



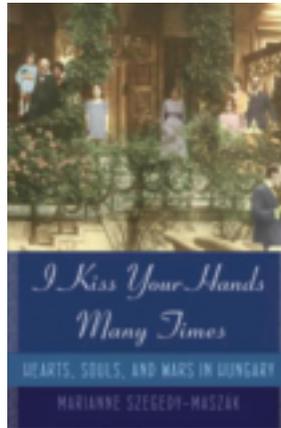
A beautiful wartime love story

Journalist Marianne Szegedy-Maszák began a New York Times op-ed piece this way: “My father, a Hungarian diplomat, dined with Adolf Hitler three times. And then he went to the concentration camp at Dachau.” Ms. Szegedy-Maszák will discuss her book, *I Kiss Your Hands Many Times: Hearts, Souls, and Wars in Hungary*, at the Village Center on **Thursday, May 21, at 7:30 p.m.**

The author’s parents, Hanna and Aladár, met and fell in love in Budapest in 1940. He was a rising star in the foreign ministry and a vocal anti-Fascist who was in talks with the Allies when he was arrested and sent to Dachau. She was a member of an aristocratic Jewish family that owned factories, were patrons of intellectuals and artists, and entertained dignitaries at their baronial estates. Framed by letters written between 1940 and 1947, this family memoir tells the story of the complicated relationship Hungary had with its Jewish population and with the rest of the world.

Marianne Szegedy-Maszák, a journalist whose work has appeared in many publications, has been a reporter at the *New York Post*, an editor at *Congressional Quarterly*, a professor of journalism at American University, and a senior writer at *U.S. News & World Report*.

Copies of the book will be on sale by the author at the special price of \$20 — cash or check only please. Please call 301-656-2797 to register.



Family fun in the park in May

Families are invited to join in an afternoon of art, music and fun on **Saturday, May 9, from 12:30 p.m. to 2:30 p.m.** in Humphrey Park (in front of the Village Center). Children can try their hands at several art projects led by teachers and counselors from our summer children’s art camp. And we’ll have a project that invites all in attendance to create a special community painting. Apple Dumpling the Clown will also be on hand for face painting and balloon sculpting. Camp favorite James Taylor will delight us with songs. Author Jean Pettenati will offer for sale her new children’s book based on renown musician Arturo Toscanini. If it rains, the show will be moved into the Village Center. Admission is free.

Village Council Election: Monday, May 11 ‘Candidate Meet and Greet’ on May 5

The Village Council election will be held on **Monday, May 11**, at the Village Center. Voters will select seven Council members for two-year terms. Polls will be open from 7 a.m. to 8 p.m. The candidates are: **Kathleen Cooper; Michael J. Dorsey; Paula Durbin; Leonard J. Grant; Elizabeth Demetra Harris; David Lewis; Clara M. Lovett; John R. Mertens; Ron Sallerson; Robert M. Schwarzbart; Melanie Rose White.**

The League of Women Voters, who will be running the election, will also be moderating a Candidate Meet and Greet at the Village Center on **Tuesday, May 5, at 7:30 p.m.**

The Council swearing-in ceremony will be Tuesday, May 19, at 7 p.m., at the Center, followed by a reception and the Council meeting at 7:30 p.m.

Last call for the Nats game

There are still a few tickets available for the Washington Nationals game against the Atlanta Braves on **Saturday, May 9.**

We will leave the Village Center at 2:45 p.m. The cost of the trip, which includes a seat in Section 135 (closest area to the field), transportation and driver gratuity, is \$77.

