormon" as "a newborn, old-fashioned, pleasure-giving musical" and said the play "achieves something like a miracle." This raunchy religious satire tells the story of two young, mismatched Mormon missionaries sent to spread the word in a dangerous part of Africa. In June this play won nine Tony Awards, including Best Musical, and "War Horse" earned five Tonys, including Best Play.

We will leave the Village Center at 8 a.m. and stop for lunch at Town and Country Restaurant, a real New Jersey diner in Bordentown. You will choose at the table from prime rib, veal Parmigiana, broiled stuffed flounder, broiled salmon and broiled pork chops. Salad, soup, pasta and dessert are also included. Then we will continue on to New York City and check into our hotel, the stunning Grand Hyatt located at Park Avenue adjacent to Grand Central Terminal.

After settling in, we'll walk up the street (about three blocks) to the New York Public Library, which is celebrating its centennial this year. We will take a one-hour tour of the majestic Schwarzman Building, the second largest research library in the country, after the Library of Congress. Two famous marble lions guard the front entrance to this masterpiece of Beaux-Arts design. Inside, we'll view Astor Hall adorned with lavish decorations, the McGraw Rotunda decorated with murals, the stupendous Main Reading Room, the "real" Winnie the Pooh and an exhibit of children's illustrators and authors in the Children's Center, and more—even a gift shop! After leaving, you may want to visit the Bryant Park holiday market just across the street before returning to the hotel.

Dinner will be in the hotel (on your own) before departing by bus for the evening performance of "The Book of Mormon." The next morning, enjoy a leisurely full American breakfast in the hotel dining room. There will be free time to explore the gloriously revitalized Grand Central Terminal filled with beautiful shops and excellent restaurants including the world famous Oyster Bar. After lunch (on your own) we will drive to Lincoln Center for the matinee performance of "War Horse." Immediately after the show, we'll head home to Friendship Heights with a fast food dinner stop along the way.

Please be aware that this trip includes a great deal of walking at the library and from the hotel to the library. Also keep in mind that "The Book of Mormon" contains adult

*continued to page 3*



## 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 October issue is September 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.

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# ON the GO...

## A night at the opera

Just a few spaces remain for our trip to the evening performance of Giacomo Puccini's *Tosca*, on **Wednesday, Sept. 14**, at the Kennedy Center.

This dazzling production, which opens the Washington National Opera's season, features soprano Patricia Racette, tenor Frank Porretta, and bass-baritone Alan Held. Plácido Domingo conducts the timeless classic.

We will leave the Village Center at 6:15 p.m. and return around 11 p.m. The cost, which includes a seat in the first tier center, rows E to G (at a 10 percent discount), transportation and driver gratuity, is \$125.

### **New York Trip, continued from page 2**

language and situations and is not for those easily offended.

The cost of the trip, which includes Orchestra seats at the two Broadway shows, hotel accommodations, lunch on Tuesday and breakfast Wednesday, a tour of the Public Library, transportation and all taxes and tips, is \$655 per person based on double occupancy. The single supplement is \$150. A deposit of \$300, which is refundable until Oct. 15, is due at sign-up. The second payment of \$250 is due Oct. 1. The balance and single supplement are due Nov. 1. Residents and one guest may sign up immediately. Nonresidents may sign up Sept. 10. There are 25 spaces available.

### **Dana Priest, continued from page 1**

that the system put in place to keep the United States safe may be putting us in greater danger.

Dana Priest is an investigative reporter for The Washington Post. She has won numerous awards, including the 2008 Pulitzer Prize for public service for "The Other Walter Reed" and the 2006 Pulitzer for beat reporting for her work on CIA secret prisons and counterterrorism operations overseas. She is also a contributor to CBS News and 60 Minutes. She last spoke at the Center in 2007 on the deteriorating conditions at Walter Reed.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.



