



## An afternoon with Cezanne at the BMA

Explore the luminous landscapes of Paul Cezanne and enjoy lunch at Gertrude's as we travel to the Baltimore Museum of Art on **Thursday, Feb. 25**, for this tremendous exhibition.



The Baltimore Museum of Art's new exhibition, "Cézanne and American Modernism," brings together 16 dazzling landscapes, still lifes, and portraits by the French master with more than 80 paintings, watercolors, and photographs by artists such as Max Weber and Alfred Stieglitz to show Cézanne's profound impact on American artists at the beginning of the 20th century.

We'll depart from the Center at 10 a.m. and arrive in time to briefly view on your own some works from the Baltimore Museum of Arts permanent collection. Then we'll dine at the BMA's Gertrude's restaurant. Enjoy Chesapeake crab soup or a house salad for starters, then choose a chicken salad platter or vegetable wrap as an entrée. For dessert, you may select mud cake, sorbet or fresh fruit.

Following lunch, we'll take an Acoustiguide tour of "Cezanne and American Modernism." We should return by 4 p.m.

The cost of the trip is \$69. Residents and one guest may sign up immediately. Nonresidents may sign up beginning Feb. 5. There are 29 spaces available. The deadline to sign up is Feb. 18.

## Bamberger Series Presents: The Wit and Wisdom of Mark Shields

Join us for a delightful evening with Mark Shields at the Village Center on **Monday, Feb. 22, at 7:30 p.m.**

The nationally known columnist and commentator has worked in Washington through the administrations of nine U.S. Presidents. Mr. Shields began his column — now syndicated — at The Washington Post in 1979. For 17 years, he was moderator and panelist on CNN's "Capital Gang." Since 1988, Mr. Shields has provided weekly political analysis on "The NewsHour with Jim Lehrer" and is a regular panelist on "Inside Washington."

The Wall Street Journal has called Mark Shields "the wittiest political analyst around" and "frequently the most trenchant, fair-minded, and thoughtful." Please sign up for this Bamberger lecture by calling 301-656-2797.

## Acclaimed political reporter to speak at Center

Washington Post White House correspondent Anne E. Kornblut will discuss her book, *Notes from the Cracked Ceiling: Hillary Clinton, Sarah Palin, and What It Will Take for a Woman to Win*, on **Thursday, Feb. 11, at 7:30 p.m.**, at the Village Center.

In the presidential election of 2008 America seemed ready to elevate a woman to the presidency or vice presidency and was on the verge of doing so. Why didn't it happen? Ms. Kornblut explores the stunning twists of the last election - with revelations about the Clinton and Palin campaigns - and the political landscape for women nationwide. Her book features exclusive, in-depth interviews with Nancy Pelosi, Condoleezza Rice, Janet Napolitano, and others.

Ms. Kornblut covered, from start to finish, the three most recent presidential campaigns. She worked for the Boston Globe and the New York Times before joining the Post in 2007. She has appeared on various political television shows, including "Meet the Press," and is a term member of the Council on Foreign Relations.

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

# CHILDREN'S PROGRAMS

## Mark your calendars- An Artful Summer for kids

Friendship Heights Village Center will once again host a week-long summer art camp for children **Monday, June 21 through Friday, June 25**. Children ages 5 to 10 will learn painting, print making, Chinese brush, collage, and sculpture. This camp, run by our curator Millie Shott, is similar to a local popular summer art camp in the area and features some of the same teachers. Children must have completed kindergarten to qualify. Look for details in the March issue of the *Village News*.



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### Friendship Heights VILLAGE NEWS

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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

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# ON the GO...

## Hexagon returns

Join us for an evening of uproarious political entertainment as Hexagon ushers in a new decade on **Thursday, March 18.**

This year's "Dancing with the Czars" promises all the hilarity and highjinks Hexagon is known for. In its new home, the Takoma Park/Silver Spring Performing Arts Center, 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 motorcoach. There are 23 spaces available.

