



Friendship Heights



# VILLAGE NEWS



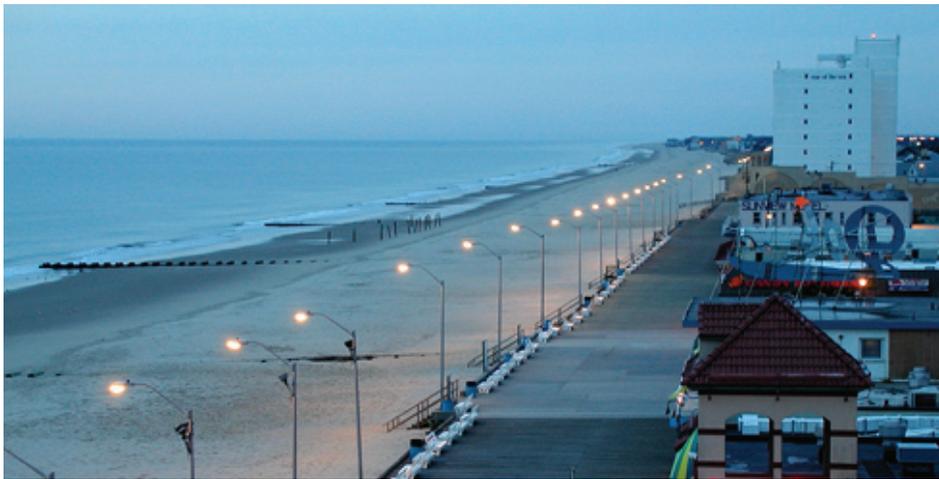
Skin Cancer Screenings

see page 13

AUGUST 2010

301-656-2797

VOLUME 25, NO.3



## Sun, Surf and Shopping

Relax with a day in Rehoboth Beach as we travel to the Delaware shore on **Thursday, Aug. 26**. Stroll on the boardwalk, enjoy a seafood lunch or just take in the sea air. You may choose to spend the day exploring the outlet stores along Route 1. At the Tanger Midway outlet center, you'll find Coach Factory, Jones New York, L.L. Bean Factory Store, Liz Claiborne, Nine West, Polo Ralph Lauren, Ann Taylor, Rockport and more. We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for you to enjoy lunch on your own. There are numerous cafes and restaurants along the Boardwalk and Rehoboth Avenue. We'll return to the Village Center around 7:30 p.m.

The cost of the trip is \$53. Sign-ups begin immediately. Children over 5 years old are welcome but must be accompanied by an adult. There are 45 spaces available.

## A fair day in August

Enjoy an afternoon at the Montgomery County Fair on **Tuesday, Aug. 17**. The largest county fair in the state offers prize-winning livestock and 4-H demonstrations, quilts and crafts, homegrown vegetables and bake sales, carnival rides, and, of course, the pig races.

You'll find plenty to eat inside and out (lunch is on your own). Special events on the day we attend include an equipment expo, "Old Timer's Show," chainsaw demonstrations, magic tricks and musical entertainment, cookie

## An Evening at L'Auberge

Enjoy the cuisine of France without crossing the ocean as we enjoy an elegant evening out at one of Washington's top culinary destinations. On **Tuesday, Sept. 21**, we'll take the



short trip to beautiful Great Falls, Va., to the extraordinary L'Auberge Chez Francois. The dinner includes a choice of appetizer, salad, choice of three special entrees, choice of dessert, and coffee or tea.

The cost of the trip, which includes round-trip transportation, four-course dinner, coffee or tea, and all taxes and gratuities is \$92.

We will depart from the Village Center at 4:45 p.m. and return by 8:45 p.m. Sign-ups begin immediately for residents and one guest. Non-residents may sign up beginning Aug. 16. There are 24 spaces available.

baking and cheese cutting contests, Monster Truck rides, a cattle show, and, honey bee demonstrations. Be sure to stop by the Birthing Center – you may witness a miracle!