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## James K. Glassman on investing and the economy

James K. Glassman, executive director of the George W. Bush Institute, will discuss his book, *Safety Net: The Strategy for De-Risking Your Investments in a Time of Turbulence*, at the Village Center on **Thursday, Sept. 22, at 7:30 p.m.**

Ambassador Glassman, former Under Secretary of State for Public Diplomacy and Public Affairs, former chairman of the Broadcasting Board of Governors, and moderator of Ideas in Action, a weekly television series, wrote a syndicated column on investing for the Washington Post from 1993 to 2004. He was the first investing columnist for Reader's Digest and now writes a monthly column for Kiplinger's Personal Finance.

During his long career as a journalist and publisher he served as president of the Atlantic Monthly magazine, publisher of the New Republic magazine, executive vice president of U.S. News & World Report, and editor and co-owner of Roll Call, the Congressional newspaper.

He is the founding executive director of the George W. Bush Institute, a nonpartisan think tank dedicated to research and action in four areas: education reform, global health, human freedom, and economic growth. The Institute is part of the George W. Bush Presidential Center, which will also include a library and museum on the campus of Southern Methodist University in Dallas.

*Safety Net* tackles how to construct a financial investment strategy to protect oneself and still get the growth to ensure a solid financial future and comfortable retirement during turbulent times.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

## Tea and talk: Peril on the Potomac

Carol Bessette will discuss Washington, D.C. during the Civil War at the Village Center on **Wednesday, Sept. 21, at 2 p.m.**

From 1861 to 1865, Washington grew from a sleepy backwater Southern city to a bustling government and military complex, filled with Union troops, runaway slaves, and Confederate spies. The Civil War brought into question not only the future of the country, but also the safety of the Federal capital.

Ms. Bessette is a retired Air Force intelligence officer, a Certified Master Tour Guide in Washington, DC, and a frequent lecturer on Washington history. She last spoke at the Center on famous spies in Sept. 2010. After the program please stay for tea; call 301-656-2797 to reserve a seat.

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## Cookbook author to speak at the Center

Patricia Mote will discuss her cookbook, *Great Menus: Seasonal Recipes for Entertaining*, at the Village Center on **Monday, Sept. 26, at 7:30 p.m.**

Patsy Mote was the spouse of the President of the University of Maryland from 1998 to 2010 and during that time entertained Heads of State, Nobel Prize winners, Congressmen, authors, and other notables at four or five events a week. But no matter how large the event, her goal was to make it personal and fun. Each event had menus created specifically for it using seasonal produce and decor. *Great Menus* contains more than 200 recipes for events for no more than 16 guests. Most of the menus also suggest flowers and décor for the meal, and all have beverage suggestions.

Copies of the book will be available for purchase. Sign up by calling 301-656-2797.

## Tea and talk: Chevy Chase history and neighborhoods

Joan Marsh and Frances Stickles, members of the Chevy Chase Historical Society, will present a program on the history of Chevy Chase at the Village Center on **Friday, Sept. 9, at 2 p.m.** They are the authors of *Placenames of Chevy Chase: An Anecdotal Stroll Through the Centuries and Neighborhoods of Chevy Chase*.

The two women drew from the Society's collection of thousands of photographs, letters, maps and oral histories to chronicle the transformation of the rural retreat outside the nation's capital to one of the area's earliest suburbs.

After the program, please stay for tea. Copies of the book will be available for purchase. Please call 301-656-2797 to reserve a seat.



## Terrorism expert to speak at the Village Center

Stephen Tankel will discuss his book, *Storming the World Stage: The Story of Lashkar-e-Taiba*, at the Village Center on **Thursday, Sept. 15, at 7:30 p.m.**

The Pakistani militant group Lashkar-e-Taiba, responsible for the 2008 Mumbai attacks, is one of the largest terrorist groups in the world. Lashkar has sent scores of fighters to Iraq and Afghanistan and provides them with essential strategic and tactical help. For his book on the rise of this group, Mr. Tankel conducted interviews in Pakistan and elsewhere with officials, journalists and participants in the jihad.

