



Friendship Heights



# VILLAGE NEWS

JULY 2010

301-656-2797

VOLUME 25, NO. 2

County Fair

see page 3



## Friendship Heights celebrates the 4<sup>th</sup>

Bring the whole family for an old-fashioned Independence Day celebration at the Friendship Heights Village Center on **Sunday, July 4, from 2 to 4 p.m.** This community celebration offers something for everyone, from patriotic music to face painting to a moonbounce. Courtyard by Marriott will provide delicious hot dogs. We'll also have popcorn, snow cones, and cupcakes. Join us for old-fashioned fun and a lot of community spirit. During our program, we'll honor Village

residents Helen Davis, Helen Vamvas, and Jan Cary for their service to the community.

We will also honor U.S. Congressman Chris Van Hollen as the 2010 recipient of the Elizabeth Scull Outstanding Community Service Award. The Village Council presents the award to an individual or individuals demonstrating the qualities of integrity and dedication that Elizabeth Scull exemplified during her lifetime of service as a Montgomery County

Councilmember.

A special certificate of achievement will be presented to 2010 U.S. Presidential Scholar Henry Zhu.

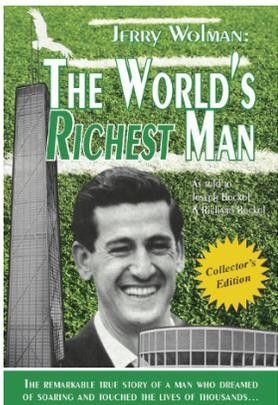
RMA shuttle bus drivers Patrick Voltaire and Juan Pineda will be presented certificates of appreciation.

The event is free. Please join us to celebrate!



## Jerry Wolman to speak at the Center

Jerry Wolman was known as "The Boy Wonder" of real estate in the Washington, D.C. area in the 1950s and 1960s. He amassed a personal financial



empire and was one of the most successful young self-made men in America. He was in his twenties and working in a paint store when he became

interested in a construction site across the street. In just a few years, he had his own company, which built 30,000 apartment units and 6,000,000 square feet of office space. At the age of 36, he had amassed \$36,000,000. He purchased the famed National Theatre and the Raleigh Hotel in Washington, as well as the Philadelphia Eagles football team and the Yellow Cab Company. In 1964, he began plans to build the tallest residential/commercial building in the world: the John Hancock Center in Chicago. Two years later construction problems with that building sent his financial empire

into a tailspin and he lost everything.

*Jerry Wolman: The World's Richest Man* is the never-been-told story of the meteoric rise and fall of Mr. Wolman. He and Joseph Bockol, one of the authors of the biography, will speak at the Village Center on **Monday, July 26, at 7:30 p.m.**

Copies of the book, provided by Politics and Prose, will be available for purchase. A portion of the proceeds from sales will be donated to the Miracle League, an organization that provides children with disabilities the opportunity to play sports. Sign up by calling 301-656-2797.

Kids water play, page 2

# CHILDREN'S PROGRAMS

## Beat the heat with water fun at Willoughby Park

Children 10 and under are invited to beat the summer heat with a day of water play at the Willoughby Park on **Thursday, July 22, from 10 a.m. to 2 p.m.** Don your bathing suit and bring a towel, we'll provide the water fun. We'll have a water slide and ice-cold lemonade set up in Willoughby Park.

There is no charge for this event, but please call the Village Center at 301-656-2797 to register. Children must be accompanied by an adult.

## Tea and Talk: Exploring Washington

Dr. Mark Ozer will discuss Washington's history in a slide presentation at the Village Center on **Friday, July 9, at 2 p.m.**

Dr. Ozer explores each era of Washington's history starting in the 1790s, the people who lived at different times and the effect of politics on the city and its buildings.

Afterward, please stay for tea. Copies of Dr. Ozer's book, *Washington DC: Politics And Place: The Historical Geography of The District of Columbia*, will be available to purchase. Sign up for this free event by calling 301-656-2797.



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References available



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 August issue is July 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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Volunteer Editor

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Staff Writer, Advertising

**Jennie Fogarty**  
Staff Writer

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

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## Friendship Gourmet Market

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# ON the GO...

