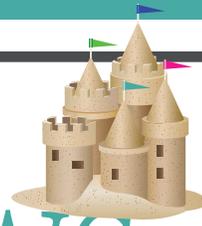




Friendship Heights



VILLAGE NEWS

AUGUST 2015

301-656-2797

VOLUME 30, NO. 3

Village History Book
see below and page 16

Mayor's Corner

Listening And Learning

We listen and learn to understand who we are and where we are going as a community. It helps to do so in historical context. Why did Friendship Heights become a "special taxing district" in 1914? Why and how did the Village of Friendship Heights emerge in its current form ca. 1975-1985?

There is an easy way to find out. On July 13, 2015 the Village Council voted to distribute free of charge (one copy per household) the just-released

"Village of Friendship Heights: The First 100 Years," the capstone project of the 2014 Centennial celebration.

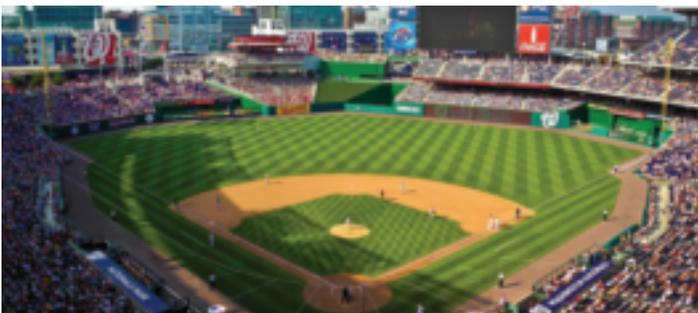
Edited by former Village Mayor Melanie Rose White with the assistance of Village Manager Julian P. Mansfield and Assistant Manager/Finance Director Robert A. Shapiro, the book highlights key episodes in the history of the Village and its leaders. Pick up your copy at the Village Center!

As we shape the future of our Village, it is important to understand

the political, cultural, and economic context of the formative years. The distinctive advantages we enjoy, such as shared services and the Community Center, date back to those years. But so do also the challenges, within the Village and around its perimeter.

Plan to join us at Council and Committee meetings this fall as we re-evaluate our competitive advantages and address old and new challenges.

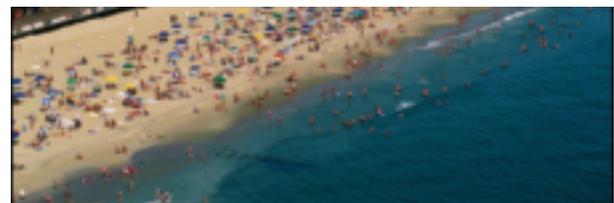
Clara M. Lovett
Mayor



Fall ball: battle of the beltways

Whether you root for the Nats or the Os, come out to support your team — and celebrate the end of summer — on **Monday, Sept. 21**, when the Nationals play the Orioles in the Beltway Series at Nats Stadium.

We will leave the Village Center at 5:30 p.m. The cost of the trip, which includes a seat in Section 135 (field level), transportation by luxury coach and driver gratuity, is \$74. Residents may sign up immediately; nonresidents may sign up Aug. 15. There are 24 spaces available. And if you will be downtown already and want to meet us at the stadium, you can pick up your tickets beforehand. We'll give you a ride home!



Sun, seafood and shopping

Join us on **Thursday, Sept. 3**, as we enjoy a day in Rehoboth Beach, Del. Stroll on the boardwalk, savor a seafood lunch or just take in the sea air. You may choose to spend the day exploring the outlet stores along Route 1 or at the beach or both. At the Tanger Surfside outlet center, you'll find Coach Factory, Dooney and Bourke, Cole Haan Jones New York, Michael Kors, Kate Spade, Nine West, Polo Ralph Lauren, Vineyard Vines, Chico's 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 many cafes and restaurants along the Boardwalk and Rehoboth Avenue. We'll return to the Village Center around 8 p.m.

The cost of the trip is \$59. Sign-ups begin immediately. There are 35 spaces available.

How well do you know our Village?

1990 and 2010 census data for the Village of Friendship Heights reveal a mix of stability and change. Some things have remained constant: a population of approximately 4,700-4,800; a registry of 3,500 voters; a 2:1 ratio of renters to resident owners; a 6:4 ratio of females to males; high levels of education, and per capita income slightly above the Montgomery County median.

There have also been significant changes. 2010 census data show a drop in residents' median age, from 59 in 1990 to 47; an increase in foreign-born residents, from 29 to 38 percent; and a decrease in Caucasian residents, from 93 percent in 1990 to 81 percent. With the cooperation of realtors, condo boards and building managers, we are gathering information about the newcomers to the Village. Consistent with what is happening in other urban villages, we are observing significant cohorts of very active, downsizing baby boomers and of millennials building careers and families.

