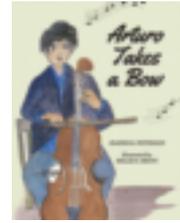




Friendship Heights

VILLAGE NEWS



Children's Book Signing
— Pettenati
page 5

JUNE 2015

301-656-2797

VOLUME 30, NO. 1

Friendship Heights Village voters welcome new leadership

On May 11, the Village of Friendship Heights elected its 2015-2017 Council. Out of eleven candidates, three incumbents were returned to office, joined by four new members. A total of 404 votes were cast by residents. All seven members of the Council are up for election every two years.

Council members were sworn in on May 19, and then selected the following officers: **Clara Lovett, Mayor; John Mertens, Chairman; Mike Dorsey, Vice Chairman; Paula Durbin, Secretary; Kathy Cooper, Treasurer; David Lewis, Parliamentarian; and Melanie White, Historian.**

The Council also reappointed the members of the Community Advisory Committee and the Program Advisory Committee. Members of other Council committees are expected to be appointed at the June 9 Council meeting.



Kathy Cooper (seated); standing left to right, John Mertens, Clara Lovett, Mike Dorsey, Paula Durbin, Melanie White, David Lewis.

Spend the day at the Supreme Court

Join us for a rarely available docent-led tour of the Supreme Court on **Tuesday, June 30**. We will enjoy a lecture about the history and architecture of the building and then take a tour. In addition, there are exhibits to see and a gift shop to explore and lunch to eat (on your own) in a cafeteria that serves a variety of sandwiches, soups, salads, and beverages.

Before 1935, the justices met in various rooms of the Capitol. For a while they even met in a tavern. William Howard Taft, was instrumental in the construction



of a permanent home for the Court. Architect Cass Gilbert was hired to design "a building of dignity and importance." Neither Taft nor Gilbert survived to see the Supreme Court Building completed. The classical Corinthian architectural style was selected because it best harmonized with nearby congressional buildings.

We will depart from the Village Center at 9:45 a.m. and plan to return before 3 p.m. The cost of the trip, which includes transportation and driver gratuity, is \$29. Residents and one guest may sign up immediately; nonresidents may sign up June 13. There are 30 spaces available.

Art history program

Art historian Vanessa Badré will give a lecture titled "The 18th Century, Far West and Far East: From China to Versailles" at the Village Center on **Wednesday, June 10, from 10:30 to 11:30 a.m.**

The Château de Versailles is one of the most beautiful achievements of 17th and 18th-century French art. During this period there was a great deal of political and artistic exchange between China and France, and many Chinese influences can be seen in this very French palace.

Vanessa Badré regularly gives art history presentations to educational and local community groups. Please RSVP to 301-656-2797.



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Taking care of caregivers

The Village Center will host the second support group meeting for people caring for parents or partners with serious illness or dementia either at home or from a distance on **Monday, June 29, from 6:30 to 8 p.m.**



Attendees will have an opportunity to connect with others who understand the challenges of caregiving duties. The group is led by experienced facilitator Judith Bernstein, a clinical social worker, certified advanced social work case manager and co-director of a caregiving business.

Consider joining the group if this is something that sounds helpful. And please share the information with anyone you know who might want to attend.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: 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 July issue is June 5th. 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...

Fun in Frederick

Join us as we visit our historic and charming neighbor to the north on **Tuesday, June 9**. We're spending the day in Frederick, where we'll tour Rose Hill Manor, the summer home of Maryland's first governor, then enjoy a scrumptious three-course luncheon downtown at Brewer's Alley. To top off the day, you'll have a chance to stroll along the town's lovely streets, filled with unique shops and museums.

Please make your luncheon selection at sign up. Choose chicken with mushroom sauce, steak chimichurri, apple pork loin or grilled tilapia. Garden salad, dessert, and tea or coffee are included.