## Take me to the fair!

Spend a wonderful afternoon at the Montgomery County Fair on **Tuesday, Aug. 17**. The theme of this year's fair is "Barnyard Boogie." You'll find some new attractions in addition to the usual favorites: prize-winning livestock and 4-H demonstrations, quilts and crafts, homegrown vegetables and bake sales, carnival rides (if you dare), all sorts of food and everyone's favorite – the pig races.

We will leave the Village Center at 11:30 a.m. and return by 3:30 p.m. We will have two and a half hours to enjoy the fair and eat lunch (on your own). While the trip requires a lot of walking, there is a shuttle that makes several stops throughout the fairgrounds. The cost of the trip, which includes transportation and driver tip, is \$23. Residents and one guest may sign up immediately; nonresidents may sign up July 15. **Please register by August 6.** There are 30 spaces available. Children six and older are welcome with an adult.

## Tours and tea in Annapolis

Visit the Maryland State House and enjoy a special tour and high tea at the U.S. Naval Academy when we travel to Annapolis on **Tuesday, July 13.**



We'll depart from the Village Center at 9 a.m. for the drive to our state's waterfront capital.

Once there we'll tour Maryland State House. Following our guided tour, you'll have time to have lunch on your own in this beautiful town.

After lunch, we'll gather for an exclusive tour of the U.S. Naval Academy where we'll visit the Armel-Leftwich Visitor Center, stroll through "the Yard," visit the main chapel and the crypt of John Paul Jones, and tour the newly renovated museum and gallery.

After our tour, we'll enjoy tea at the Officers' and Faculty Club. Our menu includes a selection of tea

*continued on page 5*

# NANCY MELLON REALTY

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## New library committee at the Center

The Friendship Heights Village Council is pleased to welcome three new volunteers in charge of the Center's Reading Room. Tobi Esler, Lee Kush, and Kenneth Niles have been hard at work this summer organizing the shelves to make room for newly donated books.

Tobi Esler is a retired teacher. She was also a legal assistant in a firm specializing in securities class action litigation. Lee Kush is retired from NIH where she worked in inventory management. She is currently

a volunteer at the Smithsonian and NIH. Ken Niles held several librarian positions at the National Library of Medicine, including Head of the Collection Access Section, responsible for circulation of most library materials and NLM's inter-library loan program.

The Center is pleased to receive donations of books, but because space is very limited the following guidelines need to be followed:

- books should be three years old

or newer;

- all books should be in good condition and hardcover books should have paper jackets intact;
- magazines, text, scientific and foreign-language books will not be accepted.

A special thank you to Liselotte Hochholzer as she retires after many years as library volunteer. The Village Council and Center appreciate the willingness and enthusiasm of our volunteers.



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**Annapolis, continued from page 3**

sandwiches, cinnamon scones, whipped creme and strawberry preserves, savory tarts, a variety of tea cakes, miniature French pastries, and delicious teas.

We should be back in Friendship Heights by 5:30 p.m.

The cost of the trip, which includes round-trip transportation, tours of the Maryland State House and the U.S. Naval Academy, high tea at the Officers' Club, and all taxes and gratuities, is \$99. The deadline to sign up is July 4.

Sign up immediately at the Village Center.

*Any attendee over 16 years of age must present photo identification to enter the grounds of the U.S. Naval Academy.*

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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, July 1, 7 p.m. — Movie — *Valentine's Day*

— In a series of interconnected stories, various Los Angeles residents wind their way through the highs and lows of love during a single day. As the holiday unfolds, they experience first dates, longtime commitments, youthful crushes and connections to old flames. Stars Jessica Alba and Jessica Biel. Rated PG-13. Running Time: 117 minutes.

### Thursday, July 8, 7 p.m. — Movie — *Dear John*

— Special Forces Army Sergeant John Tyree is home on a two-week leave from Germany. He meets Savannah Curtis after he dives into the ocean to retrieve Savannah's purse. John is smitten by Savannah and falls in love at first sight. Savannah is a college student at the University of North Carolina at Chapel Hill. She is on spring break and is helping build a house for Habitat for Humanity. John joins in with Savannah to help build the house. Along the way a budding romance occurs. As she is about to go back to college, she promises to write John overseas during the next 12-months until he returns to her after completing his enlistment. Their love is put to the test when John reenlists after the 9/11 attack. Stars Channing Tatum and Amanda Seyfried. Rated PG-13, Running Time 108 minutes.