## Explore Space with Us

Escape the winter chill with a trip to space or at least to the National Air and Space Museum's Steven F. Udvar-Hazy Center. Join us as we take a short trip to this impressive center, on the grounds of Washington-Dulles International Airport, on **Wednesday, Feb 10.**

At the Udvar-Hazy Center you'll find two hangars — one for aviation artifacts, the other for space artifacts. The facility houses the Enterprise, NASA's first space shuttle; the manned maneuvering unit used for the first untethered spacewalk; a full-scale prototype of the Mars Pathfinder Lander; and Pegasus, the first aircraft-launched rocket booster to carry satellites into space.

We will depart from the Village Center at 9:15 a.m. for a guided tour of the facility. Following our tour, you'll have time for lunch on your own in the Center's food court as well as time to visit the gift shop. We should return to the Village Center by 2:15.

The cost of the trip, which includes round-trip transportation, guided tour of the facility, and all taxes and gratuities, is \$28.

Residents and nonresidents may sign up immediately at the Village Center. There are 29 spaces available. *Please note that this trip requires a lot of walking; there are limited seats in front of the major exhibits.*

# PUZZLED

## by Today's Real Estate Market?

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## **Homebuyer Tax Credit Extended**

By now, you may have heard the news about the recently extended and expanded homebuyer tax credit. But do you know if you can take advantage of it yourself? The new legislation allows for First Time Homebuyers *AND* those who currently own homes to qualify. It has also increased the income limits as well, creating an extra incentive for anyone thinking about buying a home in the next few months.

Under the legislation, homebuyers will qualify for the tax credit with a contract signed by April 30, 2010, closing by June 30, 2010. Borrower income limits have also been increased to \$125,000 for individuals and \$225,000 for couples. The legislation also includes a tax credit not exceeding \$6,500 for move up buyers who have owned their current homes for at least 5 years.

If you are currently renting, but have owned a home in the past, you may not think you can qualify for the tax credit, but the law defines “first-time home buyer” as a buyer who has not owned a principal residence during the three-year period prior to the purchase. So, if you owned a home more than 3 years ago, and are currently renting now, and your income levels fit, you would qualify.

For a repeat and first time buyer, the home purchased must be used as a principal residence. With area home prices substantially lower, mortgage rates at historic lows, and the expanded tax credit, it may be a great time to consider a purchase. Please consult a tax advisor for your specific circumstance.

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## **FREE “Be Ready Buyer” Seminar**

**Get the information you need to take advantage of the new tax credits, historically low interest rates, and unbelievable deals on homes in the DC metro area.**

*You will learn:*

- *Important Credit tips—raise your credit score in as little as 30 days.*
- *How to submit an offer—what are the important parts of the contract, and what can be added to protect me?*
- *How much can I afford? How do I qualify?*
- *The importance of Title Insurance, a Home Inspection, and info about Home Warranties.*

**This will be a great opportunity to ask questions in a casual atmosphere.**

***Feb. 27th, 2010 from 10am to noon***

***Friendship Heights Community Ctr***

**Please call 301-603-9600 to register, seats are limited.**

**Henry Salazar, Long & Foster**

**Seth Levine, Great Oak Title**

**Chanin Wisler, First Washington**



## Novelist to speak at Center

Author Sarah Pekkanen will discuss her new book, *The Opposite Of Me*, at the Village Center on **Monday, March 15, at 7:30 p.m.**

Ms. Pekkanen's monthly column, "Domestic Disturbances," for Bethesda Magazine has been compared often to the writing of Erma Bombeck and her book to those by Jennifer Weiner and Emily Giffin. She has been published in *People*, *The Washington Post*, *USA Today*, *The New Republic*, *The Baltimore Sun*, *Reader's Digest*, and *Washingtonian*. She has been heard and seen on NPR's "All Things Considered" and E! Entertainment's "Gossip Show."

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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## Tea and Talk: romance writing

Celebrate Valentine's Day early at the Center on **Friday, February 12, at 2 p.m.**, when writer Anne Barton will discuss the joys and challenges of writing romance novels and her journey to publication.

Ms. Barton, a Regency historical romance writer and Golden Heart finalist, will describe the world of romance writing, share with us her experiences with RWA (Romance Writers of America) contests and annual conference, and read an excerpt from one of her books.

After the presentation, please stay for tea. Sign up for this free event by calling 301-656-2797.

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### This Valentine's say I love you with . . . Chewing Gum.