We'll depart from the Village Center at 9:30 a.m. and should return by 4:30 p.m. The cost of the trip, which includes round-trip transportation, guided tour of Rose Hill Manor, lunch and all taxes and gratuities, is \$80. Sign up at the Village Center no later than June 2.

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A few spots left for our children's art camp

Our annual children's summer art camp, run by curator Millie Shott, is filling up fast. Don't miss the opportunity for your child or grandchild to enjoy a week's worth of fine arts and fun **Monday, June 22 through Friday, June 26, from 9:30 a.m. to 1 p.m.** at the Friendship Heights Village Center. Campers ages 6 through 12 complete a variety of fine arts projects. Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up at the Village Center by June 8.

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Inside the life of a real FBI profiler

James Fitzgerald, retired FBI Supervisory Special Agent, criminal profiler, member of the Behavioral Analysis Unit, forensic linguist, and Village resident, will discuss his new book, *A Journey to the Center of the Mind*, at the Village Center on **Thursday, June 4, at 7:30 p.m.**

Mr. Fitzgerald investigated many notorious cases including the Unabomber, the Jon Benet Ramsey homicide, the DC Sniper case, and the Anthrax investigation. After retirement he worked as a technical advisor on the CBS series *Criminal Minds* and also as co-host and executive producer of A&E's *Killer Profile*.

Copies of the book, the first in an autobiographical trilogy, will be available for purchase for \$20—cash or check only please. Call 301-656-2797 to register.

Iranian journalist to speak at the Center

Nazila Fathi is a veteran journalist who was the New York Times correspondent in Tehran until 2009 when she left after receiving threats against her safety. She will discuss her book, *The Lonely War: One Woman's Account of the Struggle for Modern Iran*, at the Village Center on **Thursday, June 11, at 7:30 p.m.**

Ms. Fathi's personal account of the turbulent years she spent in Iran as a child, a woman and a professional journalist is intertwined with the violent events in that country during her years there. Copies of the book will be available for purchase. Please call 301-656-2797 to register.

Telling Toscanini's story

At age 9 Arturo Toscanini astonished his teacher with his extraordinary ability to play song after song by just watching and listening to her play. In the children's book *Arturo Takes a Bow*, local author Jeanne Pettenati has captured the spirit of this world-famous conductor who became known as the "Einstein of music." Friendship Gallery curator Millie Shott illustrated the book.

Join us on **Thursday, June 25, at 7:30 p.m.** for a special presentation and book signing by Ms. Pettenati.

The evening promises to be fascinating for all ages. Adults and children alike are welcome. Copies of the book will be available for purchase. There is no charge but please call the Village Center at 301-656-2797 if you plan to attend.

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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, June 4, 7:30 p.m. — Book Signing with James Fitzgerald, see page 5 for details.

Thursday, June 25, 7:30 p.m. — Book Signing with Jeanne Pettenati, see page 5 for details.

Thursday, June 11, 7:30 p.m. — Book Signing with Nazila Fathi, see page 5 for details.

Thursday, June 18, 7 p.m. — Movie — Paddington —

After a deadly earthquake destroys his home in a Peruvian rainforest, a young bear makes his way to England in search of a new home. The bear, dubbed "Paddington" for the London train station, finds shelter with the family of Henry and Mary Brown. Although Paddington's amazement at urban living soon endears him to the Browns, someone else has her eye on him: taxidermist Millicent Clyde. Features the voices of Ben Whishaw, Hugh Bonneville, Sally Hawkins and Nicole Kidman. Rated PG. Running Time: 95 minutes.

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ART and CULTURE

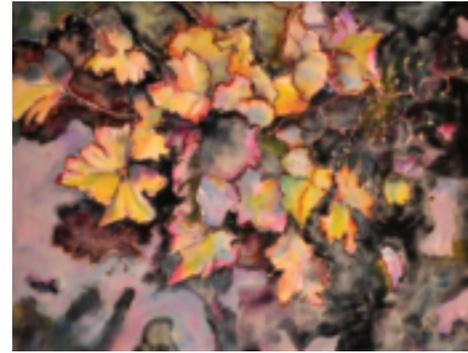
MAA to exhibit this month

The Montgomery Art Association will hold a juried exhibit titled "Creative Expressions 2015" at the Friendship Gallery in June.

