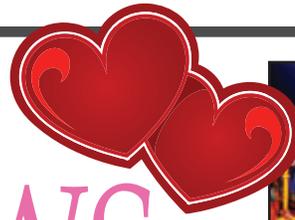




Friendship Heights



# VILLAGE NEWS



**Hexagon**

see page 3

FEBRUARY 2008

301-656-2797

VOLUME 22, NO. 9



## Cathedral Tour and Tea

Take an unforgettable tour of the Washington National Cathedral when we visit this extraordinary structure for tea and a stained glass tour on **Tuesday, March 11.**

Construction of the Washington National Cathedral was completed in 1990 after almost 100 years of planning and 83 years of construction. Its final design shows a mix of influences from the various Gothic architectural styles of the Middle Ages, including pointed arches, flying buttresses, carved stone decorations, and of course, brilliant stained glass. Learn how the windows tell their stories, and what stories they tell.

Following our tour, we'll enjoy afternoon tea and a scenic view of Washington from the Pilgrim Observatory Gallery.

We'll depart from the Village Center at 1 p.m. and should return by 5 p.m.

The cost of the trip, which includes tour, tea, transportation, and tips, is \$45.

Residents and one guest may sign up immediately; nonresidents beginning Feb. 13. There are 24 spaces available.

## A living legend at Strathmore— and easier walking too!

Alfred Brendel, one of the world's most renowned classical pianists, will perform one of his final concerts at Strathmore Music Center on **Monday, March 17.** Join us for this beautiful program of Mr. Brendel's masterful interpretations of the great composers.

If you've been to Strathmore in the past and struggled with long walks and long lines at the elevators, we have good news for you. Strathmore has graciously moved our seats to the Promenade section, which means a

very short distance to walk and no elevators at all. And our bus is now allowed to drop us off behind the mansion- right next to the ticket takers. In addition, for anyone who needs extra help, Strathmore ushers will meet you with a wheelchair and take you to your seat.

Mr. Brendel, who has been called one of the defining performers of our age, will retire at the end of this year. This will be a final opportunity to

*Continued On Page 3*

## Reporter and award winning author to speak at Center

Howard Kurtz, *Washington Post* media reporter and host of CNN's "Reliable Sources," will discuss his new book, *Reality Show: Inside the Last Great Television News War*, at the Village Center on **Monday, Feb. 25, at 7:30 p.m.**

In his book Mr. Kurtz examines the inner workings of network news

*Continued On Page 3*

**Mark Penn, page 4**



## Swing Dance

Kick the mid-winter blues with a rousing evening of swing as we present a special pre-Valentine's Day swing dance on **Wednesday, Feb. 13, from 7 to 8:30 p.m.** Music will be provided by Seth Kibel and Corner Pocket, with dance instruction and demonstration by performers from Gottaswing, from 7 to 7:30 p.m.



There is no admission fee. It will be fun for the whole family. Please join us.

## Tax assistance begins this month

Free tax assistance will be available again this year at the Friendship Heights Village Center. Federal and Maryland tax counseling will be offered on Fridays from **February 8 to April 11.**

The IRS-AARP-Montgomery County tax program will be held every Friday from **9 a.m. to noon and 1 to 4 p.m.** This service is available to anyone who has uncomplicated returns. An appointment is required; no walk-ins will be accepted. Please call 240-777-2577 between 9 a.m. and 3 p.m. weekdays to schedule an appointment.



## 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 March issue is February 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...

## Tickle your funny bone with Hexagon

Join us for an evening of uproarious political entertainment when we attend Hexagon 2008-Stars and Gripes Forever at the Duke Ellington Theater on **Wednesday, Feb. 27.**



As the primary election season kicks into full gear, Hexagon offers a hilarious antidote to all the political punditry. And all proceeds go to charity.

We'll depart from the Village Center at 7 p.m. and should return by 11 p.m.

The cost is \$40 and includes transportation, driver gratuity and ticket to the performance.

Transportation will be in a 24-passenger motor-coach. There are 23 spaces available.

