



Friendship Heights

VILLAGE NEWS



More Council News
page 2

JULY 2015

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VOLUME 30, NO. 2

Listening and learning

Greetings from your new Council! Titles aside, we want to work as a team of seven peers, listening, learning, and sharing what we learn. We respect Village traditions, but will focus on planning for the future.

The Council's short-term "to do" list reflects what we heard and learned from residents during the run-up to the recent election. To maintain that energy and interest **we are determined to improve communication. Village residents with special expertise are invited to work with the new Communication Committee. We will work on expanding coverage of Council matters in this newsletter, restructuring the Village website, and launching a listserve.**

The Council's Capital Improvements Committee expects to address issues of infrastructure and green spaces. For example, beyond making necessary repairs and cosmetic touch-ups, should we reconfigure the Village Center to fit the changing needs of our community? How might the Council work with all property owners in the Village to create more green spaces?

A third short-term priority is **to rebuild relationships with business owners, realtors, county and state planners, and the media.** How do they view our Village in comparison with other and newer high-density urban villages? What might we learn from similar communities?

Until other communication tools become available, look for **"How well do you know our Village?"** in this and future issues of the Newsletter. We will share information about the mission and functions of the Council and its Committees, the resources that support Village facilities and programs, and the demographics and culture of our community.

Tell us what else you'd like to know. Plan to attend Council and committee meetings (see monthly calendar). Volunteer to work with Council committees, if you can. Listen and learn with us.

Clara M. Lovett
Mayor



Family Fun on the Fourth in Friendship Heights

Patriotic music, grilled hot dogs, and tons of family fun are on hand as we celebrate the Fourth of July at the Friendship Heights Village Center. The party, Friendship Heights style, begins at **2 p.m. on Saturday, July 4, and continues until 4 p.m.** in the Center and in Hubert Humphrey Park.

This community celebration offers something for everyone, from patriotic music to facepainting. We'll also have a trackless train and photo booth. Once again, we'll have delicious hot dogs, popcorn, snow cones, and cupcakes. Join us for old-fashioned fun and a lot of community spirit. During our program, we'll honor residents for their service to the community.

The event is free and open to all. Please join us.

Take a Trip to Princeton and 'An American in Paris'

Join us for a wonderful overnight trip on **Friday, Oct. 23**, that will include an elegant lunch and tour of Seward Johnson's Grounds for Sculpture, a visit to Princeton University and night at the historic Nassau Inn, and a matinee performance of the fabulous Broadway show, "An American in Paris."

We will leave the Village Center on Friday at 7:30 a.m. in time to arrive at Grounds for Sculpture for lunch at the world famous Rat's Restaurant, which is designed to make guests feel like they have stepped back in time to Claude Monet's beloved town of Giverny. The restaurant, featuring superb country French cuisine, is named for a character in Seward Johnson's favorite childhood storybook, *The Wind in the Willows*. The menu will be a salad followed by (please choose your entrée at

Continued on page 5

Skipjack trip, page 3

How Well Do You Know Our Village?

Friendship Heights Village is a Special Taxing District established by the Maryland State Legislature in 1914. The community, then mostly rural, was deemed capable of governing itself and thus worthy of receiving a share of state tax revenues to provide services for its residents. A seven-member Council elected by Village residents every other year oversaw the expenditure of tax revenues and the quality of services. The tradition continues to this day.

In 1914, no one in Annapolis or in Washington D.C. could have envisioned this community as it evolved in the 1970s and 1980s – a cluster of high-rise residential buildings and commercial buildings with nearly 5,000 residents sharing centrally managed services and programs. In the mid-1980s our Village was one of a kind in the Washington metro area; today it is the successful archetype of “urban villages” that are being built throughout the metro area.

How does our Council work? A good way to find out, ask questions, raise issues, and provide ideas is to attend the Council’s monthly meetings. Depending on your preferences and goals, an even better way is to engage with the Committees through which the Council does its work.

Advisory Committees:

The Community Advisory Committee discusses issues of interest to the entire community, generally quality of life issues.

The Program Advisory Committee assists staff with planning and evaluation of programs offered at the Community Center.

NOTE: Membership in both advisory committees is open to all residents, subject to interviews with and approval by the Council.