This year's judge is Patricia Dubroof, an arts innovator with over 35 years experience in studio, gallery and cultural arts. She has dedicated her life to using art as a healing modality with all ages. Patricia developed the Gallery at Iona Senior Center, which includes the Artist in Residence Program and other cultural arts programming, and offers art instruction to young and elderly (www.pdubroof.com).

MAA, whose members come from the entire metropolitan area, celebrated its 60th anniversary last year. The organization sponsors regular lectures and artist demonstrations, member exhibits, museum field trips, a Gallery store in Westfield Wheaton, an online Members Gallery, and community outreach through children's art activities and college scholarship program. Check their website, www.MontgomeryArt.org, for more information.

The exhibit runs from June 1 to June 27. All are invited



"Peaches" by Cathy Hirsh and
"Clum Park Begonias" by Barrie Ripin

to meet the artists at a reception on Sunday, June 14, 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 activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.

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Friendship Heights Village Center



Calendar of Events 2015

| J U N E | | | | | | |
|---|--|--|---|--|---|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | 1 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse | 2 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 5:30 p.m.: Capital Improvements Committee | 3 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: American Songwriters 1 p.m.: “All in the Eyes” 7 p.m.: Concert: Maritime Voices | 4 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 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 7:30 p.m.: Book Signing with James Fitzgerald | 5 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement | 6 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |
| 7 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 8 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING | 9 8:15 a.m.: Walking Club 9:30 a.m.: Depart for Frederick 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates | 10 10:15 a.m.: Yiddish 10:30 a.m.: Art History Program: “From China to Versailles” 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: “All in the Eyes” 1 p.m.: Suburban Lecture: “Feel It in Your Bones” 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Brazilian Jazz Project | 11 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 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 7:30 p.m.: Book Signing with Nazila Fathi | 12 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement | 13 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m. – 1 p.m.: Goodwill Drive at GEICO 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |
| 14 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception | 15 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 6:30 p.m.: Zumba! | 16 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates | 17 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: American Songwriters 1 p.m.: “All in the Eyes” 7 p.m.: James Taylor | 18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Paddington | 19 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement | 20 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |
| 21 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 22 9:30 a.m. to 1 p.m.: Children’s Art Camp 10 a.m. – 2 p.m.: MVA Mobile Office | 23 9:30 a.m. to 1 p.m.: Children’s Art Camp | 24 9:30 a.m. to 1 p.m.: Children’s Art Camp 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Music Pilgrim Trio | 25 8:15 a.m.: Walking Club 9:30 a.m. to 1 p.m.: Children’s Art Camp 6:15 p.m.: Scrabble 7:30 p.m.: Book Signing with Jeanne Pettenati | 26 9:30 a.m. to 1 p.m.: Children’s Art Camp | 27 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |
| 28 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 29 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 6:30 p.m.: Caregivers Support Group | 30 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 9:45 a.m.: Depart for Supreme Court 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates | <h2>Last call for July art show</h2> <p>Entry forms for the annual art exhibit, “Three Cheers for the Red, White, and Blue — A Celebration of the Fourth of July,” are at the Village Center on the “art table” in the lobby. This multi-media juried exhibit, sponsored by the Village of Friendship Heights and open to all area artists, will run through the month of July. Suggested subjects of works include parades, family gatherings, picnics, fireworks, and heroes and should be delivered to the Center on June 28, between 10:30 and 11:30 a.m.</p> | | | |

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.

Exercise in disguise!

Zumba is a Latin-inspired dance-fitness program that is more like a party than a workout. It is fun, easy, and for all fitness levels.