### *Living Legend from Strathmore from Page 1*

hear him perform. The Austrian native taught himself to play the piano at age sixteen; his final concert will be with the Vienna Philharmonic Orchestra, a few weeks before he turns 78. The evening's program includes Haydn's Variations in F minor Hob:XVII/6; Mozart's Sonata in F Major, K. 533/K. 494; Beethoven's Sonata in E-flat Major, Op. 27, No. 1; and, Schubert's Sonata in B-flat Major, D. 960.

We will leave the Center at 7:15 p.m. and return around 10:30 p.m. Cost for the trip, which includes a discounted ticket, transportation, and driver gratuity, is \$89. Residents and one guest may sign up immediately; nonresidents may sign up Feb. 15. Deadline to register is Feb. 25.

### *Howard Kurtz from Page 1*

organizations ABC, NBC, and CBS. He talks about how network news, and the role of its anchors, has changed over the years and shares behind-the-scenes stories of this high-pressure business.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for purchase.

## Driver Safety Class offered

The AARP Driver Safety Program helps drivers refine skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a state-mandated discount on their auto insurance premiums. The course will be offered **Friday, March 28 and Friday, April 4, from 10 a.m. to 3 p.m.** at the Village Center (students must attend both classes). The cost is \$10 and checks should be made to AARP. Students must bring to class with them their driver's license and a ball point pen. Register at the Center.

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## Creating and preserving wealth for the long run

### Please join us for a presentation and discussion on how

- Volatile markets often induce investors to make decisions that can hurt their returns
- Investors can be in a better position to create and preserve their wealth by adopting a long-term plan that includes asset allocation, diversification and rebalancing
- You and your Financial Advisor can create such an investment plan that is personalized according to your needs and objectives

**Date** Tuesday, February 5, 11:00 a.m.

**Location** Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, MD 20815

**Host** Melanie Folstad  
Financial Advisor  
UBS Financial Services Inc.

**RSVP** Melanie Folstad  
7700 Wisconsin Avenue, Suite 300  
Bethesda, MD 20814  
301-718-5028  
melanie.folstad@ubs.com

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*Mutual fund prospectuses may be distributed at the seminar. For complete information about a fund, including the investment objectives, charges, expenses and risk factors, contact your Financial Advisor or UBS Global Asset Management at 888-793-8637 for a current fund prospectus or visit us on the web at [www.ubs.com/globalam-us](http://www.ubs.com/globalam-us)*

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## Advisor to Clintons to speak at the Center

Mark Penn, worldwide CEO of Burson-Marsteller, pollster to President Clinton, and advisor to Senator Hillary Rodham Clinton, will discuss his book *Microtrends: The Small Forces Behind Tomorrow's Big Changes*, at the Village Center on **Thursday, Feb. 21, at 7:30 p.m.**



Mr. Penn is the president of the polling firm Penn, Schoen and Berland Associates and has advised Microsoft Chairman Bill Gates, numerous corporations, and 25 foreign heads of state, as well as both Clintons. He identified "Soccer Moms" as a crucial constituency in President Clinton's 1996 reelection campaign and is known for his ability to detect relatively small patterns of behavior in our culture that are wield great influence on business, politics, and our personal lives. In his book, Mr. Penn identifies more than 70 microtrends in religion, leisure, politics, and family life that are sweeping the world and changing the way we live.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for purchase.

## Tea and talk: President James K. Polk

History buff and popular speaker, Edward Fritz, will return to the Village Center to present a slide/lecture on James K. Polk on **Friday, Feb. 29, at 1:30 p.m.**

James K. Polk has been called the most under-rated president in American history. In his four years in office he expanded the borders of the United States to the Pacific Ocean, added three states to the Union, oversaw the opening of the Naval Academy and the Smithsonian and the groundbreaking for the Washington Monument, and, issued the first postage stamp. He led the successful Mexican-American War and announced the discovery of gold in the California after he acquired it for our nation—and set off the greatest worldwide migration of people in the history of mankind. And yet with all those accomplishments, he is listed as just one of the six presidents between Jackson and Lincoln.

Mr. Fritz is a retired statistician who researches and gives talks on American and English history. He believes history is not about dates and battles, but rather fascinating stories about people, ideas and events. After his presentation, please stay for tea. Sign up for this free event by calling 301-656-2797.