Mr. Tankel is a visiting scholar at the Carnegie Endowment for International Peace. Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

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# PLAYING on the BIG SCREEN

All movies 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, Sept. 1, 7 p.m. — Movie — *The Conspirator*** — Robert Redford directs this gripping historical drama that follows the efforts of young lawyer Frederick Aiken as he defends Mary Surratt, a Confederate sympathizer accused of conspiring to assassinate Abraham Lincoln. Realizing that Surratt may in fact be innocent, Aiken defies public opinion and risks everything to get her acquitted. Stars James McAvoy, Robin Wright Penn, Tom Wilkinson, Kevin Kline and Alexis Bledel. Rated PG-13. Running Time: 122 minutes.

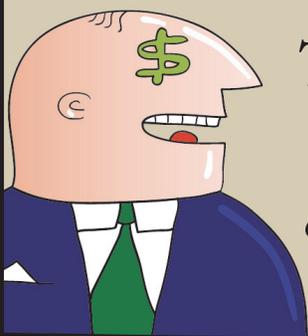
**Thursday, Sept. 8, 7 p.m. — Movie — *Ahead of Time*** — After becoming the world's youngest Ph.D. at the age of 20, accomplished journalist and humanitarian Ruth Gruber journeyed to the Soviet Arctic, covered the Nuremberg Trials and bravely escorted America-bound Holocaust refugees. This inspiring documentary weaves together archival clips, vintage photos, candid interviews and verité footage of the still-lively 97-year-old Gruber to create a remarkable biographical portrait of a largely unsung hero. Not rated. Running Time: 73 minutes.

**Thursday, Sept. 15, 7:30 p.m. — Book Signing with *Stephen Tankel*** — See page 5 for details

**Thursday, Sept. 22, 7:30 p.m. — Book Signing with *James Glassman*** — See page 4 for details

**Thursday, Sept. 29, 7 p.m. — Movie — *Jane Eyre*** — Driven from her post at Thornfield House by her love for her brooding employer and his secret past, young

governess Jane Eyre reflects on her youth and the events that led her to the misty moors in this artful adaptation of Charlotte Brontë's novel. Stars Mia Wasikowska, Michael Fassbender, Jamie Bell, Sally Hawkins and Judi Dench. Rated PG-13. Running time: 120 minutes.



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# ART and CULTURE

## On exhibit in September

"Our Children" is the name of this month's exhibit in Friendship Gallery. T.H. Gomillion, one of the artists in Black Artists of DC and Common Journey, said, "This exhibition was created to celebrate childhood from varying perspectives and many lenses. This is a praise song, which is offered to our beautifully resilient children. Our children are our vessels for tomorrow's promises."

The show runs from Sept. 1 to 30. All are invited to a reception to meet the artists on **Sunday, Sept. 11, 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. Please check with the front desk receptionist when

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you arrive. Please note that all sales of art are final.

"Sticks and Stones"  
by T.H. Gomillion



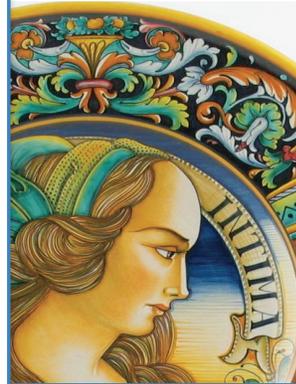
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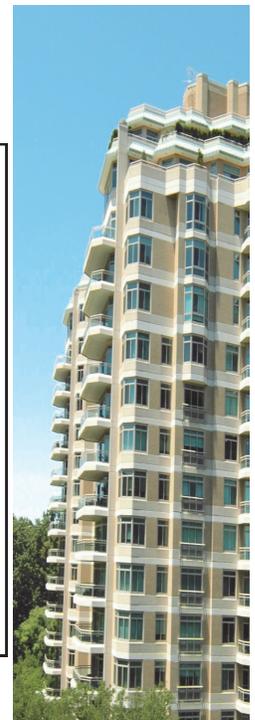
Linda Rosenkranz, Jamie Coley & Leigh Reed