Give it a try at a free Zumba class at the Village Center on **Monday, June 15, from 6:30 to 7:30 p.m.** The class will be taught by certified fitness instructor and Village resident Richelle Dickerson. Sneakers and loose clothing required. Sign up by calling 301-656-2797.

Read it before you see it!

Please be sure to take a look at the special exhibit currently on the “Recommendations” shelf in the Center’s reading room highlighting books that were made into movies. A big thank-you to Tobin Esler for finding enough books to fill the shelf. We bet you can find even more in our collection!

Reminder: the Give-Away box in the corner of the room by the window is usually full to the top with magazines — please help yourself.

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 and sample classes are required to sign a liability waiver when they register.

ART AND MUSIC

ALL IN THE EYES (Formerly Portraiture in Pencil and Pastel)

New name, same wonderful instructor! This 6-week class, taught by Marianne Winter, begins June 3. Students will learn to draw faces expressively and capture likenesses using photos. Ms. Winter is an award-winning artist, photographer and book illustrator. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. Meets Wednesdays from 1 to 3 p.m. The cost is \$75 for residents; \$80 for nonresidents. Last class is July 15 (no class June 24).

AMERICAN SONGWRITERS

Couldn't make it to John Eaton's two classes in May? You can still enjoy the two in June: "The Fascinating Odyssey of Vernon Duke and Kurt Weill" and "George Gershwin, American Hero." The two sessions will meet Wednesday, June 3 and 17, from 1 to 2:30 p.m. Cost is \$50. A musical performance by Mr. Eaton highlights each session. Light refreshments will be served.

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins July 20. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Sept. 28 (class will not meet Sept. 7).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins June 11. Meets Thursdays from 6:45 to 8:45 p.m.

Cost is \$60 for residents; \$80 for nonresidents. Session ends August 20 (class will not meet June 25). Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY (Adults)

This 8-week course in black and white and color photography, taught by Lew Berry, begins July 11. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. Session ends August 29.

BASIC PHOTOGRAPHY FOR CHILDREN

This 6-week course in black and white and color photography, taught by Lew Berry, begins June 6. Meets Saturdays from 9:30 to 10:30 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. Session ends July 18 (class will not meet July 4).

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 5-week class begins June 9. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that

improve overall balance. The cost is \$55 for residents; \$60 for nonresidents. Session ends July 14 (class will not meet June 23). Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 5-week class begins June 10. 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 \$55 for residents; \$60 for nonresidents. Session ends July 15 (class will not meet June 24).

MAT PILATES

The 6-week session begins June 9. 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; 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. Session ends July 21 (class will not meet June 23).

MEMORY AND MOVEMENT

This 6-week class begins June 5. Meets Fridays, from 10:30 to 11:30 a.m. This class, taught by Cheryl Clark, will help your short-term memory and balance. The exercises are specially designed to target brain health as well as physical strength. Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. The

cost is \$65 for residents; \$70 for nonresidents. Session ends July 24 (class will not meet June 26 and July 3).

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins June 4. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends July 16 (class will not meet June 25). For more information go to skyvalleytaiji.com.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins June 2. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for residents; \$70 for nonresidents. Min. number is eight. Session ends July 14 (class will not meet June 23).

YOGA WITH ROBIN

This 6-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's Cherryblossom Yoga, and begins June 28. 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 clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$80 for residents; \$85 for nonresidents. Session ends August 9 (end date was incorrect in the May newsletter). Class will not meet July 5.

ZUMBA

A one-hour free Zumba class will be held Monday, June 15, at 6:30 p.m. Taught by certified fitness instructor and Village resident Richelle Dickerson, this fun dance fitness class is designed for all levels. Sneakers and loose clothing are 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.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

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

CONCERTS

Free live music is presented on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

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 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland 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.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impair-

ment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

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. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Children of all ages are welcome to play 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. for 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.