We will leave the Village Center at 11:30 a.m. and return by 3:30 p.m. While the trip requires a lot of walking, there is a shuttle that makes several stops throughout the fairgrounds. The cost of the trip, for transportation and driver tip, is \$23. **Please register by August 6.** Children six and older are welcome with an adult.

# CHILDREN'S PROGRAMS



## Staying Cool on a Summer Day

Tyler LeRouzes enjoyed our water slide in Willoughby Park on a hot July afternoon.

## Call for interest: Book Club

If there is sufficient interest in reviving the monthly Village book club, meetings could begin in the fall. A resident has volunteered to lead the group. Gatherings would be held at the Village Center on a weekday morning (exact day and time to be determined). If you are interested in participating, call Jennie at 301-656-2797.



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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

The deadline for reserving space for the September issue is August 1. 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...

## Village Voices

### Tea and Talk: Memories of the Glen Echo protests

Glen Echo Park, now home to a rich arts program, theater, galleries, dancing and an historic Dentzel Carousel, began in 1891 as a National Chautauqua Assembly. By the early 1900s it had become a premier amusement park and trips out to the park by streetcar, and later automobile, became a summer ritual for Washington residents. But only the white residents.

In the summer of 1960, members of the D.C. Non-violent Action Group—mostly black Howard University students and white neighbors from nearby Bannockburn—walked together for eight weeks to protest the segregation of Glen Echo Park. One of the former protesters, who attended the June reunion of the group to celebrate 50 years of integration at the park, is Esther Delaplaine. Now a resident of Friendship Heights, she

was one of many Bannockburn mothers who brought food and water to picketers, held homemade signs while pushing children in strollers, and always made sure that the picket lines were staffed. In a Washington Post story, she said, “We were black and white together. That was the message.” The protests were successful: the next spring, the park opened to whites and blacks.

Join Esther Delaplaine at the Village Center on **Wednesday, Sept. 15, at 2 p.m.**, when she shares her experience during “the summer of change.” Afterward, please stay for tea. Sign up by calling 301-656-2797.

### Save the Dates

**Tuesday, Sept. 16, 7:30 p.m.:** Prolific mystery writer Martha Grimes discusses her latest mystery, *The Black Cat*.

**Thursday, Sept. 23, 7:30 p.m.:** Pulitzer Prize winning American novelist Jane Smiley discusses her new book, *Private Life*.

*See the September Village News for more details.*

# PUZZLED

## by Today's Real Estate Market?

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# Friendship Heights Celebrates July 4



Photos by Joel Williams

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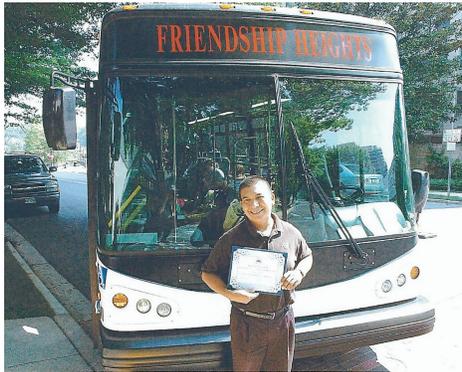
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Photos by Joel Williams

Friendship Heights Village Mayor Melanie Rose White presented several awards to residents and friends during the July 4th festivities. In the center photo, Mayor White shares a laugh with Rep. Chris Van Hollen, who received the Elizabeth Scull Award. Community Service Awards were presented to Helen Vamvas, upper left, and Helen Davis, upper right, and Jan Cary, not present. RMA shuttle drivers Patrick Voltaire, lower left, and Juan Pineda, lower center, were presented with certificates of appreciation. A special certificate of achievement was presented to 2010 U.S. Presidential Scholar Henry Zhu, lower right.

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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, Aug. 5, 7 p.m. — Movie — *Creation*** — English naturalist Charles Darwin struggles to find a balance between his revolutionary theories on evolution and the relationship with religious wife, whose faith contradicts his work. Rated PG-13. Running Time: 108 minutes.