# Grand Opening!

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# 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, Feb. 7, 7 p.m. — *Hairspray*** — This musical comedy was based on the long-running Broadway show adapted from John Waters' 1988 movie. Tracy is an overweight teenager obsessed with a TV dance show, much to her mother's dismay. When a star of the show leaves and auditions are held for a replacement, Tracy manages to join the cast. She soon starts to turn things around and correct the injustices that she witnesses. Stars John Travolta, Michele Pfeifer, and Nikki Blonsky. Rated PG. Running Time: 107 minutes.

**Thursday, Feb. 14, 7 p.m. — *Crossing Delancey*** — Amy Irving stars as Isabelle Grossman, an attractive, intelligent Jewish woman in her early 30s. She has a

good job, a nice apartment on the Upper West Side and her independence. She also has a grandmother who wants Isabelle to meet a nice Jewish man and settle down. Can an independent, contemporary woman find happiness with a pickle salesman? Find out during an encore screening of this great romantic comedy. Also stars Reiz Bozyk, Peter Riegert, and Sylvia Miles. Rated PG. Running Time: 104 minutes.

**Thursday, Feb. 21, 7:30 p.m., — *Book Signing with Mark Penn*** — for details see page 4.

**Thursday, Feb. 28, 7 p.m. — *Michael Clayton*** — Michael Clayton is an in-house "fixer" at one of the largest corporate law firms in New York. At the behest of the firm's co-founder Marty Bach, Clayton, a former prosecutor, takes care of Kenner, Bach & Ledeen's dirtiest work. At the agrochemical company U/North, the career of in-house chief counsel Karen Crowder rests on the settlement of the suit that Kenner, Bach & Ledeen is leading to a seemingly successful conclusion. When the firm's top litigator, the brilliant Arthur Edens, has an apparent breakdown and tries to sabotage the entire case, Marty Bach sends in Michael Clayton. Clayton comes face to face with the reality of who he has become. Stars George Clooney. Rated R. Running Time: 120 minutes.

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# FRIENDSHIP GALLERY

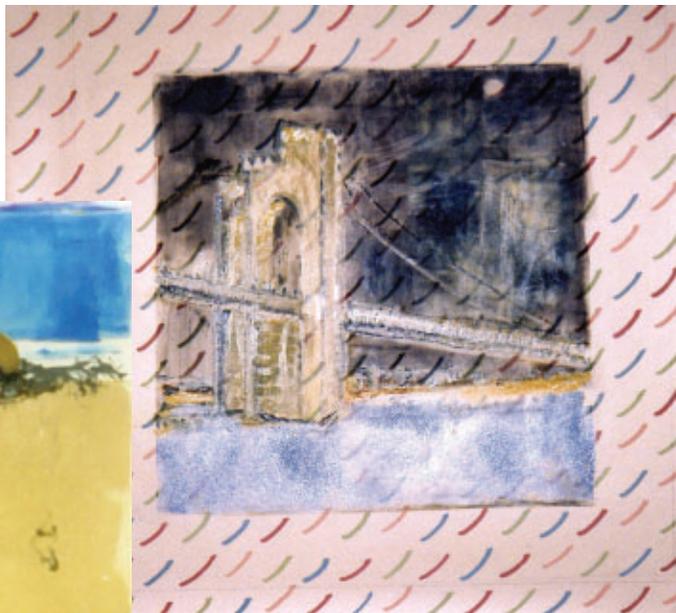
## Two area artists exhibit during February

A joint exhibit of paintings and monotypes by June Carlough and Selma Cohen opens this month in the Friendship Gallery.

In 1966 Ms. Carlough and Ms. Cohen, together with 25 DC artists, opened Spectrum Gallery in Georgetown. This cooperative was a gathering place for artists and collectors from all over the world. Ms. Carlough has been in the forefront of landscape abstraction by using her freedom of expression with acrylic paint on large canvasses. In recent years she has used these same techniques to produce beautiful monotype prints on paper. Ms. Cohen paints with oils on canvas, and recently on wallpaper sections, as well as monotypes on paper.

The show runs from Feb. 2 to Feb. 28. All are invited to meet the artists at a reception on **Sunday, Feb. 10, 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 work 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.