CONCERTS

Concerts will be held from 7 to 8 p.m. in Humphrey Park in front of the Friendship Heights Village Center.

Wednesday, June 3 — Washington Revels Maritime Voices — Washington Revels Maritime Voices celebrates the men who worked the great sailing ships, the women who sustained the shore-side communities, and those who lived and worked on the canals, lakes and rivers. Formed in 2008, this group performs lively songs, instrumental music, dances, and other traditions of the 19th Century.

Wednesday, June 10 — Brazilian Jazz Project — Born in Rio De Janero Bassist Leonardo Lucini has been bringing the sounds of Brazilian jazz to American audiences for over a decade. Leonardo's brother, Bruno Lucini, is a gifted percussionist. Dani Cortaza specializes in Brazilian, Latin jazz and South American folkloric music, in both nylon and electric jazz guitar. Christine Kharazian is a concert violinist from Armenia, who has performed with the Armenian National Opera's Symphony and with the Sharakan Ensemble of Ancient and Medieval Music of Armenian TV.

Wednesday, June 17 — James Taylor — Artist and musician W. James Taylor presents a concert especially for children. His program will include pop standards, his original compositions and a number of sing-along songs. Parents and children in Friendship Heights will recognize James as one of the teachers at our annual art camp.

Goodwill at Geico on June 13

GEICO and Goodwill will host a e-cycling and donation drive at building parking lot at 5260 Western Avenue on **Saturday, June 13, from 9 a.m. to 1 p.m.** Items accepted include clothes, shoes, toys, books, accessories, furniture, kitchen items, and lawn equipment (all fuel must be removed prior to donating), radios, stereo systems, mp3 players, VCRs, and DVD players, televisions (must have cable connection or RCA inputs, small appliances, Foreman Grills® or similar style, coffee makers, vacuum cleaners, portable air conditioners, lamps and fans (CPSC approved), microwave ovens (good working order), computers/parts, software programs (less than two years old), gaming systems and cell phones.

The Village Book Club will meet this month on **Tuesday, June 16, at 11 a.m.** The book selection is *All the Light We Cannot See* by Anthony Doerr. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

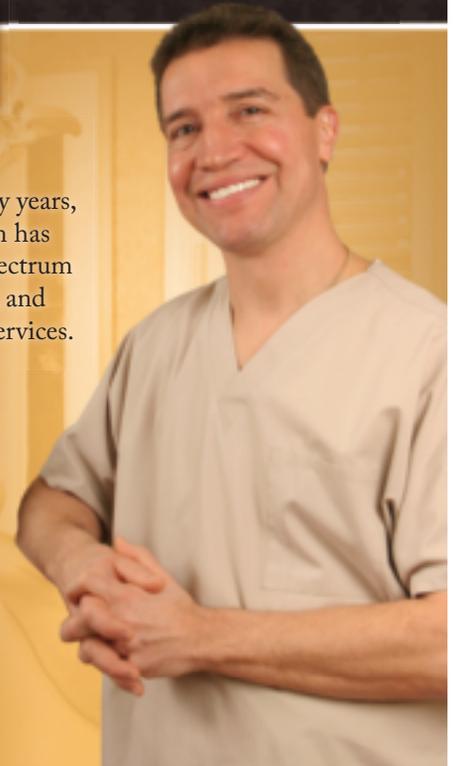
Wednesday, June 24 — The Music Pilgrim Trio — The members of Music Pilgrim Trio bring diverse musical perspectives to a collaboration that showcases their improvisational spirit and true virtuosity. The three musicians demonstrate their skill and passion for jazz, klezmer, Russian, classical and Latin-American music styles as they blend influences from around the world. The group features Vladimir Fridman, Seth Kibel and Bob Abbott.