Standing Committees:

These are the “working” committees of the Council; they formulate proposals and plans, organize focus groups, discussions, and work sessions as needed, and make recommendations to the Council for possible action.

Only members of the Council can serve on the Standing Committees. However, with the exception of the Personnel Committee (see below), Standing Committee meetings are open to residents and welcome residents’ attendance and input.

Finance & Budget [Kathleen Cooper, Chair]

Oversees the preparation of the Village’s annual operating budget, the flow of budgeted revenues and expenditures, and the plans for multi-year capital expenditures.

Capital Improvements Committee [Michael Dorsey and John Mertens, Co-chairs]

Oversees the Village’s physical infrastructure and makes

recommendations to the Council concerning improvements and/or expansion of said infrastructure through renovation, rental or purchase of property.

Communication Committee [Paula Durbin, Chair]

Oversees all means of communication Council members and staff use to connect with Village residents and external constituencies. Develops the Council’s strategies for using available means of communication to keep residents informed and to make a positive impact on public perceptions of the Village community.

Personnel Committee [Clara Lovett, Chair]

Hires and evaluates the Village Manager and other senior staff as appropriate. Handles employment issues requiring confidentiality. Seeks and receives legal advice as needed for the conduct of Council business. The **only** Council Committee that meets in executive session.



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 August issue is July 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...

A powerful trip to the Holocaust Museum

Join us on **Wednesday, Aug. 5**, for a visit to the United States Holocaust Memorial Museum, our country's official memorial to the Holocaust. Its goal is to inspire citizens and leaders worldwide to confront hatred, prevent genocide, and promote human dignity.

The tour of the museum is self-guided and requires **a lot of walking**. The permanent exhibition presents a comprehensive history of the Holocaust through artifacts, photographs, films, and eyewitness testimonies. In addition, you may explore two exhibits that opened in May and do not require passes. The museum has a café where you may purchase lunch (on your own) and rest and reflect.

We will leave the Center at 10:15 a.m. The cost of the trip, which includes an entry ticket, transportation and driver gratuity, is \$29. Residents and one guest may sign up immediately; nonresidents may sign up July 15. There are 24 spaces available.

Skipjack sailing and lunch on the Eastern Shore

Hop aboard the historic H.M. Krentz for a morning sail as we visit Maryland's beautiful Eastern Shore on **Tuesday, July 21**. During our Eastern Shore excursion, we'll travel to Kent Island, just across the Chesapeake Bay Bridge to board the skipjack H.M. Krentz for a refreshing two-hour sail, then enjoy a luncheon overlooking the water at the lovely Bridges restaurant. Our menu includes a choice of crab cake sandwich, Reuben sandwich or roasted vegetable pizza. The chef's choice of dessert and coffee, tea or iced tea are also included.

We'll leave the Village Center at 8 a.m. and should return by 2:30 p.m. The cost of the trip is \$115, which includes transportation, lunch, and the sail aboard the H.M. Krentz. There are 31 spaces available. Sign ups for residents and one guest begin immediately at the Village Center. The deadline to sign up is July 13. *Please note that this is an authentic vessel, with limited comforts. Please be prepared to be under sail and in the sun for two hours.*

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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.

CONDITIONS THAT MAY RESPOND WELL TO STEM CELL AND PLATELET PROCEDURES:

- Knee Pain, Osteoarthritis, Meniscal Tears
- Hip Arthritis, Pain & Labral Tears
- 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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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.

Trip to Princeton, continued from page 1

sign-up) either Herbes de Provence roasted chicken or seared Scottish salmon. Dessert will be chocolate cake. Mr. Johnson, known to Village residents because of his sculptures in Humphrey Park and on the corner of The Hills Plaza and South Park Avenue, founded Grounds for Sculpture. The sculpture garden and museum opened in 1992 and now exhibits over 270 works. We will tour the grounds following lunch.

Afterward, we will board the bus and drive to Princeton, a short ride away. Our home for the night is the historic Nassau Inn. Located in Palmer Square, the hotel is steps away from charming shops and across the street from the university. We will visit the campus and see some of its famous buildings before enjoying an evening in a college town. Dinner will be on your own. You may want to dine in the Inn's legendary tap room with Norman Rockwell's famous "Yankee Doodle" mural on the wall. For anyone with the interest (and energy!), Ken Ludwig's "A Comedy of Tenors" is in performance at the nearby renowned McCarter Theatre at 8 p.m. (ask us for help in purchasing tickets).