A support group for caregivers to begin this month

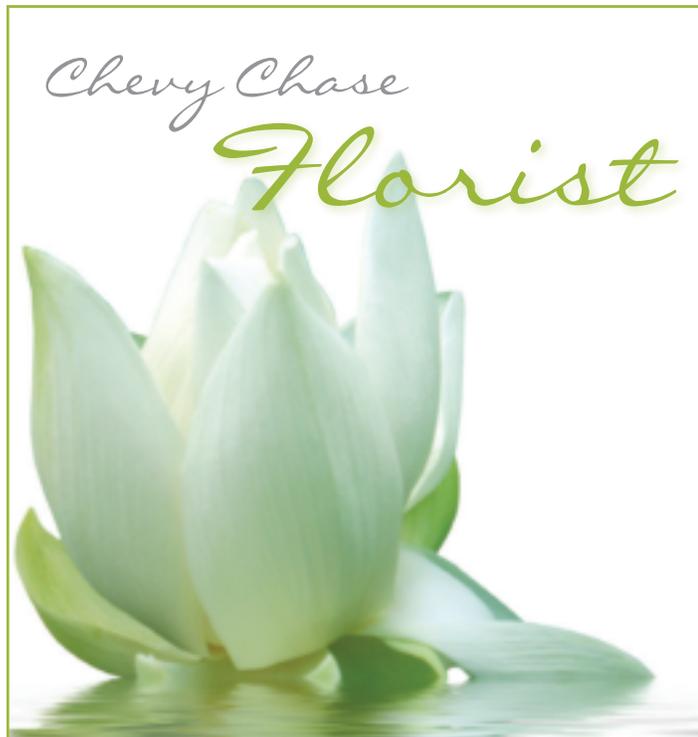
The Village Center will host a monthly support group for people caring for parents or partners with serious illness or dementia beginning **Monday, May 18, from 6:30 to 8 p.m.**

Caregivers perform exhausting duties like bathing, feeding, dressing, managing medications, transportation — often while juggling work and other family responsibilities.

Experienced facilitator Judith Bernstein will lead the group and expert speakers may be invited to discuss certain topics in the future. But the focus will be on feeling less alone and gaining support from the group. Attendees will have an opportunity to share advice, connect with others who understand the challenges, and occasionally vent and laugh. And of course refreshments will be included!

Judith is a clinical social worker and certified advanced social work case manager. Before launching her own caregiving business, Judith worked with seniors and their families through the Suburban Hospital Care Management Program. For several years, she was also a social worker at The Hospital for Sick Children in Washington, DC serving children with medically complex needs.

If you would like to attend, please call 301-656-2797.



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New York Times reporter to speak at the Center

Journalist Nazila Fathi will discuss her book, *The Lonely War: One Woman's Account of the Struggle for Modern Iran*, at the Village Center on **Thursday, June 11, at 7:30 p.m.**

Ms. Fathi, the only fulltime New York Times correspondent in Iran from 2001 to 2009, reported out of the country for nearly two decades, writing over 2,000 articles, until threats from the Iranian government forced her into a life of exile that continues to this day. Her memoir blends her own story of growing up in Iran after the revolution with historical analysis and interviews with Iranian intellectuals, dissidents, and politicians.

Copies of the book will be available for purchase. Please call 301-656-2797 to register.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the June issue is May 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Discover Frederick with us

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

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

We'll depart from the Village Center at 9:30 a.m. and should return by 4:30 p.m. The cost of the trip, which includes round-trip transportation, guided tour of Rose Hill Manor, lunch and all taxes and gratuities, is \$80. Residents may sign up immediately at the Village Center. Nonresidents may sign up beginning May 7. There are 29 spaces available. The deadline to sign up is June 2.



The Da Capo Chamber Players present a
Chamber Music Concert
Sunday, May 3rd at 3 pm
Friendship Heights Village Center
Admission is Free
Refreshments Following the Concert

Program:

Trio by Fuchs for Violin, Viola and Piano
Quintet by Brahms for Clarinet and Strings

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

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

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

Back Pain: Causes and Traditional Treatments

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

Treating Back Pain with Biologic Regenerative Treatments

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

The Regenexx protocol includes:

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

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

This enhanced Regenexx protocol also offers the following benefits:

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

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

Does Degree of Injury or Age Impact Success?