**Thursday, Aug. 12, 7 p.m. — Movie — *Diary of a Wimpy Kid*** — To Greg Heffley, middle school is the dumbest idea ever invented. It's a place rigged with hundreds of social landmines, not the least of which are morons, wedgies, swirlies, bullies, lunchtime banishment to the cafeteria floor and a festering piece of cheese with nuclear cooties. To survive the never-ending ordeal and attain the recognition and status he feels he deserves, Greg devises an endless series of can't-miss schemes, all of which, of course, go awry. And he's getting it all down on paper. Rated PG Running Time: 94 minutes.

**Thursday, Aug. 19, 7 p.m. — Movie — *The Messenger*** — Ben Foster stars as Will Montgomery, a U.S. Army officer who has just returned home from a tour in Iraq and is assigned to the Army's Casualty Notification ser-

vice. Partnered with fellow officer Tony Stone to bear the bad news to the loved ones of fallen soldiers, Will faces the challenge of completing his mission while seeking to find comfort and healing back on the home front. When he finds himself drawn to Olivia, to whom he has just delivered the news of her husband's death, Will's emotional detachment begins to dissolve and the film reveals itself as a surprising, humorous, moving and very human portrait of grief, friendship and survival. Also stars Woody Harrelson, Samantha Morton, Jena Malone, and Steve Buscemi. Rated R. Running Time: 105 minutes.

**Thursday, Aug. 26, 7 p.m. — Movie — *The Last Song*** — Seventeen-year-old Ronnie Miller's life was turned upside-down when her parents divorced and her father moved from New York City to Tybee Island, Georgia. Three years later, she remains angry and alienated from her parents, especially her father until her mother decides it would be in everyone's best interest if she spent the summer on Tybee Island with him. The tale that unfolds is an unforgettable story about love in its myriad forms Stars Miley Cyrus and Greg Kinnear. Rated PG. Running Time: 107 minutes.

# SHEN YUN

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# ART and CULTURE

## Artists from Town of Somerset to exhibit during August

Artists from the Town of Somerset will exhibit in Friendship Gallery this month. The show is dedicated to Alice Rowen, who enriched the Somerset art community over a period of many decades. There are 17 artists in the exhibition with a wide variety of mediums.

The exhibit runs from August 2 to 29. All are invited to meet the artists at a reception on **Sunday, Aug. 8, from 11:30 a.m. to 1 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Painting by Cathy Abramson, "National Cathedral"

## July 4<sup>th</sup> art show: Paint and patriotism

The 2010 "Three Cheers for the Red, White and Blue" show at Friendship Gallery exhibited nearly forty area artists and their Fourth of July interpretations. Cash prizes were awarded at the July 11 reception to the winners chosen by juror Millie Shott. First place was awarded to Clifford Wheeler for "White Friars '80." Second place was awarded to John Barnes for "Sam and Friends." Third place was awarded to Florence Gang for "Winging to Liberty." Honorable Mention awards were presented to Bob Peavy, Frank Palumbo, and Shirley Storms.