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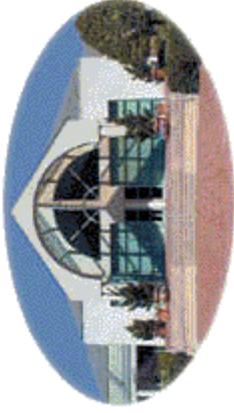
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# Friendship Heights Village Center



# Calendar of Events 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
S	E	P	T	E	M	B
E	R					

## Welcome autumn with the Landon Symphonette

Join the Landon Symphonette Chamber Ensemble as the musicians present a lunchtime concert on **Saturday, Sept. 24, from noon to 1:30 p.m.** at the Village Center.

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



4	9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	5	<b>Labor Day Center Open</b> 9 a.m. to 2 p.m. 10 a.m.: Great Books <b>Shuttle Bus runs on weekend schedule</b>	6	8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist	7	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish <b>7 p.m.: Concert: Thomas Pandolfi</b>	8	8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Ahead of Time</b>	9	9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events <b>2 p.m.: Tea and Talk: Placentames of Chery Chase</b>	10	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	11	9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	12	9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga <b>8 p.m.: Entertainment</b>	13	8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance And Coordination 3 – 4 p.m.: Tea 2 – 4 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	14	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise <b>1 p.m.: Suburban Lecture: Treatments for Women</b> 1 p.m.: Health Insurance Counseling <b>6:15 p.m.: Depart for the</b>	15	8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Stephen Tankel:</b>	16	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 p.m.: Creating with Inks	17	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>12 – 5 p.m.: Taste of Friendship Heights</b>
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**24**  
8:15 a.m.: Walking Club  
9 a.m. – 1 p.m.: Twin Springs  
12-1:30 p.m.: Landon Symphonette

**23**  
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 p.m.: Collage Workshop

**22**  
8:15 a.m.: Walking Club  
11 a.m.: Still Life Painting  
11 a.m. – 4 p.m.: Village Playtime  
12:30 p.m.: Vision Support  
6:15 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil Painting  
**7:30 p.m.: Book Signing with James Glassman: Safety Net**

**21**  
9:15 a.m.: Fit 4-Ever  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
1 p.m.: Portraiture in Pencil and Pastel  
**2 p.m.: Tea and Talk: Carol Bessette**  
**7 p.m.: Concert: Tales in the Village featuring Adam Booth**

**20**  
8:15 a.m.: Walking Club  
11 a.m.: Village Book Club  
12 – 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance And Coordination  
3 – 4 p.m.: Tea  
2 – 4 p.m.: Suburban Nurse Specialist  
7 p.m.: Mat Pilates

**19**  
9:15 a.m.: Fit 4-Ever  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
1 p.m.: Bridge Club  
1 p.m.: Strength Training with Tonya  
2:30 p.m.: Acrylic or Oil Painting  
5 p.m.: One-Day Bridge  
7 p.m.: Yoga  
**7 p.m.: Café Muse**

**18**  
9 a.m.: Yoga  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**30**  
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 p.m.: Susan Wranik: "Save Your Memory and Your Mind"**

**29**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Ji  
11 a.m. – 4 p.m.: Village Playtime  
6:15 p.m.: Scrabble  
**7 p.m.: Movie: Jane Eyre**

**28**  
9:15 a.m.: Fit 4-Ever  
10:15 a.m.: Yiddish  
11 a.m.: Chair Exercise  
1 p.m.: Portraiture in Pencil and Pastel  
1 p.m.: Health Insurance Counseling