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

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

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



Patient Education Seminar

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

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

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

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

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



Mayo F. Friedlis, MD

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

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- Shoulder Pain & Rotator Cuff Tendinitis
- Chronic Back & Neck Pain
- Tennis/Golfer's Elbow
- Achilles Tendinitis
- Foot & Ankle Pain, Plantar Fasciitis
- Sacroiliac Joint Instability

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McLean, VA
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Chevy Chase, MD
WEDNESDAY, APRIL 15, 2015
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RSVP

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FBI profiler to speak at the Center

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

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

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

Tea and Talk: Rosie the Riveter

Come to the Village Center for tea with Rosie the Riveter on **Wednesday, May 6, at 1 p.m.** Award-winning actress and Smithsonian Scholar Mary Ann Jung presents the fascinating story of Rose Leigh Monroe (Rosie the Riveter) who worked at the largest aircraft factory in the world during World War II. Afterward, please stay for tea. RSVP to 301-656-2797.

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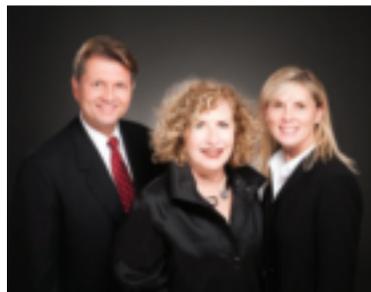


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PLAYING on the BIG SCREEN

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.

Thursday, May 7, 6 – 8:45 p.m. — Healing Qigong Workshop — see page 10 for details

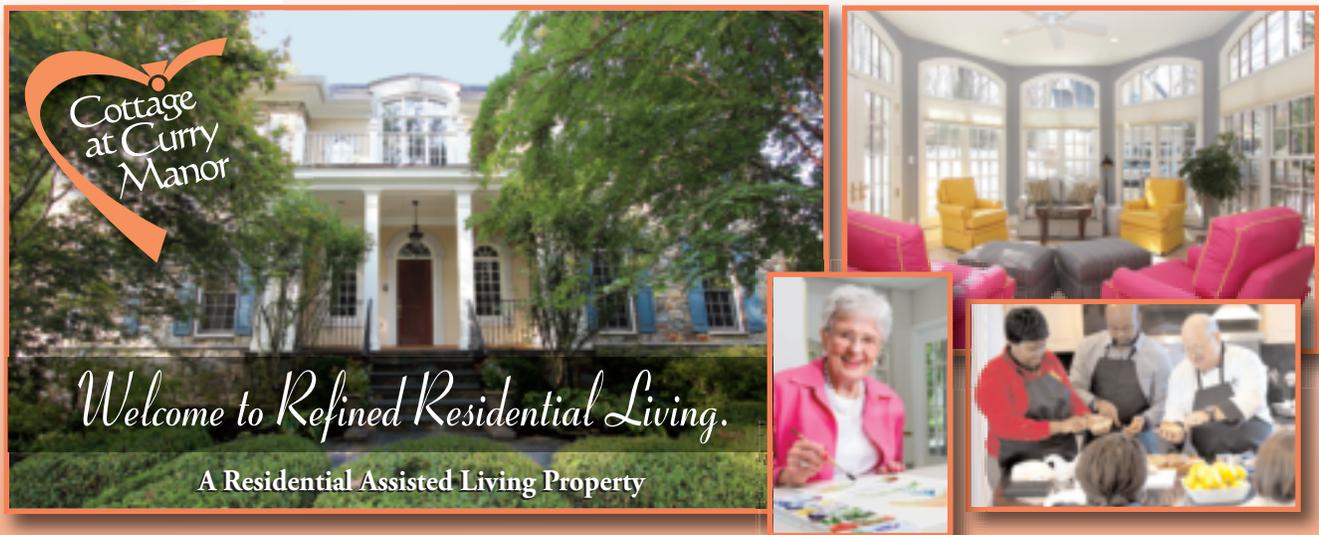
Thursday, May 14, 7 p.m. — Movie — *Unbroken* — Based on Laura Hillenbrand's enormously popular book, *Unbroken* follows the life of Olympian and war hero Louis Zamperini, who, along with two other crewman, survived in a raft for 47 days after a near fatal plane crash in WWII, only to be caught by the Japanese navy and sent to a prisoner-of-war camp. Stars Jack O'Connell Rated PG-13. Running Time: 137 minutes.

Thursday, May 21, 7:30 p.m. — Book Signing with Marianne Szegegy-Maszik —see page 1 for details.