Aided by an expanded Program Advisory Committee, the Village staff is evaluating how best to serve long-term residents and newcomers. On the Council's agenda, too, is attending to aging infrastructure and improving communication to everyone's benefit.

Our Village is proud of its tradition of good governance and engagement. To assure that the tradition continues, Council members and Village staff are encouraging newcomers to engage with governance and programs. We look forward to meeting and greeting them at the Village Center on **Saturday, Aug. 29, from 10 a.m. to noon.**

Clara M. Lovett
Mayor

The Princeton/New York trip on Oct. 23 and 24 is full. If you'd like to add your name to the wait list, please call 301-656-2797. For details see the July newsletter or at <http://www.friendshipheightsmd.gov/newsletter.htm>.

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laki.halper@gmail.com

New resident of Friendship Heights Village?

Invitation to newcomers to meet and greet with Council members and staff

Did you move into the Village in 2010 or later? Mayor Lovett, members of the Council and Village staff look forward to greeting you at the Village Center on **Saturday, Aug. 29, from 10 a.m. to 12 p.m.** Meet your neighbors and learn about our community. Light refreshments will be served.

The Village Council Capital Improvements Committee will meet on Tuesday, Aug. 4, 5:30 p.m. This meeting will be open to the public.



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. Views expressed in articles with a byline are the author's.

ADVERTISING

The deadline for reserving space for the September issue is August 4th. 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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Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Jennie Fogarty
Staff Writer

Anne Hughes O'Neil
Staff Writer, Advertising

Susan C. Zarriello
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VILLAGE MANAGER

Julian P. Mansfield

Protect yourself and fight the flu!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on **Wednesday, Sept. 30, from 1 to 4 p.m.**, to anyone nine years old and older.

The flu vaccine will protect against three different flu viruses: an H3N2 virus, a B virus and the H1N1 virus. The high-dose version for people 65 and older (Fluzone HD) will be offered again and is covered by Medicare. This dosage has four times the amount of flu virus antigens to give more protection and build greater immunity. Standard flu shots, of course, are available. Pneumonia shots will also be available. Please specify at sign-up if you want the Fluzone HD or standard (ask your doctor if you have questions about the high dose vaccine before you sign up).

- No charge for individuals with Medicare Part B (not PPO or HMO) — but you must bring your card.
- The self-pay cost is \$25 for the standard shots (cash or check payable to MedStar VNA Healthcare). Fluzone HD is \$55 for individuals without Medicare Part B. Pneumonia vaccine is \$100 for Pneumovax 23 and \$190 for Prevnar 13 without Medicare Part B. Check with your doctor about what you need.
- VNA does not accept Medicaid or any commercial insurance plans.

Registration is a must. Call 301-656-2797 to register. Village residents may register immediately; nonresidents may sign up Aug. 15. **You must have an appointment to receive a shot.**

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Avoid Surgery When Treating Hip Pain/Labral Tears

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

The hip is one of the largest and most critical joints in the body. It is essential to daily function, controlling the ability to walk, run and jump. The hip relies on the labrum (small cartilage on the inside of the hip joint) to provide a cushion between the ball and socket of the joint. The labrum also helps to control the motion of the hip.

Hip labral tears, a common injury for athletes, occur when there is extreme compression or a twisting/wrenching motion of the hips. The tear causes pain in the front of the hip, which can radiate down into the thigh or groin area, creating a "pop" or "click" felt on the inside of the hip. Over time, the pain from a labral tear can increase in severity and intensity. Since the hip is a poorly vascularized area, a labral tear often does not heal well on its own. Invasive surgery is typically required and can include tacking, trimming or sewing down the tear.

New Treatment For Labral Tear Without Surgery

In many cases, regenerative treatments can now be used to heal the injury without the risks and protracted recovery associated with surgery. The treatment options available to treat a labral tear are Stem Cell Therapy and SCP (Super Concentrated Platelets,) both of which are part of Regenexx™ protocols. Regenexx, the national leader in regenerative medicine, has the most advanced biologic solutions available.

Stem Cell Therapy: The Regenexx Protocol

Regenexx Stem Cell therapy makes use of the supply of stem cells available in the body to help repair injured and degenerated tissues. The stem cells are harvested from the hip bone, under ultrasound or fluoroscopic guidance. After the bone marrow blood is drawn, it is processed by hand to concentrate and purify the stem cells.

The stem cells, along with a super concentrated platelet mix, are

placed precisely into the injured site to improve the likelihood that stem cells will adhere to the damaged area and promote healing. Concentrated platelets and FDA-cleared adjuvants are injected, 2-5 days later, to keep the stem cells activated and promote rapid healing.

Super Concentrated Platelets

Regenexx SCP therapy is a more advanced version of Platelet Rich

Plasma (PRP). SCP stimulates tissue repair by releasing growth factors. These growth factors promote the healing process by attracting the stem cells that repair damaged tissues. SCP intensifies this process by delivering a higher concentration of platelets. The concentrated SCP is injected into and around the point of injury, significantly strengthening the body's natural healing processes.