I know this doesn't sound romantic at all, but, as we all know, candy is a must on Valentine's Day - it's like beer and the Super Bowl. But you can explain to her that the sugar in the candy will be used by bacteria to produce acids that will destroy tooth enamel and lead to decay. An option to candy is chewing gum. Gum will increase saliva in the mouth and saliva neutralizes the acids produced by bacteria. Just remember that the chewing gum must be sugarless (made with aspartame, sorbitol or mannitol) to protect teeth against decay. Some gum can even deliver ingredients that will help teeth be stronger and more resistant to decay. All candy that contains sugar is bad for the teeth, especially sticky and chewy candy since it's less likely to be washed out from the teeth by saliva. Even cough drops and mints are bad since they stay in the mouth for a long time; it's like giving your teeth a long sugar bath. Sour candy is the worst because the sour flavoring is made of citric acid, one of the most erosive acids, and can cause erosion or wear of the teeth. I admit, it is impossible to completely stay away from candy, so what can we do? Brush your teeth after you eat a candy. If you can't brush, drink water and wash the acid away, especially fluoridated water. You can combine dairy products with sweets as proteins are not used by bacteria and help protect against decay by acting as a buffer thereby reducing demineralization. Also, limit sugary snacks between meals, it's better to eat candy after a major meal while saliva flow in the mouth is increased, protecting teeth from acids. The best option is to chew sugarless gum. Clinical studies prove that if you chew gum for 20 minutes after a meal it will reduce decay. So this Valentine's day look for chewing gum with the American Dental Association Seal in the candy aisle and give it to someone you love. Always smile and be cavity free.

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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, Feb. 4, 7:30 p.m. — No Movie — Curtis Roosevelt Book Signing, see below for details.**

**Thursday, Feb. 11, 7:30 p.m. — No Movie — Anne Kornblut Book Signing, see page 1 for details.**

**Thursday, Feb. 18, 7 p.m. — Movie — Amelia** — Two-time Academy Award® Winner Hilary Swank delivers an unforgettable performance as Amelia Earhart, the legendary American aviatrix who boldly flew into the annals of history. Richard Gere co-stars as her charismatic business partner and adoring husband George Putnam. Bound by ambition and love, their enduring marriage could not be broken by Amelia's determination to fly — nor her passionate affair with Gene Vidal. Equal parts gripping drama, stirring romance and epic adventure, AMELIA will send your spirit soaring! Also stars Ewan McGregor. Rated PG. Running Time: 111 minutes.

**Thursday, Feb. 25, 7 p.m. — Movie — The Hurt Locker** — When a new sergeant, James, takes over a highly trained bomb disposal team amidst violent conflict, he surprises his two subordinates, Sanborn and Eldridge by recklessly plunging them into a deadly game of urban combat. As the men

struggle to control their wild new leader, the city explodes into chaos, and James' true character reveals itself in a way that will change each man forever. Stars Jeremy Renner and Ralph Fiennes. Rated R. Running Time: 130 minutes.



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References available

## Roosevelts remembered

Curtis Roosevelt, grandson of Franklin Delano Roosevelt, will discuss his book, *Too Close to the Sun: Growing Up in the Shadow of My Grandparents, Franklin and Eleanor*, at the Village Center on **Thursday, Feb. 4 at 7:30 p.m.** Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

The U.S. Parole Commission will host its Annual African-American History program and lunch at the Village Center on **Wednesday, Feb. 24 at 11:30 a.m.** All are invited to attend; registration is not necessary.

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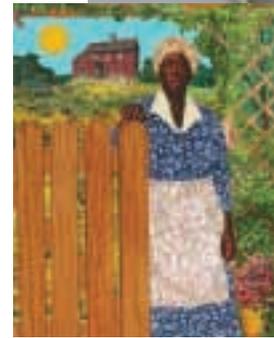
# ART and CULTURE

## Juried exhibit in February

Black History Month will be celebrated in Friendship Gallery with an exhibit entitled "Our Common Journey." The curator of the show is Washington artist T.H. Gomillion and judges are John Beckley and Edith Buffalow.