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**References available**

# Friendship Heights Village Center



# Calendar of Events 2010

## AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>1</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>2</b> 9:15 a.m.: Fit Forever 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting <b>7 p.m.: Café Muse</b>	<b>3</b> 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</b> 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, Part 2 <b>7 p.m.: Concert: Barbara Martin and Mac Walter</b>	<b>5</b> 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: Creation</b>	<b>6</b> 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl	<b>7</b> <b>7:30 a.m.: Depart for Tanglewood</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	
<b>8</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	<b>9</b> 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya <b>8 P.M.: Friendship Heights Council Meeting</b>	<b>10</b> Tuesday, August 10 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	<b>11</b> 11 a.m.: Chair Exercise with Tonya <b>1 p.m.: Suburban Lecture: Better Treatments for Women</b> 1 p.m.: Health Insurance Counseling <b>7 p.m.: Concert: Washington Revels Sea Shanties</b>	<b>12</b> 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 <b>7 p.m.: Movie: Diary of a Wimpy Kid</b>	<b>13</b> 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>14</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	
<b>15</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>16</b> 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting	<b>17</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>11:30 a.m.: Depart for County Fair</b> 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist	<b>18</b> 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Great Music series: Romantic-era Musical Nationalism <b>7 p.m.: Concert: Ming Hui Chinese Dancers</b>	<b>19</b> 8:15 a.m.: Walking Club <b>9 a.m. to 12 p.m.: Skin Cancer Screenings</b> 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble <b>7 p.m.: Movie: The Messenger</b>	<b>20</b> 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	<b>21</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	
<b>22</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>23</b> <b>10 a.m. – 2 p.m.: MVA Bus</b> 10:30 a.m.: Resistance Training For Seniors 2:30 p.m.: Acrylic or Oil Painting	<b>24</b> 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	<b>25</b> 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga <b>7 p.m.: Concert: Robert Redd/ William Wright Tribute to Benny Goodman</b>	<b>26</b> <b>8 a.m.: Depart for Rehoboth</b> 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble <b>7 p.m.: Movie: The Last Song</b>	<b>27</b> 9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	<b>28</b> 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	
<b>29</b> 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	<b>30</b> 2:30 p.m.: Acrylic or Oil Painting	<b>31</b> 8:15 a.m.: Walking Club 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist				<p>A big thank you to Brighton Gardens of Friendship Heights for providing bottled water during the summer months for people standing in line at the MVA Mobile Office.</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.

### Cafe Muse presents...

This month's Café Muse, on **Monday, Aug. 2, at 7 p.m.**, presents authors Patricia Davis and Henry Israeli.

Patricia Davis is the author of the play, *Alternative Methods*, and co-author with Dianna Ortiz of *The Blindfold's Eyes: My Journey from Torture to Truth*.

Henry Israeli is the author of *Child of Nature*, *Praying to the Black Cat*, and *New Messiahs* and in translation *Fresco: the Selected Poetry of Luljeta Lleshanaku*.

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.wordworksd.com](http://www.wordworksd.com).



# CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

## ART

### ACRYLIC OR OIL PAINTING (DAY)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 13. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Nov. 22 (class will not meet Oct. 11). Maximum number of students is 16.

### ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins Sept. 16. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Class ends Dec. 9 (class will not meet Oct. 14 or Nov. 11). Maximum number is 16.

### 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.

### STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 16. Class 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 Dec. 9 (class will not meet Oct. 21 or Nov. 11).

## EXERCISE AND FITNESS

### BALANCE AND FALL PREVENTION

September is fall prevention month, a good time to sign up for this popular class. NOTE: The length of the session this year has been extended to 12 weeks to be more effective. Begins Sept. 7. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$124 for residents; \$134 for nonresidents. Session ends Dec. 7 (class will not meet Sept. 14 and Nov. 2 because of the elections). Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

### CHAIR EXERCISE WITH TONYA

This 8-week (note new length of session) class begins Sept. 15. 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 \$82 for residents; \$89 for nonresidents. Session ends Nov. 3.

### CHAIR YOGA AND MORE

This 5-week series taught by Hedy

Ohringer begins August 25. Meets Wednesdays from 3 to 4:15 p.m. Classes benefit body and spirit and are suitable for a wide range of abilities with movements that can be done while seated in a chair, or standing with support of chairs, tables and walls. Enhance your well-being, in and out of class, with greater flexibility, balance and inner joy. The cost is \$50 for residents; \$55 for nonresidents. Session ends Sept. 29 (class will not meet Sept. 8).