Thursday, May 28, 7 p.m. — Movie — *Wild* — Driven to the edge by the loss of her beloved mother, the dissolution of her marriage and a headlong dive into self-destructive behavior, Cheryl Strayed makes a decision to halt her downward spiral and put her life back together again. With no outdoors experience, a heavy backpack and little else, Cheryl sets out alone to hike the Pacific Crest Trail — one of the country's longest and toughest through-trails. Stars Reese

Witherspoon and Laura Dern. Rated R. Running Time: 120 minutes.

You can hear a recording of the Center's programs and events at any time by calling 301-656-2797 and asking to be transferred to the message or by pushing 11 when calling after hours.



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ART and CULTURE

Fiber art on exhibit this month in Friendship Gallery



The G Street Doll Club, needlepoint artist Penny Bender and felt artist Keira An will exhibit in the Friendship Gallery during the month of May. The work of the G Street Doll Artists is nationally known and always a hit at the Village Center. This year the dolls will be dressed in costumes made entirely of paper. The doll makers were inspired by the work of artist Isabella de Borchgrave.

Keira An has been creating felt art for five years. Penny Bender, a Village resident, says that her "needlepoint pictures are always happy and I am smiling when I work on them."

The show runs from May 4 to 30. The public is invited to meet the artists at a reception on **Sunday, May 17, from 11:30 a.m.**

to 1:30 p.m. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of certain activities

in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.

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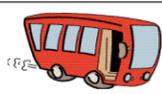
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Calling all artists!

Don't forget our annual art show, "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. Entry forms are at the Center.

<p>3</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4</p> <p>10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse</p>	<p>5</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure 1 p.m.: Balance/Coordination 2 p.m.: Facebook Workshop 2 – 4 p.m.: Suburban Nurse 3 – 4 p.m.: Tea 5 – 7 p.m.: Shred-It Truck 6 p.m.: Music Theory 7 p.m.: Pilates 7:30 p.m.: COUNCIL CANDIDATES MEET AND GREET</p>	<p>6</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Tea and Talk: Rosie the Riveter 7:30 p.m.: Concert: Alicia Lee</p>	<p>7</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 6 – 8:45 p.m.: Healing Qigong</p>	<p>1</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement 2 p.m.: Tea and Talk: Lincoln's Last 100 Days</p>	<p>2</p> <p>8:15 a.m.: Walking Club 9 a.m.-1p.m. Twin Springs Market 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography 10 a.m. – 2 p.m.: Prescription Drug Take-Back Day</p>
<p>10</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>11</p> <p>7 a.m. to 8 p.m.: COUNCIL ELECTION 10 a.m.: Great Books 10:30 a.m.: Resistance Training 2:30 p.m.: Acrylic or Oil Painting</p>	<p>12</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Music Theory 7 p.m.: Pilates</p>	<p>13</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: "Get Your Back on Track" 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Kinor Dance</p>	<p>14</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Unbroken</p>	<p>8</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>9</p> <p>8:15 a.m.: Walking Club 9 a.m.-1p.m. Twin Springs Market 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography 12:30 – 2:30 p.m.: Children's Art in the Park 2:45 p.m.: Depart for Nats Stadium</p>
<p>17</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>18</p> <p>10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 6:30 p.m.: Caregivers Support Group</p>	<p>19</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance/Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Music Theory 7 p.m.: Pilates 7 p.m.: FRIENDSHIP HEIGHTS COUNCIL SWEARING-IN AND MEETING</p>	<p>20</p> <p>9 a.m.: Depart for Richmond 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: American Songwriters 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Tales in the Village:</p>	<p>21</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7:30 p.m.: Book Signing with Marianne Szegedy-Maszak</p>	<p>15</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9 a.m.-1p.m. Twin Springs Market 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>24</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>25</p> <p>Memorial Day Center open 9 a.m. to 2 p.m. Shuttle bus runs on weekend schedule 10 a.m.: Great Books 10:30 a.m.: Resistance Training</p> 	<p>26</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates</p>	<p>27</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: American Songwriters 1 p.m.: Health Insurance 7:30 p.m.: Concert: Richard Miller</p>	<p>28</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Wild</p>	<p>22</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9 a.m.-1p.m. Twin Springs Market</p>
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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.