On Saturday morning we will have a leisurely breakfast and then head to New York City just an hour away. The bus will drop us off near Restaurant Row where you can purchase lunch and then walk to the Palace Theater for the matinee performance. Nominated for 12 Tony Awards,

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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 9, 7 p.m. — Movie — *Woman in Gold* — Sixty years after fleeing Vienna, Maria Altmann, an elderly Jewish woman, attempts to reclaim family possessions that were seized by the Nazis. Among them is a famous portrait of Maria's beloved Aunt Adele by Gustave Klimt. With the help of young lawyer Randy Schoenberg, Maria embarks upon a lengthy legal battle to recover this painting and several others. Stars Helen Mirren and Ryan Reynolds. Rated PG-13. Running Time: 110 minutes

Thursday, July 16, 7 p.m. — Movie — *McFarland USA* — Track coach Jim White is a newcomer to a predominantly Latino high-school in California's Central Valley. Coach White and his new students find that they have much to learn about one another, but things begin to change when White realizes the boys' exceptional running ability. Their physical prowess, strong family ties, incredible work ethic and commitment to their team all play a factor in forging these novice runners into champions. Stars Kevin Costner. Rated PG. Running Time: 129 minutes

Thursday, July 23, 7 p.m. — Movie — *Still Alice* — Dr. Alice Howland is a renowned linguistics professor. When words begin to escape her and she starts becoming lost, Alice must come face-to-face with a devastating diagnosis: early-onset Alzheimer's disease. As the once-vibrant woman struggles to hang on to her sense of self, Alice's three grown children must watch helplessly as their mother disappears more and more. Stars Julianne Moore. Rated PG-13. Running Time: 101 minutes

Thursday, July 30, 7 p.m. — Movie — *Black Hat* — After a Hong Kong nuclear plant and the Mercantile

Trade Exchange in Chicago are hacked, a federal agent proposes that the FBI work with China to find the cyber-criminals. The leader of the Chinese team insists that convicted hacker Nick Hathaway be released from prison to help with the investigation. Stars Viola Davis and Chris Hemsworth. Rated R Running Time: 135 minutes

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ART and CULTURE

Celebrating the Fourth and our local artists

You are invited to visit Friendship Gallery this month to 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 12, from 11:30 a.m. to 1:30 p.m.** All are invited to attend.

This year's juror is Llewellyn Berry, photographer and Village

instructor. Lew taught photography, radio production, broadcast journalism and media studies in D.C. Public Schools for almost 40 years. As a photographic artist, Mr. Berry has exhibited throughout the DC area as well as in Cuba and South Africa where he also lectured on photography and photojournalism.



2014 first and second place winners: "Our Town USA," painting by Nar Steel (left) and "Grand Old Flags," photograph by Bob Peavy (above).

He is the founder of the Kindalew Gallery and more recently, The Kindalew Collective. In retirement he continues his work as a photographic

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J U L Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 7 p.m.: Concert: Dixie Power Trio	2 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil	3 Center open 9 a.m. to 2 p.m. Shuttle bus runs on weekend schedule 10:30 a.m.: Coffee and Current Events	4 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 2 to 4 p.m.: Fourth of July Celebration
5 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	6 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 7 p.m.: Café Muse	7 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	8 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: World Jam Club	9 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: Woman in Gold	10 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	11 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
12 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	13 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 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	14 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 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	15 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: "Healthy Habits for a Healthier You" 1 p.m.: All in the Eyes 7 p.m.: Concert: Washington Revels Heritage Voices	16 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: McFarland USA	17 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	18 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
19 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	20 10 a.m.: Great Books 10:30 a.m.: Resistance Training 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting	21 8:15 a.m.: Walking Club 8 a.m.: Depart for Skipjack trip 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	22 12 p.m.: Chess group 1 p.m.: All in the Eyes 7 p.m.: Concert: Bill Thomas Blues 7 p.m.: Council Communication Committee meeting	23 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Still Alice	24 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	25 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
26 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	27 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 2:30 p.m.: Acrylic or Oil Painting	28 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea	29 12 p.m.: Chess group 1 p.m.: All in the Eyes 7 p.m.: Concert: Children's Program with Martha and the Positrons	30 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: Black Hat	31 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	

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.