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TO YOUR HEALTH

Vision Support Group: Traveling with less sight

Getting around safely and efficiently can feel overwhelming if your depth perception has been impaired or sight loss has become part of your life. Share lunch and an open discussion at this month's Vision Support Lunch and Learn program on **Thursday, June 18, at 12:30 p.m.**

Maria Proschan, Vision Teacher, Maryland Department

of Rehabilitation Services, will share her personal and professional tips and techniques so you will travel with confidence in your neighborhood or out of the country.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.

Feel it in your bones

Bone fractures and weakness become more of a reality as one ages since bones are in a continuous state of regeneration. Dr. Mitra Rauschecker from Johns Hopkins Metabolic Bone and Osteoporosis Center at Sibley Memorial Hospital will discuss maintaining optimal bone health at this month's health lecture at the Village Center on **Wednesday, June 10, at 1 p.m.** All are invited to learn key prevention strategies and treatment options to help prevent or manage bone weakness.

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

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Back Pain Alleviated With Stem Cell and Platelet Rich Plasma (PRP) Treatment

Submitted by Mayo Friedlis, MD
StemCell ARTS, an Affiliate of
National Spine and Pain Centers

Back pain can dramatically impact a patient's quality of life, from restricting everyday mobility to affecting a person's ability to work. However, biologic regenerative treatments are beginning to gain widespread acclaim by helping many patients avoid surgery, or through optimizing post-op healing.

Back Pain: Causes and Traditional Treatments

There are five main sources of back pain: disc, joint, muscle, ligament or nerve. Common diagnostic tests, such as x-rays and MRIs, are often used to pinpoint damage. Traditional back pain treatments include cortisone injections, radio-frequency denervation to desensitize the nerve, and in severe cases, surgery. While often effective, typically these treatments do not relieve pain for long periods of time. Fortunately, new options are available.

Treating Back Pain with Biologic Regenerative Treatments

Biologic regenerative treatments use the body's natural healing process to create a long-lasting solution to back pain. Now, a more advanced stem cell and platelet protocol is available: Regenexx, offered exclusively by 23 clinics around the U.S.

The Regenexx protocol includes:

- **Stem Cell Therapy** that uses stem cells available in a patient's own body to help repair tissue. This process harvests Mesenchymal Stem Cells (MSC) from the patient's hip bone to improve healing outcomes for tendons and ligaments.
- **Platelet Rich Plasma (PRP)** that uses growth factors in a patient's own blood to start the healing process by attracting repair cells, including critical stem cells.
- **Platelet Lysate** uses super concentrated platelet (SCP) that uses a high concentration of growth factors released immediately to the site of injury. The result is a targeted, faster healing process.
- **Prolotherapy** that contains a solution of concentrated dextrose and local anesthetic to stimulate the

body's natural ability to strengthen tendons and ligaments and encourage new tissue growth, while also providing a positive environment for stem cell placement.

This enhanced Regenexx protocol also offers the following benefits:

- Regenexx produces higher concentrations of stem cells and growth factors
- The Regenexx Network of

Physicians continuously strive for improvement by tracking actual patient outcomes to adjust treatments for optimal results.

Does Degree of Injury or Age Impact Success?

Patients experiencing conditions that include heavy damage to cartilage, tendons or ligaments are seeing positive results following regenerative treatments. Elderly patients, up into their 70s-80s, are

also responding well. As the body ages, the number of stem cells produced decreases. The body compensates for the decreased number of stem cells by increasing the healing receptors in the body.

The key to benefiting from biologic regenerative treatments is to seek out a Regenexx-certified physician. A physician trained in Regenexx protocol is one of the best ways to maximize results when treating back pain with regenerative treatments.



Patient Education Seminar

ALTERNATIVES TO SURGERY: Using Your Own Stem Cells to HEAL YOUR BODY

Please join us for a fun and informative seminar discussing the unique stem cell and blood platelet procedures that StemCell ARTS has to offer.

StemCell ARTS, an affiliate of National Spine and Pain Centers, provides a family of non-surgical, adult stem cell and blood platelet treatments for common injuries and joint conditions. Our procedures increase function, decrease pain and

offer the patient viable alternatives to invasive surgery typically followed by lengthy periods of downtime and painful rehabilitation.