Brooklyn Bridge, painting on wallpaper by Selma Cohen



Serenity II, monotype by June Carlough



Golden Sand, monotype by Selma Cohen

The Rock, monotype by June Carlough



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# Friendship Heights Village Center

# Calendar of Events 2008

## F E B R U A R Y

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

The U.S. Parole Commission will host its 15th Annual African-American History program and lunch at the Village Center on **Wednesday, Feb. 27 at 11:30 a.m.** The theme of this year's program is "Carter G. Woodson and the Origins of Multiculturalism" and the guest speaker is accomplished storyteller Janice Greene. All are invited to attend; registration is not necessary.

**1**  
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.: Bridge Group

**2**  
8:15 a.m.: Walking Club

**3**  
9 a.m.: Yoga  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**4**  
9:15 a.m.: Fit-4-Ever  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
11:30 a.m.: Flexible Stretch and Strength  
1 p.m.: Strength Training  
1 p.m.: Bridge Group  
2:30 p.m.: Drawing and Painting  
6:30 p.m.: Beginning Spanish  
**7 p.m.: Café Muse**  
**7 p.m.: Yoga**

**5**  
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

**6**  
9:15 a.m.: Fit-4-Ever  
10:15 a.m.: Yiddish  
11 a.m.: Strength Training with Tonya  
1 p.m.: Portraiture in Pencil and Pastel  
3 p.m.: Chair Yoga  
**7:30 p.m.: Concert: Mike Gillespie**

**7**  
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  
**12:15 p.m.: Depart for Evergreen House**  
6 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil Painting  
**7 p.m.: Movie: Hair-spray**

**8**  
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.: Bridge Group

**9**  
8:15 a.m.: Walking Club

**10**  
9 a.m.: Yoga  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers  
**11:30 a.m. – 1:30 p.m.: Art Reception**

**11**  
9:15 a.m.: Fit-4-Ever  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
11:30 a.m.: Flexible Stretch And Strength  
1 p.m.: Strength Training  
1 p.m.: Bridge Group  
2:30 p.m.: Drawing and Painting  
6:30 p.m.: Beginning Spanish  
**7 p.m.: Yoga**

**12**  
8:15 a.m.: Walking Club  
**Primary Election Day  
No classes today**

**13**  
9:15 a.m.: Fit-4-Ever  
10:15 a.m.: Yiddish  
11 a.m.: Strength Training  
1 p.m.: Health Insurance Counseling  
1 p.m.: Portraiture in Pencil and Pastel  
3 p.m.: Chair Yoga  
**1 p.m.: Suburban Lecture: Stroke Update**  
**7 p.m.: Swing Dance with Seth Kibel**

**14**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
11 a.m. – 4 p.m.: Village Playtime  
6 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil Painting  
**7 p.m.: Movie: Crossing Delancey**

**15**  
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.: Bridge Group

**16**  
8:15 a.m.: Walking Club

**17**  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**18**  
**Presidents Day  
Center Open  
9 a.m. to 2 p.m.**  
  
10 a.m.: Great Books

**19**  
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  
**8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING**

**20**  
9:15 a.m.: Fit-4-Ever  
10:15 a.m.: Yiddish  
11 a.m.: Strength Training with Tonya  
1 p.m.: Portraiture in Pencil and Pastel  
**7:30 p.m.: Concert: Virginia Lum and John Touchton**

**21**  
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  
**7:30 p.m.: Mark Penn: Microtrends**  
  
8:15 a.m.: Walking Club

**22**  
9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
1 p.m.: Bridge Group

**23**  
8:15 a.m.: Walking Club

**24**  
9 a.m.: Yoga  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**25**  
9:15 a.m.: Fit-4-Ever  
**10 a.m. – 2 p.m.: MVA Bus**  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
11:30 a.m.: Flexible Stretch And Strength  
1 p.m.: Bridge Group  
1 p.m.: Strength Training with Tonya  
2:30 p.m.: Drawing and Painting  
6:30 p.m.: Beginning Spanish  
7 p.m.: Yoga  
**7:30 p.m.: Howard Kurtz: Reality Show**