The Village Book Club will meet this month on **Tuesday, July 21, at 11 a.m.** The book selection is *The Movie-goer* by Walker Percy. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

The Book Club began in September 2010 and has been led since the beginning by Lee Farber. The Village Council wholeheartedly thanks Lee for her hard work and dedication (almost sixty books!) and welcomes Sheila Manes as the new facilitator.

Friend us!

Check out the Village Facebook page at www.facebook.com/VillageofFriendshipHeights

Council Communication Committee meeting

The Village Council's Communication Committee will meet on **Wednesday, July 22, at 7 p.m.** at the Village Center. This meeting will be open to the public.

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

ALL IN THE EYES

Formerly called Portraiture in Pencil and Pastel, this 6-week class, taught by Marianne Winter, begins July 22. 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. Last class is August 26.

ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, begins July 20. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$60 for residents; \$80 for nonresidents. Minimum number of students is 10; maximum is 14. Session ends Sept. 28 (class will not meet Sept. 7).

BASIC PHOTOGRAPHY (Adults)

This 8-week course in black and white and color photography, taught by Lew Berry, begins July 11. 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. See examples of Lew's students' works at <http://www.artmajeur.com/>

kindalewcollective. Session ends August 29.

BASIC PHOTOGRAPHY FOR CHILDREN

This 6-week course in black and white and color photography, taught by Lew Berry, begins July 25. 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 August 29.

EXERCISE AND FITNESS

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins July 23. 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 Aug. 27. For more information go to skyvalleytaiji.com.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins July 21. 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 Aug. 25.

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.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

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 on Wednesday evenings. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 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.

SCRABBLE

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

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 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 BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

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

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

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

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CONCERTS

Concerts will be held from 7 to 8 p.m. in Humphrey Park in front of the Friendship Heights Village Center.

Wednesday, July 1 — Dixie Power Trio — Formed in 1992, the Dixie Power Trio, a “dixieland trio with four members,” has developed a reputation as the East Coast’s premier “Louisiana variety band,” capable of playing authentic sounding New Orleans jazz, zydeco, Cajun, street parade, and Louisiana-style funk. The four-piece trio (we blame Cajun math) has carved out a niche as a fun and exciting ensemble capable of entertaining audiences of all ages. The group has shared concert stages with many Louisiana luminaries, including the Neville Brothers and Wynton Marsalis.

Wednesday, July 8 — World Jam Club — The World Jam Club is an ensemble founded by guitarist Peter Fields to share the joyful collaboration of world class musicians with the widest possible audience. The group combines the precision of a chamber ensemble with the spontaneity of a jazz group. Its repertoire consists of arrangements of Latin American and European popular music. The group consists of Peter Fields, bass player Claude Arthur, violinist Susan Jones, and percussionist Tom Jones.