Mr. Gomillion describes the exhibit as "our common journey as artists; how we mold, push, mix, splatter, caress skills built over years ... and guided by life's activities. This is an exhibition to celebrate those artists' skills, talents, perspectives- a celebration of creative artists." All are invited to a reception on **Sunday, Feb. 7, from 11:30 a.m. to 1:30 p.m.** to meet the artists.

The exhibit runs from Feb. 1 to 28. 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; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



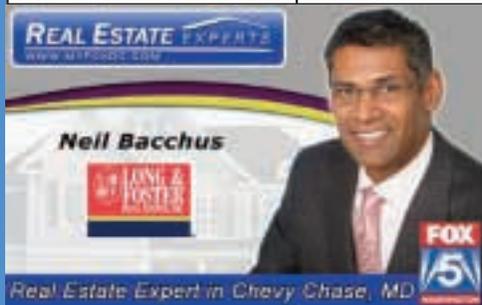
Works by artists in this month's exhibit: Gloria Kirk, Jacqueline Lee, Desiree Darden

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A Few of Our Current Listings

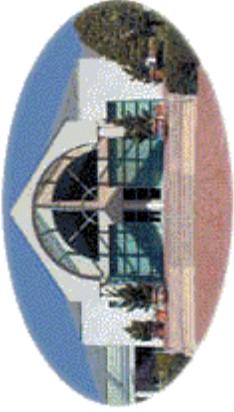
The Willoughby	The Carleton	The Elizabeth	Chase Point	The Wisconsin
1 BDR, 1 BA, 878 Sq. Ft., 1 Parking Space	3 BDR, 2.5 BA, 1896 Sq. Ft., 2 Parking Spaces	1BDR, Den, 1031 Sq. Ft., 1 Parking Space	2 BDR, 2 Full BAS, 2 HBA, 2537 Sq. Ft., 6 Parking Spaces	2 BDR, 2BA, 1346 Sq. Ft., 1 Parking Space
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# Friendship Heights Village Center



# Calendar of Events 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>7</b></p> <p>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></p>	<p><b>1</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga <b>7 p.m.: Café Muse</b></p>	<p><b>2</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 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</p>	<p><b>3</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga</p>	<p><b>4</b></p> <p>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 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Curtis Roosevelt</b></p>	<p><b>5</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>6</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone <b>10:30 a.m.: Galileo for Children</b></p>
<p><b>8</b></p> <p>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga <b>8 P.M.: Friendship Heights Council Meeting</b></p>	<p><b>9</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 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</p>	<p><b>10</b></p> <p>9:15 a.m.: Fit 4-Ever <b>9:15 a.m. Depart for Air &amp; Space</b> 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya <b>1 p.m.: Suburban Lecture: Healthy Eating for Older Adults</b> 1 p.m.: Portraiture 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga <b>7:30 p.m.: Concert: Spice of Life</b></p>	<p><b>11</b></p> <p>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 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Anne Kornblut</b></p>	<p><b>12</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events <b>2 p.m.: Tea and Talk: Romance Writing</b></p>	<p><b>13</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>	<p><b>14</b></p> <p>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></p>
<p><b>15</b></p> <p><b>Presidents Day Center Open 9 a.m. to 2 p.m.</b> 9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books</p>	<p><b>16</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>12:30 p.m.: Vision Support Group</b> 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</p>	<p><b>17</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel</p>	<p><b>18</b></p> <p>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 4 p.m.: Children's Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting</p>	<p><b>19</b></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>20</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>	<p><b>21</b></p> <p>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></p>

21

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

22

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  
1 p.m.: Strength Training with Tonya  
2:30 p.m.: Acrylic or Oil Painting  
7 p.m.: Yoga  
**7:30 p.m.: Mark Shields**

23

8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
10:30 a.m.: Stretch with Tonya  
1 p.m.: Balance and Fall Prevention  
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

24

11 a.m.: Chair Exercise with Tonya  
**11:30 a.m.: African-American History Program**  
1 p.m.: Portraiture in Pencil and Pastel  
2 p.m.: Health Insurance Counseling  
3 p.m.: Chair Yoga  
**7:30 p.m.: Concert: Robert Statham**