Here's the opportunity to get your questions answered by the area's leading regenerative medicine expert and WASHINGTONIAN Magazine rated Top Doctor. Bring a spouse, other loved one or a friend/colleague. Space is limited.

CONDITIONS THAT MAY RESPOND WELL TO STEM CELL AND PLATELET PROCEDURES:

- Knee Pain, Osteoarthritis, Meniscal Tears
- Hip Arthritis, Pain & Labral Tears
- Shoulder Pain & Rotator Cuff Tendinitis
- Chronic Back & Neck Pain
- Tennis/Golfer's Elbow
- Achilles Tendinitis
- Foot & Ankle Pain, Plantar Fasciitis
- Sacroiliac Joint Instability

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Dr. Friedlis is a nationally recognized expert in pain management and one of the first doctors in the Washington, DC area to use Stem Cell Therapy. Dr. Friedlis was voted among WASHINGTONIAN's Top Doctors in Rehabilitation. He is passionate about helping people in pain, whether their problem is simple or complex. Dr. Friedlis is Board Certified in Physical Medicine and Rehabilitation and is a Diplomate of the American Academy of Pain Management and the National Board of Medical Examiners.

Cafe Muse presents...

This month's Café Muse, on **Monday, June 1**, will feature poets Brandel France de Bravo and Anne Higgins.

Brandel France de Bravo is the author of two books of poetry, *Mother, Loose* and *Provenance*, (winner of the Washington Writers' Publishing House prize, 2008). She is also coauthor of *Trees Make the Best Mobiles: Simple Ways to Raise your Child in a Complex World* and the editor of *Mexican Poetry Today: 20/20 Voices*. She has received the Larry Neal Writers' prize in poetry and two artist fellowships from Washington, D.C.'s Commission on the Arts. Anne Higgins teaches English at Mount Saint Mary's University in Emmitsburg, Maryland. Her books of poetry are *At the Year's Elbow*, *Scattered Showers in a Clear Sky*, *Digging for God*, *Vexed Questions*, and *Reconnaissance*. Her chapbooks are *Pick It Up and Read* and *How the Hand Behaves*. Anne is a member of the Daughters of Charity.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets may participate in an open reading that ends the program. A sign-up at 7 p.m. Café Muse is presented by The Village of Friendship Heights and The Word Works. For more information visit www.wordworksdc.com.

Next month's Café Muse will take place July 6 with poets W.T. Pfefferle and Barbara Ungar.



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Village Council Corner

Repair work at 5550 Friendship Blvd.

The owner of the 5550 Friendship Boulevard office building (next door to the Elizabeth) has been doing substantial repair work to fix leaks into the underground garage. The job has required excavating down to the foundation (about 20 feet down and 60 feet wide) with significant dirt removal, so much so that some residents have wondered if a new building is going up! The work is expected to be finished in mid- to late June.



Supreme Court case on income taxes

The Supreme Court has ruled (*Comptroller v. Wynne*) in favor of Maryland taxpayers who were not allowed to claim credit against the local portion of their Maryland taxes for income tax paid in other states. This will potentially affect income tax distributions that were paid to counties and local governments, and will lower distributions in the future.

At this point it is undetermined what the effect on the Village will be. It is our understanding that eligible taxpayers will need to file amended returns in order to claim the credit for previous years. State officials are working on the issue, and we will report additional information as we learn it. Meanwhile, taxpayers who think they may be affected should consult their tax advisor about their individual situations.

Council actions at the May 19 meeting:

- Elected Village Council officers (see pg. 1);
- Reappointed members of Program Advisory Committee and Community Advisory Committee.

The Village Council's **Capital Improvements Committee** will meet on Tuesday, June 2, at 5:30 p.m. at the Village Center.



Friendship Heights

VILLAGE NEWS

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



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

June 2015 events calendar