Last chance for children's art camp

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

Produce market returns to the village this month

Twin Springs Fruit Farm will set up its market on **Saturday, May 2, from 9 a.m. to 1 p.m.**, and will be on the portico of the Friendship Heights Village Center every Saturday through December. During May, the farmers expect to have their own greenhouse tomatoes, arugula, cucumbers, basil, bok choy, sweet peppers and spring mixed greens. In addition, they will feature fresh asparagus, radishes, spring onions, lettuce and other veggies. Also available in May are strawberries, baked goods, jams and jellies, apples, cheese and eggs. See you at market!

CLASSES and CLUBS

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

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

ART AND MUSIC

ALL IN THE EYES (formerly PORTRAITURE IN PENCIL AND PASTEL)

New name, same wonderful instructor! This 6-week class, taught by Marianne Winter, begins June 3. Students will learn to draw faces expressively and capture likenesses using photos. Ms. Winter is an award-winning artist, photographer and book illustrator. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. Meets Wednesdays from 1 to 3 p.m. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is July 15 (no class June 24).

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins June 11. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends August 20 (class will not meet June 25). Minimum number of students is 10; maximum is 14.

AMERICAN SONGWRITERS

Washington legend John Eaton teaches this series on five of the most influential American composers: Harry Warren, "Hooray for Hollywood"; Richard Rodgers, "One Man and His Lyricists"; "The Fascinating Odyssey of Vernon Duke and Kurt Weill"; and, "George Gershwin, American Hero." The 4-week course begins May 20. Meets Wednesdays from 1 to 2:30 p.m. Cost is \$80 for residents; \$85 for nonresidents. Class ends June 17 (will not meet June 10). A musical performance by Mr. Eaton highlights each session. Light refreshments will be served. See page 12.

BASIC PHOTOGRAPHY (Adults)

This 8-week course in black and white

and color photography, taught by Lew Berry, begins May 2. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection.

Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. Session ends June 27 (class will not meet May 23).

BASIC PHOTOGRAPHY FOR CHILDREN

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

STILL LIFE PAINTING

An 8-week course taught by Joan Samworth begins May 28. Class emphasizes the elements of art: line, color, texture, shape and value and is designed for all levels of experience. 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, please). The cost is \$150 for residents; \$165 for nonresidents. Last class is July 30; won't meet June 25 or July 23).

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 5-week class begins June 9. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$55 for residents; \$60 for nonresidents. Session ends July 14 (class will not meet June 23). Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 5-week class begins June 10. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$55 for residents; \$60 for nonresidents. Session ends July 15 (class will not meet June 24).

HEALING QIGONG **NEW!**

A one-time workshop on Thursday, May 7, from 6 to 8:45 p.m. Open to anyone with an interest in holistic health disciplines, qigong and tai chi. Beginners and advanced students are welcome. Center instructor Laoshi Taj Johnson will introduce Master Joe Lok who teaches and practices Wu Dang Tai Chi in Hong Kong. Master Lok will lead the workshop. Cost is \$60.

MAT PILATES

The 6-week session begins June 9. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from "the inside out" bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Session ends July 21 (class will not meet June 23).

MEMORY AND MOVEMENT

This 6-week class begins June 5. Meets Fridays, from 10:30 to 11:30 a.m. This class, taught by Cheryl Clark, will help your short-term memory and balance. The exercises are specially designed to target brain health as well as physical strength. Ms. Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. The cost is \$65 for residents; \$70 for nonresidents. Session ends July 24 (class will not meet June 26 and July 3).

SKY VALLEY TAI JI (Thursday)

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

SKY VALLEY TAI JI (Tuesday)

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

STRENGTH TRAINING WITH TONYA

This 6-week class begins May 18. 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 \$65 for residents; \$70 for nonresidents. Session ends July 13 (class will not meet May 25, June 22 and July 6).

YOGA WITH ROBIN

This 6-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's Cherryblossom Yoga, and begins June 28. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at

class). Don't eat for 2 hours before class. The cost is \$80 for residents; \$85 for nonresidents. Session ends August 16 (class will not meet July 5).