### Thursday, July 15, 7 p.m. — Movie — *The Last Station*

— In 1910, acclaimed Russian novelist Leo Tolstoy, in the later stage of his life, works not as a writer but as the leader of the Tolstoyan Movement, whose basic tenets are brotherly love and world peace through pacifism, and a denouncement of material wealth and physical love. His chief follower is Vladimir Chertkov, who does whatever he requires to advance the cause. Chertkov hires a young man named Valentin Bulgakov to be Tolstoy's personal secretary in carrying out this work. Once ensconced in the life on the estate, Bulgakov quickly learns that many take from the movement only what he/she wants/believes. Also chief amongst the movement's wants is the deeding of all Tolstoy's writings to the people so that after his death it will become public domain. Tolstoy's wife, the Countess Sofya Andreevna Tolstoy, believes that her husband's writings are rightfully hers after he passes. This places a strain between those in the movement. Bulgakov acts as the mediator between the parties, he feels needs to do what is truly in Tolstoy's

heart. Stars Christopher Plummer and Helen Mirren. Rated R. Running Time: 112 minutes.

### Thursday, July 22, 7 p.m. — Movie — *The Princess and the Frog*

— An animated modern-day retelling of the classic story The Frog Prince. The Princess and the Frog finds the lives of arrogant, carefree Prince Naveen and hardworking waitress Tiana crossing paths. Prince Naveen is transformed into a frog by a conniving voodoo magician and Tiana, following suit, upon kissing the amphibian royalty. With the help of a trumpet-playing alligator, a Cajun firefly, and an old blind lady who lives in a boat in a tree, Naveen and Tiana must race to break the spell and fulfill their dreams. Rated G. Running Time: 97 minutes.

### Thursday, July 29, 7 p.m. — Movie — *Clash of the Titans*

— Sam Worthington, Liam Neeson, and Ralph Fiennes star in this fantasy-adventure loosely based on the Greek myth of Perseus. The mortal son of the god Zeus embarks on a perilous journey to stop the underworld and its minions from spreading their evil to Earth as well as the heavens. Rated PG-13. Running Time: 106 minutes.

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# ART and CULTURE

## Three cheers for area artists

You are invited to visit Friendship Gallery this month and see "Three Cheers for the Red, White, and Blue – A Celebration of the Fourth of July." 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. Its patriotic themes are inspired by parades, family gatherings, picnics, fireworks, and heroes. The exhibit is held in conjunction with the annual celebration at the Village Center. Awards will be given to the winners at a

reception on **Sunday, July 11, from 11:30 a.m. to 1:30 p.m.** All are invited to attend.

This year's juror is noted artist Millie Shott, Art Curator at Friendship Heights Village Center. Ms. Shott has worked in watercolor, acrylics, and collage for more than four decades. Her artwork is included in the collection of the Georgetown University Hospital, the Marriott Collection, the Public Art Trust Collection of Montgomery County, at the National Geographic Society and Fairfax Hospital, as well as in the personal collections in the area. She currently teaches classes in her studio, through the Smithsonian Resident Associate Program, and at the Village Center.

The exhibit runs from July 1 to 31. Exhibit hours are



"Rhythm of the Pattern" and "Interrupted Patterns" by Millie Shott



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.

A special piece in this year's exhibit is a collage created by the community during last year's July 4<sup>th</sup> show. Look for a similar project this month. The "canvas" and supplies will be available at all times in the hallway at the Center. Find your creative side with this fun community art project!

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**J U L Y**

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY

## The NSO and Joshua Bell at Wolf Trap

Join us for a night of beautiful music with award-winning violinist Joshua Bell and the NSO on **Thursday, July 22**, at Wolf Trap National Park for the Performing Arts.