**27**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Ji  
11 a.m.: Writing Your Life  
12 – 4 p.m.: Blood Pressure Screening  
1 p.m.: Balance And Coordination  
3 – 4 p.m.: Tea  
2 – 4 p.m.: Suburban Nurse Specialist  
7 p.m.: Mat Pilates  
7:30 p.m.: Great Courses: Walt Whitman

**26**  
9:15 a.m.: Fit 4-Ever  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
**10 a.m. – 2 p.m.: MVA Bus**  
1 p.m.: Bridge Club  
1 p.m.: Strength Training with Tonya  
2:30 p.m.: Acrylic or Oil Painting  
7 p.m.: Yoga  
**7:30 p.m.: Book Signing with Patricia Mote**

**25**  
9 a.m.: Yoga  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**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.

## Café Muse presents...

This month's Café Muse, on **Monday, Sept 19, at 7 p.m.**, presents Megan Snyder-Camp and Michele Wolf.

Megan Snyder-Camp is the author of *The Forest of Sure Things*, winner of the 2008 Tupelo Press/Crazyhorse First Book Award.

Michele Wolf is the author of *Conversations During Sleep*, winner of the Anhinga Prize for Poetry, *The Keeper of Light*, and most recently *Immersion*, selected by Denise Duhamel for the Hilary Tham Capital Collection, Word Works.

Café Muse opens at 7 p.m. with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit [www.wordworksdc.com](http://www.wordworksdc.com).



# CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. 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 (DAY)

A 10-week course for all skill levels, taught by Doris Haskel, begins Sept. 12. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$70 for nonresidents. Session ends Nov. 21 (no class on Oct. 10). Maximum number of students is 14.

### ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskel, begins Sept. 8. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$70 for nonresidents. Session ends Nov. 17 (no class on Sept. 29). Maximum number is 14.

### BASIC WATER COLOR PAINTING

A 6-week course for all skill levels, taught by Millie Shott, begins Oct. 7. Meets Fridays from 1 to 3:30 p.m. Covers mixing colors, washes, brush textures, landscape and florals. Students supply brushes, paper and painting board. Supply list available at sign-up. The cost is \$70. Maximum number is 10. Last class is Nov. 18 (class will not meet Nov. 11).

### CREATING WITH INKS

This one-time workshop taught by Millie Shott meets Friday, Sept. 16, from 1 to 3:30 p.m. Students will apply colored inks to water color paper in this very free and creative class. Millie will bring all supplies; a \$5 material fee is included in fee. Cost is \$20.

### COLLAGE

This one-time workshop taught by

Millie Shott meets Friday, Sept. 23, from 1 to 3:30 p.m. Millie will bring papers, background boards and glue. Students should bring scissors and personal items they want to add to collage. A \$5 material fee is included in fee. Cost is \$20.

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Sept. 21. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is Oct. 26.

### STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 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. 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 \$145 for residents; \$155 for nonresidents. Last class is Nov. 17 (class will not meet Sept. 29).

## BRIDGE

### ONE-DAY BRIDGE

This two-hour session with Frank Shull will be held Monday, Sept. 19, from 5 to 7 p.m. There are no structured hands or lessons- just fun

bridge with answers to your specific questions as you play. The cost is \$10.

### PLAYING DEFENSE

This 7-week series taught by Frank Shull, a life master at bridge, begins Oct. 25. Meets Tuesdays from 5 to 7 p.m. Students will learn techniques on how to beat opponents after they get the contract. The class will cover such topics as leading against suit contracts; playing second hand low and third hand high; attitude signals when partner leads; and, opening leads. The maximum number of students is 17. This class is for people who have played bridge for at least a few years and continue to play on a regular basis. Call Frank with questions at 301-520-9968. The cost is \$105 for residents, \$110 for nonresidents. Session ends Dec. 6.

## COMPOSITION

### WRITING YOUR LIFE BY THE TALE

This 8-week course begins Sept. 27. Meets Tuesdays from 11 a.m. to 12:30 p.m. The class will include writing exercises, discussions and readings. The instructor is journalist Lynne Vance, who has had 20 years experience of writing and editing. Cost is \$85. Minimum number is 6; maximum is 8. Class ends Nov. 15.