25

8:15 a.m.: Walking Club  
**9:30 a.m.: Depart for Cezanne Exhibit**  
9:30 a.m.: Tai Chi  
11 a.m.: Still Life Painting  
11 a.m. – 4 p.m.: Village Playtime  
4 p.m.: Children's Art Class  
6:15 p.m.: Scrabble  
**7 p.m.: Movie: The Hurt Locker**

26

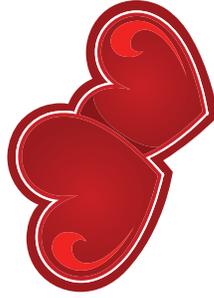
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27

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28

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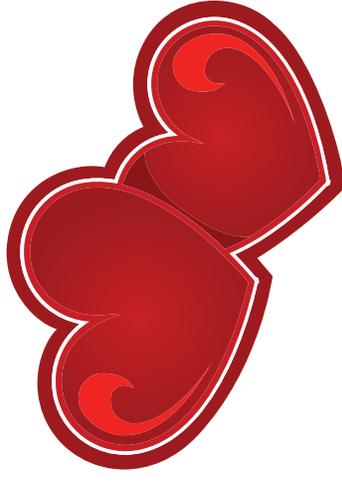
## Children's Art Classes in February and March

Millie Shott, Friendship Gallery curator, continues her ever-popular children's art classes with new programs in February and March.

The first four-week series will include mixed media. Students will complete projects ranging from fused glass to origami to making valentines. It begins **Thursday, Feb. 4 and continues each Thursday through Feb. 25.**

In March, a four-week series on fused glass begins on **Thursday, March 4 and continues through Thursday, March 25.** The programs are designed for school age students, ages 6 to 11. Each class lasts 90 minutes, from 4 to 5:30 p.m.

The cost is \$100 for each four-week session, and includes instruction and materials. Sign up at the Village Center. Class size is limited, so sign up as soon as possible. Please call the Village Center at 301-656-2797 for more information.



### 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.

# 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 March 8. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends May 10. Maximum number of students is 18.

### ACRYLIC OR OIL PAINTING (EVENING)

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

### CHILDREN'S MIXED MEDIA

This 4-week class for children 6 to 10 years old, taught by Millie Shott, begins Feb. 4. Meets Thursdays from 4 to 5:30 p.m. Students will complete projects ranging from fused glass to origami. The cost is \$100 and includes materials. Last class is Feb. 25.

### PAINTING IS FOR EVERYONE

An 8-week course for adults of all skill levels, taught by Millie Shott, begins Feb. 6. Meets Saturdays from 10 a.m. to 12 p.m. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces and experiment with collage and paper textures, inks, and glues. The cost is \$95 for residents; \$100 for nonresidents. Minimum number of students is eight; maximum is ten. Last class is March 27. *Please note this class is designed for adults. A children's art class is offered on Thursday afternoons.*

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins March 17. 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 April 21.

### STILL LIFE PAINTING

A 10-week course with Joan Samworth begins March 18. Emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$145 for residents; \$150 for nonresidents. Last class is May 20.

## EXERCISE AND FITNESS

### CHAIR YOGA AND MORE

This 8-week series taught by Louisa Klein begins Feb. 24. Meets Wednesdays from 3 to 4:15 p.m. Benefits body, mind and spirit using synchronized breathing and movement. Instills calm, steady, physical and emotional well-being. Includes weight bearing and centering poses, isometrics, toning and strengthening. Learn skills to improve all body systems that you can incorporate into your daily life. The cost is \$80 for resi-

dents; \$85 for nonresidents. Session ends April 14.

### MAT PILATES

This 6-week class, taught by Ginger Russell, begins Feb. 23. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Movements to improve balance, strength and flexibility. Pilates balls are used to assist in some exercises. Not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? Email – [Gingerrusteach@yahoo.com](mailto:Gingerrusteach@yahoo.com). Session ends April 6. No Pilates on March 2.

### STRENGTH TRAINING WITH CHERYL

This 6-week class begins March 5. 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 for residents; \$70 for nonresidents. Session ends April 9.

### STRENGTH TRAINING WITH TONYA

This 6-week class begins Feb. 1. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$62 for residents; \$67 for nonresidents. Session ends March 22 (class will not meet Feb. 15).