For more than two decades, Joshua Bell has enchanted audiences worldwide with his breathtaking virtuosity and tone of rare beauty. The evening's program will include Bruch's *Scottish Fantasy*, Liszt's *Hungarian Rhapsody No. 2*, Gershwin's *Cuban Overture*, and Respighi's *Roman Festivals*. Emil de Cou will conduct.

We will leave the Center at 7 p.m. and should return by 11 p.m. The cost, which includes transportation, a seat in the Front Orchestra, and driver's tip, is \$75.

<p><b>4</b></p> <p><b>Center open 9 to 2 2 to 4 p.m.: Fourth of July Celebration</b></p> 	<p><b>5</b></p> <p><b>Federal Holiday</b></p> <p><b>Center open 9 a.m. to 2 p.m.</b></p>	<p><b>6</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 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</p>	<p><b>7</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 7:30 p.m.: Great Music series: Richard Wagner <b>7 p.m.: Concert: Silver Strings Quartet</b></p>	<p><b>1</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Valentine's Day</b></p>	<p><b>2</b></p> <p>9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>3</b></p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>
<p><b>11</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>12</b></p> <p>9:15 a.m.: Fit 4-Ever 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</p> <p><b>NO COUNCIL MEETING IN JULY</b></p>	<p><b>13</b></p> <p>8:15 a.m.: Walking Club <b>9 a.m.: Depart for Annapolis</b> 9:30 a.m.: Tai Chi 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</p>	<p><b>14</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 <b>1 p.m.: Suburban Lecture: The Pain Connection</b> 1 p.m.: Health Insurance Counseling <b>7 p.m.: Concert: Lyrical Rhythzz</b></p>	<p><b>8</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Dear John</b></p>	<p><b>9</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 <b>2 p.m.: Tea and Talk: Exploring Washington</b></p>	<p><b>10</b></p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>
<p><b>18</b></p> <p>9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>19</b></p> <p>9:15 a.m.: Fit 4-Ever <b>10 a.m. - 2 p.m.: MVA Bus</b> 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>20</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 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 <b>4 to 7 p.m.: Glaucoma and Vision Screenings</b> 8:15 a.m.: Walking Club</p>	<p><b>21</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 7:30 p.m.: Great Music series: The Concert Overture <b>7 p.m.: Concert: Greg Harrison Band</b></p>	<p><b>15</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: The Last Station</b></p>	<p><b>16</b></p> <p>9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>17</b></p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</p>
<p><b>25</b></p> <p>9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>26</b></p> <p>9:15 a.m.: Fit 4-Ever 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>7:30 p.m.: Book Signing with Jerry Wolman</b></p>	<p><b>27</b></p> <p>9:30 a.m.: Tai Chi 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</p>	<p><b>28</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish <b>11 a.m.: Depart for Nemours</b> 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling <b>7 p.m.: Concert: Seamus Kennedy</b></p>	<p><b>22</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>10 a.m. - 2 p.m.: Children's Water Play</b> 11 a.m.: Still Life Painting 11 a.m. - 4 p.m.: Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Painting <b>7 p.m.: Depart for Wolf Trap</b> <b>7 p.m.: Movie: The Princess and the Frog</b></p>	<p><b>23</b></p> <p>9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>24</b></p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs <b>11 a.m.: Caring for Family Treasures</b></p>
<p><b>25</b></p> <p>9 a.m.: Yoga 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>26</b></p> <p>9:15 a.m.: Fit 4-Ever 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>7:30 p.m.: Book Signing with Jerry Wolman</b></p>	<p><b>27</b></p> <p>9:30 a.m.: Tai Chi 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</p>	<p><b>28</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish <b>11 a.m.: Depart for Nemours</b> 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling <b>7 p.m.: Concert: Seamus Kennedy</b></p>	<p><b>29</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 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Clash of the Titans</b></p>	<p><b>30</b></p> <p>9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>31</b></p> <p>8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs</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.

## Taste of Friendship Heights: Saturday, September 25

Mark your calendar for this wonderful community event, now in its fourth year. You will have the opportunity to taste food from terrific local restaurants right here at the Village Center.