## EXERCISE AND FITNESS

### BALANCE AND COORDINATION

This 10-week class begins Sept. 13. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance.

The cost is \$110 for residents; \$115 for nonresidents. Session ends Nov. 15. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Maximum of 15 students.

### **CHAIR EXERCISE**

This 8-week class begins Sept. 14. 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 \$85 for residents; \$90 for nonresidents. Session ends Nov. 2.

### **MAT PILATES**

The 6-week session begins Sept. 13. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from 'the inside out' bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up for this course; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Minimum number is 10. Questions? Email Gingerrusteach@yahoo.com. Session ends Oct. 18.

### **SKY VALLEY TAI JI (THURSDAY)**

This 12-week class begins Sept. 29. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$90 for residents; \$100 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends Dec. 22.

### **SKY VALLEY TAI JI (TUESDAY)**

This 12-week class begins Sept. 27. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$90 for residents; \$100 for nonresidents. Session ends Dec. 13.

## **Exercise your brain – take a Spanish class!**

Scientists say that learning a new language can boost your brain, enhance ability to focus, and stave off Alzheimer's. Popular instructor Elena Marra-Lopez will teach Beginning Spanish at the Village Center starting Oct. 13.

### **STRENGTH TRAINING WITH CHERYL**

This 6-week class begins Sept. 16. 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 \$60 for residents; \$65 for nonresidents. Session ends Oct. 28 (class will not meet Oct. 7).

### **STRENGTH TRAINING WITH TONYA**

This 8-week class begins Sept. 12. 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 \$85 for residents; \$90 for nonresidents. Session ends Nov. 7 (class will not meet Oct. 10).

### **YOGA (DAY)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 11. 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 for residents; \$125 for nonresidents. Class will not meet Oct. 2, 9, Nov. 20, 27. Session ends Dec. 11.

### **YOGA (EVENING)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 12. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$120 for residents;

\$125 for nonresidents. Class will not meet Oct. 3, 10, Nov. 21, 28. Session ends Dec. 12.

## **LANGUAGE**

### **BEGINNING SPANISH**

This 8-week course for new students begins Oct. 13. Instructor Elena Marra-Lopez has taught at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. Class meets Thursdays, from 10 to 11:30 a.m. The cost is \$150 plus \$18 for the textbook. Session ends Dec. 8. Please sign up at least 3 days before first class. A minimum of five students is required.

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

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

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m. **Please note new times.**

### **COFFEE AND CURRENT EVENTS**

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

### **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

*Continued on page 15*

# CONCERTS

Performances will be held each Wednesday from 7:30 to 8:30 p.m. in Huntley Hall of the Village Center.

## Wednesday, Sept. 7 — Thomas Pandolfi —

Pianist Thomas Pandolfi is an exciting virtuoso who, with each passing season, is becoming more and more sought after by audiences and showered with superlatives by critics for his passionate artistry and amazing technique. A graduate of The Juilliard School, Pandolfi earned both his bachelor's and master's degrees as a scholarship student.

## Wednesday, Sept. 14 — Barbara Martin and Mac Walter —

Barbara Martin and Mac Walter's music is a rich stew of earthy blues peppered with sassy, swinging jazz. Their performances are rooted in a healthy respect for the traditions of American music from Josh White to Bessie Smith to Billie Holiday. Martin's sul-

try, soulful voice combined with the bending, sliding strings of guitar wizard Mac Walter captivate audiences.

## Wednesday, Sept. 21 — Tales in the Village featuring Adam Booth —

Tales in the Village returns with the "award-winning liar" Adam Booth. Raised in Huntington, W.Va., his storytelling abilities are formed at the convergence of Appalachian and Jewish heritage. He has told stories throughout the Mid-Atlantic region and in 2011 the National Storytelling Network recognized his promise by awarding him with the J.J. Reneaux Mentors grant.