**26**  
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

**27**  
10:15 a.m.: Yiddish  
**11:30 a.m.: African-American History Month Program**  
1 p.m.: Health Insurance Counseling  
1 p.m.: Portraiture in Pencil and Pastel  
**7:30 p.m.: Concert: Sidwell Friends Chamber Chorus**

**28**  
9:30 a.m.: Tai Chi  
11 a.m.: Still Life Painting  
11 a.m. – 4 p.m.: Village Playtime  
6 p.m.: Scrabble  
**7 p.m.: Movie: Michael Clayton**

**29**  
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.: Bridge Group  
**1:30 p.m.: Tea and Talk: James K. Polk**

### 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.

## You can help someone achieve success

Help a local woman dress for success by donating a new or nearly new suit to the "Dress for Success – Send One Suit" campaign in March. Once again the Friendship Heights Village Center will be taking part in this nationwide effort to help low-income women enter the workforce and stay employed. As a result of this campaign, each Dress for Success client receives one suit when she has a job interview and a week's worth of separates when she gets the job.

From **March 3 through March 7**, Village residents are asked to bring a gently used woman's Spring or Summer suit to the Village Center between the hours of 9 a.m. and 8 p.m. The suits should be clean, appropriate for interviews; coordinated, contemporary skirt and pant suits, blazers and jackets. Also accepted are contemporary blouses that coordinate with suits. Larger-size suits, sizes 16 and above, are particularly needed.

Dress for Success cannot use suits and dresses that are not interview-appropriate, sportswear or casual clothes, jewelry, belts, undergarments or men's clothing.

# CLASSES and CLUBS

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

## ART

### ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, begins March 6. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Residents may sign up immediately; nonresidents may sign up Feb. 7. Class ends May 8. Maximum number of students is 16.

### CHINESE BRUSH PAINTING

A 10-week class taught by Helene Sze McCarthy begins March 6. Meets Thursdays from 1 to 3 p.m. Cost is \$100. Session ends May 8. A minimum of 6 students (registered before the first class) is required; the maximum is 10.

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins Feb. 20. 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 \$65. (Maximum number of students is 8). Session ends March 26.

## EXERCISE AND FITNESS

### CHAIR YOGA

This 4-week series begins March 5. Meets Wednesdays from 3 to

4:15 p.m. Do not eat for one hour before class, wear comfortable clothing but no heavy jewelry or perfume. The cost is \$40. Ends March 26.

### MAT PILATES

A 6-week session begins March 11. 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. Not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? E-mail – Ginger-rusteach@yahoo.com. Session ends April 15.

### STRENGTH TRAINING WITH CHERYL

This 6-week session begins Feb. 29. 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 April 4.

### STRENGTH TRAINING WITH TONYA (MONDAY)

This 6-week session begins Feb. 25. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, will focus on increasing your mobility, flexibility, balance, and overall strength. The cost is \$62. Session ends March 31.

### STRENGTH TRAINING WITH TONYA (WEDNESDAY)

This 6-week session begins Feb. 20. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya

Walton, will focus on increasing your mobility, flexibility, balance, and overall strength. The cost is \$62. Session ends April 2 (class will not meet Feb. 27).

### TAI CHI (THURSDAY)

This 6-week session begins Feb. 7. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends March 13. Feel free to email instructor Thomas Johnson at Taijitatj@comcast.net if you have any questions about this class.

### TAI CHI (TUESDAY)

This 6-week session begins Feb 5. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends March 18 (class will not meet on Feb. 12). Feel free to email instructor Thomas Johnson at Taijitatj@comcast.net if you have any questions about this class.

## 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.

## SCRABBLE

This active 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.

# Ten Reasons to Plan Your Estate Now... That Have Nothing to Do With Estate Taxes

Given the tax law passed by Congress in June 2001, which, among other things, repeals estate taxes for the calendar year 2010, you may think that your estate planning can wait.

Think again.

There are many compelling reasons for planning that have nothing to do with estate taxes. Among the topics to be discussed:

- Who handles your finances if you become incapacitated?
- Who raises your children if you pass away?
- Who inherits your assets? How do they inherit? When?
- Who takes over your business?