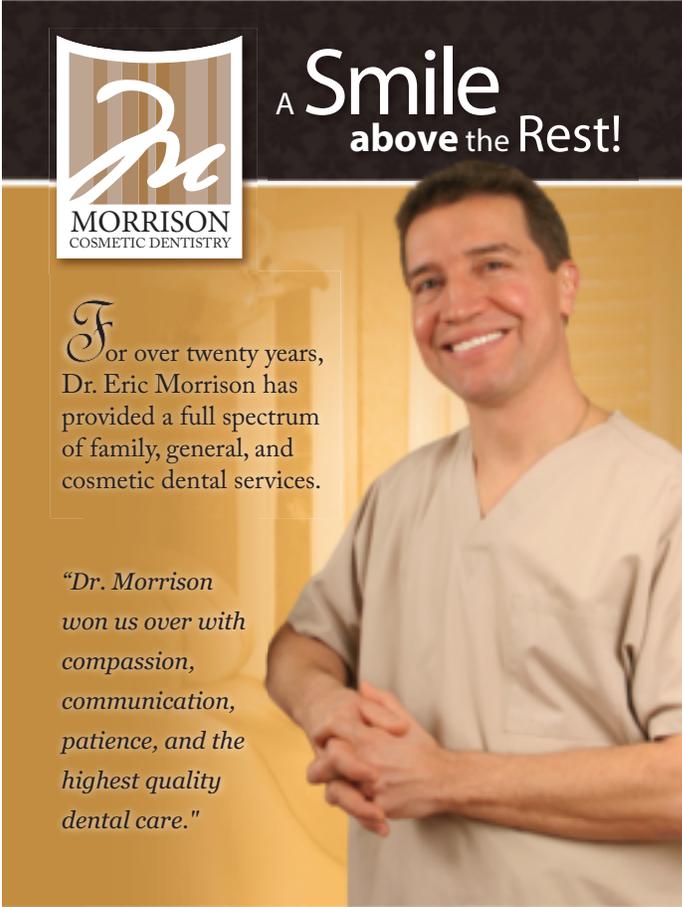
Wednesday, July 15 — Washington Revels Heritage Voices — The Washington Revels Heritage Voices is a multicultural ensemble dedicated to the preservation of American music through live performance in historical venues. Heritage Voices specializes in all forms of traditional American music: popular song, patriotic music, parlor music, work songs, spirituals, shape note tunes, and other traditional music.

Wednesday, July 22 — Bill Thomas Blues — Bill Thomas is a roots blues musician influenced by his origins in south Texas and Appalachia. After many successful years of performing in Europe to critical acclaim, Thomas has returned to the United States and is now a staple at blues festivals, concert halls and other venues. A sensual and emotional player, Thomas electrifies audiences with a mixture of classic blues and original tunes drawn from rural and urban blues culture.

Wednesday, July 29 — Children’s Music Program with Marsha and the Positrons — The singer-songwriter and musician Marsha Goodman-Wood teams up with beatboxer Max Brent for an evening of music especially for younger children. With memorable melodies and easy to follow lyrics, Marsha’s music guarantees to have audiences of all ages singing and dancing.

Friendship Gallery, continued from page 7

artist and teaches two photography classes at the Center. The exhibit runs until August 1. 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. All sales of art are final.



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TO YOUR HEALTH

Healthy Habits for a Healthier You

Healthy lifestyle habits help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. Brought to you by the Alzheimer's Association, this month's Suburban Health lecture at the Village Center on **Wednesday, July 15, at 1 p.m.**, covers four areas of lifestyle habits that are associated with healthy aging: cognitive activity, exercise, nutrition, and social engagement.

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

Parking Available

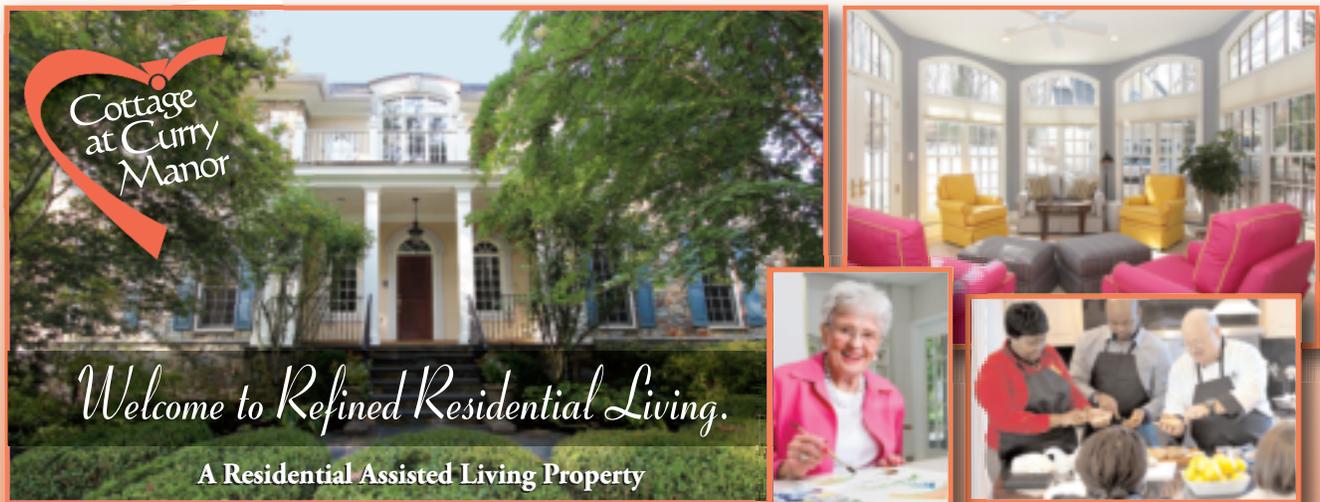
Location: Elizabeth G2, 24 X 7
Availability: Now
Rent: \$90/month
Contact: 301-661-2763