## Wednesday, Sept. 28 — No Concert — Rosh Hashanah



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Presented by Susan I. Wranik, MS, MA, CCC-SLP  
speech-language pathologist and linguist

Learn easy-to-use self-help tips including a  
60 second trick to improve recall.

Friday, September 30, 2011 1:00 p.m. - 2:00 p.m.

Refreshments will be served. Door prizes will be given.

Friendship Heights Village Center  
Call 301-656-2797 to RSVP.

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# TO YOUR HEALTH

## Save Your Memory and Mind: 7 Steps to Better Brain Health

Do you ever walk into a room only to forget the very reason you went there in the first place? Have difficulty remembering names or dates? Ever lose your train of thought in mid-sentence? If so, don't worry – you are not alone.

Join speech-language pathologist and linguist Susan Wranik at the Village Center on **Friday, Sept. 30, at 1 p.m.** when she shares clinical tips to you help you improve your memory. The program includes an explanation of brain function, recent developments on brain research, recommendations and exercises for maintaining mental vitality, and easy to use self-help tips. It also includes a 60 second trick to improve recall.

This free program is provided through a partnership between the Village of Friendship Heights and Family & Nursing Care. Please call the Center at 301-656-2797 to let us know if you plan to attend. Refreshments will be served and door prizes will be given.

### FELINTON ELDER LAW & ESTATE PLANNING CENTERS

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Call 301.610.0055

to schedule a meeting with Mindy.

966 Hungerford Drive, Suite 18A, Rockville, MD 20850  
Mindy@FelintonLaw.com

## Fight the flu!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on **Friday, Oct. 7 from 10 a.m. to 2 p.m.** to anyone nine years old and older.

This year's vaccine will protect against the following viruses: A/H1N1, A/H3N2 and B strain. The high-dose version for people 65 and older (Fluzone HD) will be offered again and is covered by Medicare. This dosage is double that of the regular flu shot to give more protection and build greater immunity. The flu mist (nasal spray) is available for individuals who are under age fifty and healthy with no underlining medical conditions (like asthma or low immune system). Standard flu shots, of course, are available also. Please **specify at sign-up if you want the Fluzone HD or flu mist** (ask your doctor if you have questions about these versions of the vaccine **before** you sign up).

- Cost is \$30 for the flu mist and the standard shots (cash or check payable to VNA Flu Program). Fluzone HD is \$55 for individuals without Medicare Part B
- No charge for individuals with Medicare Part B (non-HMO) – but you must bring your card.
- VNA does not accept Medicaid

**Registration is a must.** Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up Sept. 19. **You must have an appointment to receive a shot.**

## Understand the Secrets for Better Treatments for Women

Approximately one-third of women in the U.S. suffer in silence and embarrassment from one or more pelvic floor disorders. Dr. Eric Hurtado will review the latest in non-surgical and surgical treatment methods at this month's Suburban Health Lecture at the Village Center on **Wednesday, September 14, at 1 p.m.**

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



## Vision Support Group: Aging sight and hearing loss

As we grow older, all senses become less reliable, with the most dramatic changes affecting vision and hearing. Aging sight and hearing loss are an increasing public health issue as 79 million "baby boomers" turn 65 this year. Join Dr. Lauren Dickstein, Senior Audiologist at Washington Hearing & Speech at Sibley Hospital, and Michele Hartlove, Executive Director of the Prevention of Blindness Society of Metropolitan Washington, on **Thursday, (note new day) Sept. 22, at 12:30 p.m.** for a follow-up to the event at Sibley on Sept. 18, "Demystifying Sensory Loss."

Bring a bag lunch to the Village Center or make a sandwich with the peanut butter, jelly, and bread supplied. Dessert and beverage are always 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 Village Book Club will meet this month on Tues. Sept. 20, at 11 a.m. The book selection is *Major Pettigrew's Last Stand* by Helen Simonson.