### PRACTICAL PILATES WITH PROPS

This 6-week class, taught by Ginger Russell, begins Sept. 21. Meets Tuesdays from 7 to 8 p.m. Pilates-based training can improve your balance, flexibility, strength as well as body alignment and awareness. Using props such as a small ball, light weights, and stretch bands, can give you a total body workout! Bands and ball are provided. Participants bring a yoga mat and a set of 1-, 2-, or 3 - lbs. weights. Class recommended for both beginner and intermediate levels. Please consult your physician before participating in the class. The cost is \$80 for residents and \$90 for nonresidents. Questions? Email Gingerrusteach@yahoo.com. Session ends Oct. 26.

### STRENGTH TRAINING WITH CHERYL

This 6-week class begins Sept. 17. 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 non-

residents. Session ends Oct. 29 (class will not meet Oct. 15).

### **STRENGTH TRAINING WITH TONYA**

This 8-week (note new length of session) class begins Sept. 13. 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 \$82 for residents; \$89 for nonresidents. Session ends Nov. 8 (class will not meet Oct. 11).

### **TAI CHI (THURSDAY)**

This 12-week (note new length of session) class begins Sept. 9. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$80 for residents; \$90 for nonresidents. Questions? Email instructor Thomas Johnson at [taijitaj7@gmail.com](mailto:taijitaj7@gmail.com). Session ends Dec. 2.

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

This 12-week (note new length of session) class begins Sept. 7. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$80 for residents; \$90 for nonresidents. Session ends Dec. 7 (class will not meet Sept. 14 and Nov. 2).

### **YOGA (DAY)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 19. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased



Robin Dinerman teaches Yoga on Wednesdays at 8:30 p.m. and Thursdays at 7 p.m. on MMC TV Channel 16.

at class). Don't eat for 2 hours before class. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet Oct. 10, Oct. 31 and Nov. 28.

Session ends Dec. 12. To get a preview of the class, watch "Cherryblossom Yoga with Robin Dinerman," on Cable Channel 16, Wednesdays at 8:30 p.m. and Thursdays at 7 p.m.

### **YOGA (EVENING)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 20. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet Oct. 11, Nov. 1 and 29. Session ends Dec. 13.

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

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

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

### **FHUN**

The Friendship Heights Urban Network (FHUN) brings together young professionals, young parents, and college students for 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, renowned 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. Please call 301-590-2819 for an appointment.

### **SCRABBLE**

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

### **TEA 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 can enjoy toys and play equipment at the Village Center most Thursdays from 11 a.m. to 4 p.m. 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. No meetings in July and August. Contact Janet Morrison at 301-538-9358.

### **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 information.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for information. No meeting in August.

# CONCERTS

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

**Wednesday, Aug. 4 — Barbara Martin and Mac Walter** — Barbara Martin and Mac Walter's music is a rich stew of earthy blues peppered with sassy, swinging jazz. Their performances are rooted in a healthy respect for the traditions of American music from Josh White to Bessie Smith to Billie Holiday. Martin's sultry, soulful voice combined with the bending, sliding strings of guitar wizard Mac Walter captivate audiences.

**Wednesday, Aug. 11 — Washington Revels Sea Shanties**—Washington Revels presents "Songs of the Sea and Shore"—a program of nautical song, dance and ritual celebrating the traditions of the men who manned the great sailing ships and the women who sustained the life of the seafaring communities ashore. Revels has

presented this material at many venues in the Washington area, including the Smithsonian Museums of American History and Natural History, the Corcoran Gallery, Alexandria Waterfront and National Harbor.

**Wednesday, Aug. 18 — Chinese Dancers from the Ming Hui School** — the Ming Hui School of the Asian Community Service Center will present traditional Chinese dances in traditional costumes.

**Wednesday, Aug. 25 — Benny Goodman Tribute with Robert Redd and William Wright**— Pianist Robert Redd and clarinetist William Wright continue the celebration of the 100th birthday of the "King of Swing," performing many of the jazz tunes that made Goodman

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### Nutritional, Herbal & Homeopathic Remedies

Allergy Research Group, Aloe Life, Bach Flower Essences, Boericke & Tafel, Boiron, **Carlson**, Coromega, Country Life, Derma E, Ecological Formulas, Enzymatic Therapy, **Garden of Life**, Heel-BH, Health From the Sun, Herbpharm, Herbs Etc., Jarrow, **Pure Encapsulations**, Renew Life, Sovereign Silver, **Standard Process**, Thorne Research, Tyler, Washington Homeopathics, **Xymogen**, Metagenics, New Chapter, Megafood, **Keys**, Kneipp Natural Factors, **Perque**, Life Extension, Oregon's Wild Harvest, **California Baby** and Nordic Naturals.