ZUMBA **NEW!**

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

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

COFFEE AND CURRENT EVENTS

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

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

HEALTH INSURANCE COUNSELING

Free assistance offered by the University of Maryland Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SPEECH SUPPORT

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

dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village volunteers serve hot beverages, cookies and fruit every Tuesday from 3 to 4 p.m.

VILLAGE BRIDGE CLUB

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

VILLAGE PLAY TIME

Games and toys are set out at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver, over age 13.

YIDDISH

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

BETTER LIVING AND VITALITY WITH QIGONG

Qigong is defined as a powerful system of healing and energy medicine from China. It is the art and science of using breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate the life energy (qi). Master Joe Lok, a well-known instructor of Wu Dang Tai Chi in Hong Kong, will travel to the U.S. to lead workshops. On **May 7**, he will be at the Village Center to lead a seminar and class in Healing Qigong. Details are on page 10.

Reminder:

Lincoln scholar Dr. John Elliff will present "Lincoln's Last 100 Days" at the Village Center on **Friday, May 1, at 2 p.m.** After the program, please stay for tea. RSVP to 301-656-2797.

CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, May 6 — Alicia Lee — Born into a musical family, Alicia Lee grew up in Michigan where she began her musical studies on the violin and piano at age 4. She made the switch to clarinet at the age of 12. Recently she has performed as a guest with the Milwaukee Symphony, the New Mexico Symphony Orchestra, and the Bergen Philharmonic in Norway. Her chamber music experience includes performances at the Norfolk Chamber Music Festival, San Luis Obispo Mozart Festival, Yellow Barn Music Festival, and the Marlboro Music Festival.

Wednesday, May 13 — Kinor Dance Company — Kinor has been performing under the director of Artistic Director Barbara Supovitz for more than 40 years and “Ode” is her lyrical tribute to Kinor dances and supporters over the decades. Dances with Old Testament themes include “Women of the Bible,” celebrating the lives of Miriam, Deborah, Naomi and Ruth; and “Plant and Reap” is taken from the Book of Ecclesiastes verses. The moving “Holocaust Suite” includes the trio “Darkness and Memories,” and the solo “Dream of Hope, Dream of Despair,” about dreams and nightmares in a concentration camp. The program also includes “The Way it Was... The Way it Is,” a look back and a look forward as our lives and relationships change and grow deeper.

Wednesday, May 20 — Tales in the Village — This monthly program, produced by Ellouise Schoettler, features local and nationally known storytellers.

Wednesday, May 27 — Richard Miller — Brazilian born Richard Miller is a fine musician whose repertoire

Take a class with a super star!

John Eaton, one of the foremost interpreters of American music, returns this month to the Village Center to teach his very popular class on American songwriters. Each class includes Mr. Eaton’s inimitable commentary and piano versions of classics by the composers. Refreshments too!

Beginning **May 20**, Mr. Eaton will lead a 4-week series on Wednesdays, from 1 to 2:30 p.m. See page 10 for class details.



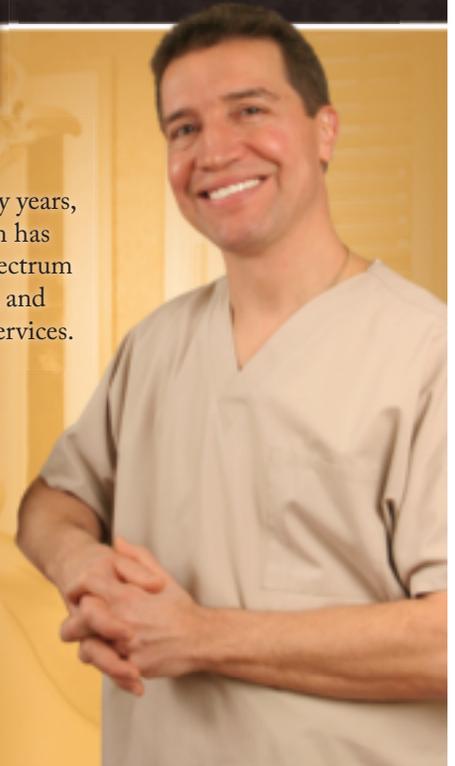
ranges from standard classical guitar works to the Brazilian equivalent of American Ragtime. He has toured South and Central America as well as the U.S. in both classical recitals and with Latin jazz bands. He appears often in recital at the Brazilian American Institute and has performed at the John F. Kennedy Center for the Performing Arts, the Library of Congress and at many performing arts series.