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**Medicine/Foot Surgery    Early Morning Hours**

## Sam's Real Estate Market Update VILLAGE OF FRIENDSHIP HEIGHTS

SAM'S FEATURED LISTINGS

<p><b>RENOVATED &amp; REIMAGINED!</b> Large 2BR at The Carleton 1710 Sq Ft w/SE Exposure FOR SALE at \$779,000</p> <p><b>INVESTOR SPECIAL – RENTER OCCUPIED!</b> Large 1BR at The Willoughby Nearly 900 Sq Ft w/Park View FOR SALE at \$299,000</p>	<p><b>UNDER CONTRACT IN 28 DAYS!</b> Jr 1BR at The Willoughby Listed at \$220,000</p> <p><b>SOLD - MULTIPLE OFFERS!</b> 3BR at The Carleton Sold at \$870,000 (\$20K over asking)</p>
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**Classes and Clubs, continued from page 11**  
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. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

### **SCRABBLE**

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

### **TEA**

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.

### **VILLAGE BOOK CLUB**

The book club meets one Tuesday

morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter.

### **VILLAGE BRIDGE CLUB**

The bridge club meets every Monday from 1 to 4 p.m. All are welcome; cards will be supplied. Contact Nancy White at 301-652-4119.

### **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.

### **VISION SUPPORT LUNCH AND LEARN**

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of

Friendship Heights. Meets one Thursday a month at 12:30 p.m. (**note new day**) for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

### **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 at 301-718-6340 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 more information.



# A Unique Senior Living Experience

The moment you walk through our door, you'll feel at home. From our warm, inviting fireplace to our cozy, family-like atmosphere, Brighton Gardens at Friendship Heights is a step above the typical senior residence. For the past 14 years, our caring and experienced staff has been helping seniors live life to the fullest.

Brighton Gardens at Friendship Heights is built around a resident-centered approach to senior living, giving our residents options to meet their individual needs and wishes. We offer a variety of living arrangements, spacious apartments, personalized assistance and care, premium amenities and services, and excellent dining options.

Our impressive amenities include:

- Spacious Assisted Living apartments with kitchenette, full bath and generous closet space
- A specialized memory impairment neighborhood
- 24-hour nursing services and emergency call response system
- Medication management services available to all residents
- On-site physical therapy, podiatry, dental and geriatric counseling services
- Full-service beauty/barbershop
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**Veterans Club Luncheon  
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[www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)



**Brighton Gardens of Friendship Heights 301-656-1900 [www.bgfriendshipheights.com](http://www.bgfriendshipheights.com) 5555 Friendship Boulevard**

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# Village Council Corner

## Village Sponsors mini-walk to help the homeless

Join the effort to help our homeless neighbors! The Village Council invites you to our first ever Help the Homeless Mini-Walk to support the Community Council for the Homeless at Friendship Place on **Saturday, October 29** at the Village Center. We will gather at 9 a.m. to enjoy a continental breakfast donated by Courtyard Marriott Chevy Chase. Then at 9:30 we will walk together down Wisconsin Avenue to the Friendship Place welcome center (about two miles roundtrip) to show the community that we care about helping the homeless.

Visit our website, [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov), to download the registration form, or pick one up at the Village Center front desk. You can also register online with a credit card at [www.helpthehomelessdc.org/](http://www.helpthehomelessdc.org/)



miniwalks. Click on Register to Walk, then Mini-walk Registration Form. Fill in "Village of Friendship Heights" under Name of Hosting Organization. The fee is \$30 for adults, \$20 for youth (under age 25). Participants will receive a 2011 Help the Homeless t-shirt.

The Council took the following actions at the July 25 public meeting:

- Approved renewal of membership to Maryland Municipal League for FY 2012;
- Discussed use of Willoughby Park and Willard Avenue Park.



*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

**September 2011 events calendar**