### TAI CHI (THURSDAY)

This 6-week session begins Feb. 25. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Feel free to email instructor Thomas Johnson

at taijitaj7@gmail.com if you have any questions about this class. Session ends April 1.

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

This 6-week class begins March 2. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Session ends April 6.

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

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

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

#### **COFFEE AND CURRENT EVENTS**

This discussion group meets informally Fridays from 10:30 a.m. to noon.

#### **FHUN**

The Friendship Heights Urban Network (FHUN) brings together young professionals, young parents, and college students. Check FHUN's website at [www.fhun.net](http://www.fhun.net).

#### **GREAT BOOKS DISCUSSION GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books

series. Meets Mondays from 10 a.m. to noon. Call 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 2 to 4 p.m. Call 301-590-2819 for an appointment; walk-ins are welcome.

#### **SCRABBLE**

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

#### **TEA TIME**

Village residents and their guests are invited to tea Tuesdays from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

#### **VILLAGE PLAY TIME**

Games, toys and play equipment are set out at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver.

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

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. 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. Call Helen Davis at 301-718-6340 for more information.

#### **YIDDISH**

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



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# CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall in the Center. Before entering the auditorium, please turn off cell phones. Do not take food, drink or reading materials into the auditorium. Please arrive on time. If you are late, please wait for a break in the performance to enter the auditorium.

**NOTE FROM THE PROGRAM DIRECTORS** — *Due to increasing budget constraints, we will be reducing the number of concerts offered during the winter months. Concerts in January, February and March will be held on the second and fourth Wednesdays of the month.*

**Wednesday, Feb. 10 — *Spice of Life*** — Spice of Life is a three-piece vocal group that enjoys performing a wide range of music— hence their moniker! Using all original arrangements, they create a unique listening experience. Through their 10 years together they have performed show tunes, big band sounds and a little bit of rock and roll. Their sound ranges from Bach to the Beatles to almost everything in between.

**Wednesday, Feb. 24 — *Robert Statham*** — Award-winning pianist Robert Statham presents “The Black Composers.” This program, celebrating Black History Month, features the music of African-American

composers from Nathaniel Dett’s *Juba Dance* to Duke Ellington’s *Sophisticated Lady*.

## Thank you generous neighbors!

A big thank you to all the Village residents who donated 580 pounds of canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna provides nutritious food to more than 3,300 families every month. Donated toys were given to a “Toys for Tots” collection site.

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# TO YOUR HEALTH

## Vision Support Lunch and Learn: 'New Vision for 2010'

How many New Years resolutions have you made in your life? Is this the year that a resolution or goal may be related to life with a vision loss or the fear of it? Share your thoughts with others who can offer encouragement and support. The Vision Support Group invites you to join them at the Village Center on **Tuesday, Feb. 16, at 12:30 pm.**

Remember, it has been said that the simple act of telling someone about your goals can help to achieve them.

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

## Stop the Clock! Healthy Eating for Older Adults

You can't really stop the clock or reverse the aging process. However, the choices you make now can slow the changes that come with getting older. Join dietitian Angela Pipitone RD, LDN, as she discusses which foods will promote a healthy

lifestyle at this month's Suburban Health Lecture at the Village Center on **Wednesday, Feb. 10, 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.



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## Cafe Muse presents...

This month's Café Muse, on **Monday, Feb. 1, at 7 p.m.**, presents a reading by poets Gregory Pardlo and Ed Skoog.

Gregory Pardlo is the author of *Totem*, winner of the 2007 APR/ Honickman Prize, and translator of Niels Lyngsoe's, *Pencil of Rays and Spiked Mace*. He has received fellowships from Cave Canem, the McDowell Colony, and the NEA, and his work appears widely in *Callaloo*, *Gulf Coast*, *Ploughshares*, *Harvard Review*, and on NPR. He is an Assistant Professor of Creative Writing at George Washington University.

Ed Skoog is the author of *Mister Skylight*. His poems appear in numerous publications including *The Paris Review*, *The New Republic*, *Ploughshares*, *Poetry*, and *American Poetry Review*. He currently is the Jenny McKean Moore Writer-in-Washington at George Washington University.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. 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.word-worksdc.com](http://www.word-worksdc.com).