- Participants include Bambulé, Capital Grille, Courtyard by Marriott, Indique Heights, Lia's, Maggiano's, M Cafe/Famoso, Potomac Pizza, Sunrise Brighton Gardens, Tynan Coffee & Tea, Whole Foods and more!
- Live music, face painting, moon bounce, and AU basketball
- A portion of the proceeds to be donated to charity.
- Watch for more information in the August and September *Village News*. Also visit [www.tasteoffriendshipheights.com](http://www.tasteoffriendshipheights.com).
- Co-sponsored by the Village of Friendship Heights and the Friendship Heights Urban Network (FHUN).





# 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

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins August 18. 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 Sept. 22.

## EXERCISE AND FITNESS

### CHAIR EXERCISE WITH TONYA

A 6-week class begins July 28. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$62 for residents; \$67 for nonresidents. Session ends Sept. 8 (class will not meet Sept. 1)

### STRENGTH TRAINING WITH CHERYL

This 4-week class begins July 23. 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 \$45 for residents; \$50 for nonresidents. Session ends Aug. 13.

### STRENGTH TRAINING WITH TONYA

A 6-week class begins July 12. Meets Mondays, from 1 to 1:50 p.m. The

class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$62 for residents; \$67 for nonresidents. Session ends Aug. 16.

### TAI CHI (THURSDAY)

A 6-week session begins July 8. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends Aug. 5.

### TAI CHI (TUESDAY)

This 6-week class begins July 20. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Session ends Aug. 24.

## ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

### BLOOD PRESSURE SCREENING/SUBURBAN NURSE

Suburban Hospital offers free blood pressure screenings Tuesdays from 1 to 2:45 p.m. A 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 evening. 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 organizes 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).

### GREAT COURSES

Taped lectures followed by discussion. Meets alternate Wednesday evenings from 7:30 to 8:30 p.m. The DVD series is produced by The Teaching Company, renown for selecting gifted teachers, lecturers and historians to address their topics. Check the calendar for dates.

### HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. 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. 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.

**VILLAGE PLAY TIME**

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

**VISION SUPPORT LUNCH AND LEARN**

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Does not meet in July and August. 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.



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# CONCERTS

Concerts are performed Wednesdays, from 7:00 p.m. to 8:00 p.m., in Hubert Humphrey Park, in front of the Village Center. In the event of inclement weather, concerts are moved indoors to Huntley Hall.

## Wednesday, July 7 — *Silver Strings Quartet*—

Enjoy an evening of classical music under the stars as we welcome the Silver Strings back to Friendship Heights. The fabulous string quartet has been delighting audiences in the Washington D.C., area for almost two decades.

## Wednesday, July 14 — *Lyrical Rhythzz* —

Poet, singer and storyteller Joy Alford and vocalist Julian Hipkins offer a unique night of poetry and jazz. Joy has received the Washington, D.C. Poet Laureate Award. Julian's rich baritone voice has drawn comparisons with the stylings of Billy Eckstine. For several years, he performed with the Tom Cunningham Big Band.

## Wednesday, July 21 — *Greg Harrison Band* —

This combo features Greg Harrison on clarinet, keyboard, and percussion. The group's style ranges from New Orleans jazz to the Big Band sound.

## Wednesday, July 28 — *Seamus Kennedy* —

Seamus Kennedy, originally from Belfast, Northern Ireland, has been entertaining audiences all over the United States for the past 32 years. With a ready wit and a vast store of songs, he travels from Alaska to Florida, Maryland to California, performing for audiences which range from Popes and presidents to bartenders and bricklayers, from college students to kindergartners.



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# TO YOUR HEALTH

## Free sight-saving screenings

Even for people who regularly see an ophthalmologist, glaucoma and visual acuity screenings provide useful information. Over 2 million Americans have been diagnosed with glaucoma and it is estimated that an additional 2 million are unaware that they have this potentially blinding disease because they have no symptoms. People with a family history of glaucoma, people with other health conditions such as diabetes, African Americans over age 40, and everyone over age 60 are at risk.

Hal Morrison will offer glaucoma screenings (visual field, not air "puff" tests) along with visual acuity screenings (to assess distance and reading vision) on **Tuesday, July 20, from 4 to 7 pm**, at the Village Center. Hal is a Village resident and has been the Director of the Adult Vision Screening Program for the Prevention of Blindness Society of Metropolitan Washington for the last 5 years.