### Join us at our free seminar:

**Date** Tuesday, February 19, 11:00 a.m.

**Location** Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, MD 20815

**Host** Melanie Folstad, Financial Advisor  
UBS Financial Services Inc.

### Confirm your reservation by contacting

Melanie Folstad  
7700 Wisconsin Avenue, Suite 300  
Bethesda, MD 20814  
301-718-5028 [melanie.folstad@ubs.com](mailto:melanie.folstad@ubs.com)

[www.ubs.com/fa/melaniefolstad](http://www.ubs.com/fa/melaniefolstad)

The attorney who presents this seminar is a participant in the Attorney Network. Attorneys in the Attorney Network are independent of, and unaffiliated with, UBS Financial Services Inc. These attorneys may refer clients to UBS Financial Services Inc. but receive no compensation from us for these referrals.

Neither UBS Financial Services Inc. nor its employees provide tax and legal advice. Please consult with your legal and tax advisors regarding your personal circumstances.

The tax law, which includes estate planning provisions, sunsets on December 31, 2010. This means that unless Congress enacts legislation that extends or makes the estate tax repeal permanent, the changes will terminate after that date.

You & Us



# CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m. in Huntley Hall.

Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.

**Wednesday, Feb. 6 — Mike Gillispie** — Although Mike Gillispie is well known as a photographer who specializes in photographing musicians, he is a terrific jazz flutist. His flute brings a refreshing range of sounds to jazz, from uplifting, airy ballads to coarse, gritty blues. His fresh approach is inspired by his love for America's classical music and his work with great artists who helped form the tradition of the music we enjoy today. Mike has been playing for more than four decades. Classically trained at an early age, his interests turned almost immediately to jazz, and by the time he graduated from high school he was gigging several times each week. His study of the music, its history and culture led him to com-

bine his work as a photographer with his love for music.

**Wednesday, Feb. 13 — Swing Dance with Seth Kibel and Corner Pocket** — Clarinetist Seth Kibel returns to the Village Center for a special Pre-Valentine's Day swing dance. The concert begins at 7:30, but come early and learn the basics of swing dancing from members of the local swing dance company GottaSwing. The free lesson begins at 7 p.m.

**Wednesday, Feb. 20 — Virginia Lum and John Touchton** — Virginia Lum and John Touchton offer a two-piano performance at the Village Center. The evening's program will include *Overture from the Barber of Seville* by Giacomo Rossini, *Sonata in D* by Wolfgang Amadeus Mozart, Waltzes and Hungarian Dances by Johannes Brahms, and *Fantasie* by Franz Schubert.

**Wednesday, Feb. 27 — Sidwell Friends Chamber Chorus** — The Sidwell Chamber Chorus is a select group of students who are chosen on the basis of an audition. The Chamber Chorus meets twice a week in addition to the three meetings of the Chorus. The singers perform frequently in the Sidwell community and around the Washington area and sing in three required Chorus concerts.

## You & Us. Working together to address your financial needs.

**Melanie Folstad**, Financial Advisor  
301-718-5028 800-638-2909 melanie.folstad@ubs.com  
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# TO YOUR HEALTH

## Low vision: Don't lose sight of stress management

Significant research has revealed that improved skills in managing stress can profoundly enhance day-to-day functionality for people experiencing vision loss. At our next meeting on **Tuesday, February 19, at 12:30 pm**, the Friendship Heights Vision Support Group invites you to welcome Julie Potter, MSW and Coordinator of Sibley Hospital's Senior Association for an enlightening presentation and practical instruction on new techniques for managing stress.

Bring a bag lunch. Dessert and a beverage are provided. This program 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.

## Did you know?

In addition to the blood pressure screenings and consultations provided every Tuesday with a nurse specialist, Suburban Hospital also provides nurses and a social worker to come to your home to evaluate and determine home care needs and resources. If you or someone you know is struggling to maintain an independent living situation, or if you are caring for someone who is chronically ill, you could benefit from the help and advice of the Case Management team. The team can provide advice about available services such as Meals-on-Wheels, home-maker services, visits from companions, and transportation set-ups. For more information, call 301-896-6500. There is no charge for this service, but services paid for by the Village Council are limited.