Trip to Princeton, continued from page 5

"An American in Paris" stars Robert Fairchild, a New York City Ballet principal dancer, and Leanne Cope of London's Royal Ballet. We will leave for home immediately after the play and stop for a fast food dinner (on your own) along the way. We should be back at the Center by 10 p.m.

The cost of the trip, which includes an Orchestra seat at the Broadway show, lunch at Rat's, Saturday breakfast, tours of Grounds for Sculpture and the Princeton campus, hotel room, transportation, and all gratuities, is \$499 per person based on double occupancy (there are a limited number of double rooms); the single supplement is \$80. A deposit of \$250 plus single supplement is due at sign-up and is refundable until Aug. 5. The balance is due Sept. 8. Residents and one guest may sign up immediately at the Village Center; non-residents may sign up beginning July 15. There are 25 spaces available.

We strongly recommend purchasing trip insurance. Information about insurance is available at the front desk.



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Cafe Muse presents...

This month's Café Muse, on **Monday, July 6**, will feature poets W.T. Pfefferle and Barbara Ungar.

W.T. Pfefferle's first collection of poems, *The Meager Life and Modest Times of Pop Thorndale*, was published in 2007. His new book, *My Coolest Shirt*, will be published next spring by The Word Works.

Barbara Ungar has published four books of poetry, most recently *Immortal Medusa* and *Charlotte Brontë, You Ruined My Life*. Her previous books, *Thrift* and *The Origin of the Milky Way*, won the Gival Press Poetry Award, a silver Independent Publishers award, a Hoffer award, and the Adirondack Center for Writing poetry award. She has published poems in *Salmagundi*, *Rattle*, *The Nervous Breakdown*, and many others. A professor of English at the College of Saint Rose in Albany, she directs their new MFA program.

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.wordworksdcm.com.



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Village Council Corner

Council Meeting Schedule

Here are the scheduled dates for Village Council meetings for the remainder of the year:

Monday, July 13, 7:30 p.m.

No Council meeting in August

Tuesday, September 15, 7:30 p.m.

Tuesday, October 13, 7:30 p.m.

Monday, November 9, 7:30 p.m.

Monday, December 14, 7:30 p.m.

Planning Board Chair to Speak July 13

At the July 13 Council meeting we will have a presentation from Casey Anderson, Chair of the Montgomery County Planning Board. Mr Anderson was appointed to the Board in 2011 and became Chair in August 2014. He will discuss the trend to develop new "urban villages" in the County and where our Village fits in. He will be available to answer questions following his presentation.



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Wifi Available in Village Center

Free Wifi is available inside the Center. The network will display as "GovemrntWire" on your device, then enter the password "workplace" (one word) to connect.

County Installing Parking Meters

As this goes to press, Montgomery County continues work on the installation of parking meters on the east side of Wisconsin Avenue, the south (GEICO) side of Willard Avenue, and Friendship Boulevard between Willard and Western Avenues. Meters will accept coins and payment by cell phone. On Willard Avenue across from the Village, parking will be free after 7 p.m. and on weekends.

Council actions at the June 8 meeting:

- Appointed members of standing Council Committees (see pg. 2);
- Approved removal of four trees per recommendation of arborist;
- Approved proposal from Triad Waterproofing to repair leaks into auditorium and security office at Village Center;
- Approved proposal from Precision Concrete Cutting to remove trip hazards from Village sidewalks.



Friendship Heights

VILLAGE NEWS

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4433 South Park Avenue
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July 2015 events calendar