Please call the Center at 301-656-2797 to make an ap-

pointment. Wear or bring your eyeglasses or contacts; the screenings will take less than ten minutes. There are 30 spaces available.

This vision screening is free of cost and is provided as part of the partnership between the Village of Friendship Heights and the Prevention of Blindness Society of Metropolitan Washington.

## Imagine life without pain!

"The Pain Connection" is the title of this month's Suburban Health Lecture at the Village Center on **Wednesday, July 14, at 1 p.m.**

Dr. Reza Ghorbani will highlight treatment options for acute and chronic pain, which affects 25 to 50 percent of older adults. Learn the latest in interventional procedures that can reduce, and in some cases eliminate, pain for good.

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, July 19, at 7 p.m.**, presents E. Ethelbert Miller and Myra Sklarew.

E. Ethelbert Miller is the author of several collections of poetry including *How We Sleep on the Nights We Don't Make Love*, and two memoirs, *Fathering Words: The Making of an African American Writer* and *The 5<sup>th</sup> Inning*. He is Director of the African American Resource Center at Howard University.

Myra Sklarew is the author of ten collections of poetry, most recently *Harmless*, fiction, *Like A Field Riddled by Ants*, and essays, *Over the Rooftops of Time*. She has two books forthcoming, *The Journey of Child Development: Selected Papers of Joseph D. Noshpitz*, and *Holocaust and the Construction of Memory*. She is professor emerita at American 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.wordworksdc.com](http://www.wordworksdc.com).

## Caring for your family treasures

Paper and photograph conservator Valeria Orlandini returns to the Village Center for a weekend 40-minute talk about how to protect paper documents, photographs, books and paintings. Join us as paper and photograph conservator Valeria Orlandini discusses how to care for your family treasure on **Saturday, July 24, at 11 a.m.** The talk will provide some basic information and recommendations that may be useful for protecting your treasured items. Guidelines and advice will be given for the care, handling and proper storage of these materials. Free hand-outs will include conservation materials, samples and catalogues. The audience is encouraged to bring examples of specific problems for examination and object's condition consultation. The public is encouraged to bring artworks, historical documents, family photos, and books among others for the conservator to view. More information about conservation services can be found at: <http://orlandini-paperconservation.blogspot.com/>

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# Annual Hawaiian Luau

Tuesday, July 20th ~ 5:30 pm to 8:00 pm

*RSVP by Tuesday, July 13th, to 301-656-1900*

Aloha! You are invited to Brighton Gardens at Friendship Heights for our annual Hawaiian Luau. Enjoy delicious Polynesian cuisine, refreshing beverages and live entertainment by the Tepua Hio Hio Dancers. Mingle with our residents and guests, and tour our beautiful community. Bring a friend, and join us for this evening of island fun!



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# Village Council Corner

## Len Grant completes term on TMD; Bob Schwarzbart steps down as Chair



Village Council member **Len Grant** (top left) has completed his second and final term on the Friendship Heights Transportation Management District Advisory Committee. The Council extends its thanks to Len for his service on the committee over the last six years.



The Village Council nominated **Ann Lewis**, a resident of The Carleton, to succeed Len. Ms. Lewis served in the White House during the Clinton Administration and was a top advisor to Hillary Clinton. Ms. Lewis's nomination has been forwarded to the Montgomery County Executive for approval.

In addition, Council member **Bob Schwarzbart** (bottom left) stepped down as Chairman of the TMD but will remain on the committee. Our thanks also to Bob for his tremendous leadership. During his two-year term at the helm, he brought in a number of notable speakers and raised the profile of the committee.



*Our hanging flower baskets are in full bloom throughout the Village. Note how much they have grown since our story last month!*

Other Council action at the June 14 meeting:

- Approved requests for tree removal behind 4608 North Park Avenue.

**NOTE: No Village Council meeting in July.  
The next meeting will be Monday, August 9.**



*Friendship Heights*

## VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
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**Check out our website:**

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

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

**phone:** 301-656-2797

**July 2010 events calendar**