## Galileo for Children

In celebration of Galileo's birthday in February, local author Jeanne Pettanati offers a fun and fascinating view of the father of Modern Science on **Saturday, Feb. 6, from 10:30 to noon** at the Village Center.

Children learn that Galileo was the first person to use a spyglass to study the night. Ms. Pettanati helps children to understand just how momentous Galileo's discoveries were.

Ms. Pettanati, the author of *Galileo's Journal: 1609-1610*, has participated in literary and astronomy festivals, science fairs, and workshops.

The program is best suited for children ages 7 to 12.

There is no charge for the event, but please call 301-656-2797 if you plan to attend. Space is limited.

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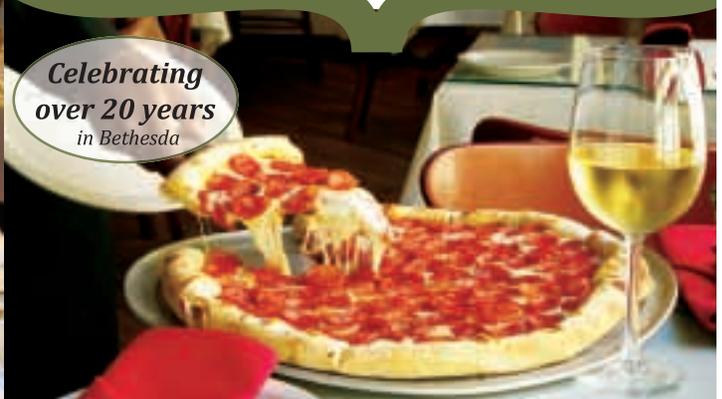
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## Assisted living has its advantages.

There comes a time when staying at home is no longer the best option. Your health is not what it used to be, chores around the house aren't getting done, and time spent with friends and family becomes less frequent. This is a time when many seniors view moving to Brighton Gardens at Friendship Heights as the perfect solution.

At Brighton Gardens at Friendship Heights, we understand a senior's need for a social life, independence and a release from the burdens of maintaining a home. We focus on the details of living, offering a range of lifestyle options. Brighton Gardens at Friendship Heights offers beautifully appointed apartments, housekeeping, delicious meals and engaging activities. Everything you need to live life on your own terms.

Our mission is to champion the quality of life for all seniors. And we've been doing it since 1981. Visit or call Brighton Gardens at Friendship Heights, and discover how we're different!

### SAVE THE DATE:

Join us on Sunday, February 14th, from 3:00 to 4:30 pm, for a beautiful Valentine's Day Celebration, featuring *Debbie and Yolanda* performing romantic love songs. Light refreshments, including decadent chocolate delights and champagne, will be offered. Please RSVP by Thursday, February 11th, to 301-656-1900.



Brighton Gardens at Friendship Heights 301-656-1900 Assisted Living, Alzheimer's Care

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# Village Council Corner

## Please Remember Friendship Heights!

While our share of income tax paid by Village residents is still the most significant portion of Village income (funding nearly half the cost of our services), the numbers are down. Now, more than ever before, we need to be sure that all income tax revenue due to come into the Village actually gets here. This money, as you can see from the FY2011 Proposed Budget contained in the Council's 2009 Annual Report, goes directly into services benefiting Village residents.

**Remember, as Village residents, you do not pay any additional income taxes because you live in Friendship Heights!** By law, as a special tax district, the Village receives a portion of the tax you pay to Montgomery County. It is very important, however, that the State of Maryland knows to return this revenue to the Village. Consequently, please take special care to mark your income tax return as shown at right. Thank you!

## 2009 Federal Income Tax Forms at Center

2009 Federal tax forms are available for copying and filing with the IRS. Search the index and a staff member will make a copy for you. Normal copying charges apply. Call the Center at 301-656-2797 to make sure the form you need is available.



The Council took the following actions on January 11:

- Introduced Proposed Budget for FY2011.
- Awarded contracts for landscape maintenance.
- Approved amendment of security contract to coordinate schedule with Village Center operating hours;
- Approved heating/cooling maintenance contract.

FORM 502 MARYLAND TAX RETURN 2009  
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## Friendship Heights VILLAGE NEWS

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**February 2010 events calendar**