# TO YOUR HEALTH

## Support for better treatments for women

Approximately a third of women in this country suffer in silence and embarrassment from one or more pelvic floor disorders. Addressing this sensitive topic, Dr. Walter Von Pechmann, who practices urology, obstetrics and gynecology, and plastic surgery, will review the latest in non-surgical and surgical treatments at this month's Suburban Health Lecture at the Village Center on **Wednesday, August 11, 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.

## Driver Safety Program at the Center

The AARP Driver Safety Program helps drivers refine skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a discount on their auto insurance premiums.

The one-day course will be offered **Friday, Oct. 1, from 10 a.m. to 3 p.m.** at the Village Center. The cost is \$12 for AARP members (please bring your membership card when you register) and \$14 for nonmembers. Checks should be made out to AARP. A minimum of 12 students is required or the class will be cancelled. Students must bring to class

with them their driver's license and a ballpoint pen. Barbara Newland will be the instructor. Please register at the Village Center.

## Screening for skin cancer

Dr. Sarah Grummer, a dermatologist at the Dermatologic Surgery Center of Washington, will administer free skin cancer screenings at the Village Center on **Thursday, August 19, from 9 a.m. to 12 p.m.**

Screenings, held in complete privacy, will last about ten minutes. Call 301-656-2797 to make an appointment. Early detection is the best defense against all forms of skin cancer!



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Before you whiten your teeth, you must have a check up with your dentist. The dentist should review your medical history, allergies to any of the ingredients in the whitening products and pathologies that could be causing the darkening of the teeth.

Cavities must be located and treated before whitening. Fillings and Crowns should be identified and recorded since these do not whiten. Tooth Discoloration and history of tooth sensitivity must be investigated in order to determine the type, length, additional treatments and outcome. This information and your expectations should be discussed at the dental visit to determine what kind of whitening system is best for you.

There are 4 categories in the tooth whitening market: professionally applied (dental-office), dentist-prescribed/dispensed (patient-home-use), consumer-purchased/over the counter (applied by patients) and other non-dental options (mall kiosks, spa settings, etc).

Even if you decide to go for an over the counter system or non-dental option, your dentist should help you decide which one to buy and monitor the process. Most of these products contain hydrogen peroxide and some carbamide peroxide in lower percentages. Safety issues have been raised regarding the effects of bleaching on the tooth structure, pulp tissues, gums, tissues of the mouth and systemic ingestion. The Food and Drug Administration (FDA) has not classified these products since in the early 90's the proposal of regulating the peroxide-based bleaching materials as drugs was challenged legally by the manufacturers.

A professional assessment and supervision will reduce the risk of patients selecting and using inferior products, inappropriate applications procedures and product abuse. If you want a white smile this winter without pain and suffering, consider calling your dentist before you purchase a whitening product at your local pharmacy or mall.



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# Village Council Corner

## 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 American University basketball.
- A portion of the proceeds to be donated to the Community Council for the Homeless at Friendship Place (CCHFP).

- Watch for more information in the September *Village News*. Also visit [www.tasteoffriendshipheights.com](http://www.tasteoffriendshipheights.com).
- Co-sponsored by the Friendship Heights Village Council and the Friendship Heights Urban Network (FHUN).

### New Bike Rack Installed at Center



Maggie Atwood takes advantage of the newly installed bike rack in front of the Village Center while attending our summer art camp.

**There was 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  
Chevy Chase, Maryland 20815

### Check out our website:

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

**phone:** 301-656-2797

**August 2010 events calendar**