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TO YOUR HEALTH

Vision Support Group: Protect your eyes from damaging sunlight!

Learn facts and myths about Ultraviolet (UV) rays and what defenses are available to protect your sight at this month's Vision Support Lunch and Learn program on **Thursday, May 21, at 12:30 p.m.**

Dr. Hannah Song of Washington Eye Physicians & Surgeons will explain how the sun's rays can seriously damage the eyes and surrounding skin, and lead to vision loss and conditions like cataracts and eyelid and intraocular cancers. Simple daily protective strategies will help keep our eyes and the sensitive skin around them healthy.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society

of Metropolitan Washington. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.

Get your back on track

Matt Tovornik, Suburban Hospital's division director of orthopedics, physical medicine, and rehabilitation, will review the keys to maintaining a healthy spine at this month's health lecture at the Village Center on **Wednesday, May 13, at 1 p.m.** He will discuss anatomy and physiology, proper lifting techniques, what to do when you are experiencing pain, and the latest in advanced treatment alternatives.

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

Florals in Richmond

Just a few spaces remain for our trip to the Virginia Museum of Fine Arts in Richmond on **Wednesday, May 20**, to view the special exhibition featuring floral still life paintings by Van Gogh, Manet, Matisse and more.

We'll enjoy a luncheon of tarragon grilled chicken with jasmine rice, asparagus with Hollandaise, chocolate fudge pie, and coffee or tea.

We'll depart from the Village Center at 9 a.m. and should return by 8 p.m. The cost of the trip, which includes round-trip transportation, admission to the museum and the Art of the Flower exhibit, lunch and all taxes and gratuities, is \$108. Sign up immediately at the Village Center.

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Cafe Muse presents...

This month's Café Muse, on **Monday, May 4**, will feature poets Keyne Cheshire and Barbara Goldberg.

Keyne Cheshire, Associate Professor and Chair of Classics at Davidson College, teaches courses in Latin and Greek literature and has published a textbook on Alexander the Great. He has also translated ancient poetry and adapted them for modern audiences, including Sophocles' *Women of Trachis* set in a mythical Wild West.

Barbara Goldberg is the author of four prize-winning books of poetry, including *The Royal Baker's Daughter*, winner of the Felix Pollack Poetry Award. She is also the translator of *Scorched by the Sun*, poems by the Israeli poet Moshe Dor. She has received two fellowships from the National Endowment for the Arts as well as awards in translation, fiction and speechwriting. Her most recent book is *Kingdom of Speculation*. Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. 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 35 years. For more information visit www.wordworksdc.com.

Next month's Café Muse will take place June 1 with poets Brandel France de Bravo and Anne Higgins.



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Village Council Corner

Shredding service returns May 5

Shred-it will be back on **Tuesday, May 5**. The truck will park on Friendship Blvd. next to the Village Center from 5 to 7 p.m. Residents are invited to bring paper materials for shredding. This service is for Village residents only.



The Village has offered this amenity since 2007. It was originally suggested by Council Chairman Maurice Trebach, who passed away last year. Look for the next shredding date in the fall.

Council actions at the April 14 meeting:

- Approved proposal to replace Village Center lobby heat pump system;
- Confirmed proposal to continue with auditing firm for FY 2015 Village audit.

Turn in unwanted prescription drugs

The Friendship Heights Village Center will be a collection site for National Drug Take-Back Day on **Saturday, May 2, from 10 a.m. to 2 p.m.** Sponsored by the Montgomery County Sheriff's Office, National Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. Look for a Montgomery County Police officer in the Village Center lobby.



Friendship Heights

VILLAGE NEWS

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May 2015 events calendar