## Stroke Update from the NIH/ Suburban Stroke Team

What is the latest in treatment for stroke? The team from NIH at Suburban Hospital has had success with early diagnosis and treatment of stroke and will share their results with you at this month's Suburban Health Lecture at the Village Center on **Wednesday, Feb. 13, at 1 p.m.**

Learn the warning signs of a stroke and when to seek help. The team will also discuss risk factors for stroke.

The talk is free, but please call 301-656-2797 to let us know if you plan to attend.

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## Cafe Muse presents...

This month's Café Muse, on **Monday, Feb. 4, at 7 p.m.**, presents a reading by poets Margo Berdeshevsky and Stanley Plumly.

Margo Berdeshevsky's first collection of poetry, *But A Passage In Wilderness*, was published in 2007. She has received the Robert H. Winner Award from the Poetry Society of America (selected by Marie Ponsot,) four Pushcart Prize nominations, the Chelsea Poetry Award, and Kalliope's Sue Daniel Elkind Award. Her work appears in *Agni*, *The Kenyon Review*, *New Letters*, *The Southern Review*, and elsewhere. Her "Tsunami Notebook" was made following a journey to Sumatra in spring 2005, to work in a survivors' clinic in Aceh. She lives in Paris.

Stanley Plumly's ninth collection of poetry, *Old Heart*, was nominated for the National Book Award. He has received numerous awards, including the Delmore Schwartz Memorial Award and a 2002 Academy Award in Poetry from the American Academy of Arts and Letters. He is currently a Professor of English at the University of Maryland.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. 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. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

Love is definitely not in the air at FHUN's Anti-Valentine's Day Party! Come join your FHUN friends in celebrating at Bambule (5225 Wisconsin Avenue) with great food and creative drinks on **Wednesday, Feb. 13, 2008 at 7pm!** For more details, visit [www.fhun.net](http://www.fhun.net) or email [info@fhun.net](mailto:info@fhun.net).

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# Sweetheart's Dance

*Join us for a Senior Dance at Brighton Gardens at Friendship Heights*

Please join us at Brighton Gardens at Friendship Heights for fun, great music and dancing to the sweet sounds of The Barrie Goodman Swing Band. Enjoy hors d'oeuvres, champagne... even a chocolate fountain!

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. Since 1981, Sunrise Senior Living has been committed to providing seniors, families and caregivers with innovative senior living and care options.



## EVENT DETAILS

### Sweetheart's Dance

*at Brighton Gardens at Friendship Heights*

**Thursday, February 14th  
6:30pm-8:00pm**

**RSVP to 301-656-1900  
by February 7th!**

  
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# Village Council Corner

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

If you haven't seen our website recently, please take a look. We have added many features:

- Shuttle bus links to schedules for both the Village bus and the Montgomery County Ride-on
- Village News current issue and archive
- Council Report current issue and archive
- MVA on Wheels information and link to Maryland Motor Vehicle Administration schedule
- Links to developers of major area projects (Chevy Chase Land and New England Development)
- Village parking policy and ability to pay parking tickets online through Montgomery County link
- Village Center rental info
- Volunteer application
- Village Regulations
- Permit Applications
- Current program info
- Links to other agencies and services
- Plus much more!

Council action on Jan. 14:

- FY09 Budget introduced.

<a href="#">What's New?</a>	<a href="#">Village Regulations</a>
<a href="#">About the Community</a>	<a href="#">Village Council</a>
<a href="#">Shuttle Bus</a>	<a href="#">Parking Tickets</a>
<a href="#">Newsletter</a>	<a href="#">Permit Application</a>
<a href="#">Council Report</a>	<a href="#">Volunteering</a>
<a href="#">Calendar</a>	<a href="#">MVA on Wheels</a>
<a href="#">Development</a>	<a href="#">Advertising</a>
<a href="#">Village Center Rentals</a>	<a href="#">Health Services</a>
<a href="#">Rothstein Scholarship</a>	<a href="#">Links</a>

Click on a link from the home page for a wealth of information.

**FORM 502 MARYLAND TAX RETURN** 2007  
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**YOUR FILING STATUS** — See Instruction 1 to determine if you are required to file.

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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

**February 2008 events calendar**