Because our samples are all hand processed, the SCP sample is free of any contaminating red and white cells, which can inhibit repair. This same process also allows us to customize the concentration and volume for each individual and each injury type.

With Regenexx therapies, there is hope to restore a patient's mobility after a labral tear, without the trauma of surgery.



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- 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.

ADHD a problem for adults too

Abigail Wurf, an executive and life coach for adults with attention deficit hyperactivity disorder, will discuss her book, *Forget Perfect: How to Succeed in Your Profession and Personal Life Even if You Have ADHD*, at the Village Center on **Thursday, Sept. 10, at 7:30 p.m.** Much attention is devoted to children with ADHD, the condition that affects one's ability to focus and to control behavior and activity level. But what happens if someone discovers that he or she is struggling with ADHD as an adult? Missing deadlines and appointments, starting and finishing tasks, focusing and getting organized, and coping with frustration are some of the challenges facing an adult with the disorder. Ms. Wurf will share techniques and strategies that help adults with ADHD and their families to increase understanding and improve relationships.

Joining the author for the program is her mother, Mildred Kiefer Wurf, who recognized her daughter's difficulty with being distracted early on and will share how she advocated for her throughout her school years and supports her in adulthood. She has been a lifelong advocate for youth development and gender equity and served on the President's Council for Youth Opportunity, an initiative of Vice President Hubert H. Humphrey.

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

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Tea and Talk: Myths of Washington

Come to the Village Center on **Friday, Sept. 18, at 2 p.m.**, and learn about some of the tall tales of Washington, D.C.

From "built on a swamp" to "horses hooves (on equestrian statues) tell a tale," we all have heard these urban legends. Does the building height limit have anything to do with the Washington Monument or the US Capitol?

Lecturer Carol Bessette is a retired Air Force intelligence officer, a Vietnam veteran, a Certified Master Tour Guide in the Washington, DC area, and a frequent speaker at the Friendship Heights Village Center. Afterward, please stay for tea.

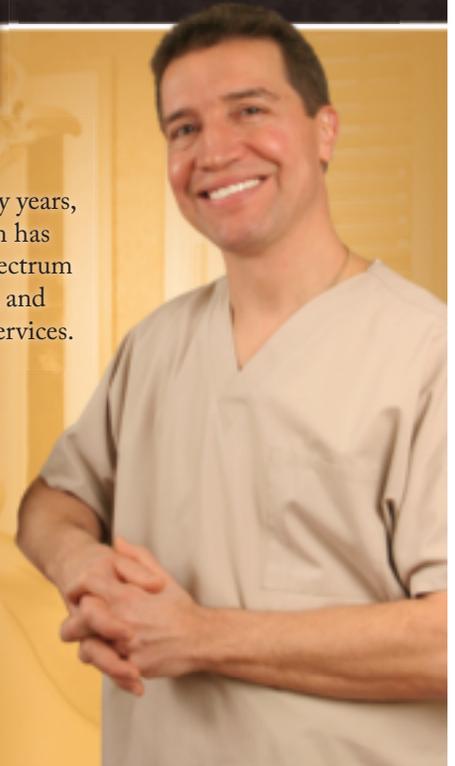
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PLAYING on the BIG SCREEN

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. 6, 7 p.m. — Movie — *The SpongeBob Movie: Sponge Out of Water*

SpongeBob SquarePants, the world's favorite sea dwelling invertebrate, comes ashore to our world for his most super-heroic adventure yet. Based on the series "SpongeBob Squarepants," created by Stephen Hillenburg. Features the voices of Tom Kenny, Clancy Brown, Bill Fagerbakke and Carolyn Lawrence. Rated PG. Running Time: 92 minutes



Fransokyo. Next to his older brother, Tadashi, Hiro's closest companion is Baymax (Scott Adsit), a robot whose sole purpose is to take care of people. When a devastating turn of events throws Hiro into the middle of a dangerous plot, he transforms Baymax and his other friends, Go Go Tamago (Jamie Chung), Wasabi (Damon Wayans Jr.), Honey Lemon (Genesis Rodriguez) and Fred (T.J. Miller) into a band of high-tech heroes. Features the voices of Ryan Potter, Scott Adsit, Jamie Chung, and Damon Wayans Jr. Rated PG-13. Running Time: 104 minutes

Thursday, Aug. 13, 7 p.m. — Movie — *Danny Collins*

Aging 1970s rocker Danny Collins cannot give up his hard-living ways. But when his manager Frank Grubman uncovers a 40-year-old undelivered letter written to him by John Lennon, he decides to change course, and embarks on a heartfelt journey to rediscover his family, find true love and begin a second act. Stars Al Pacino, Annette Benning, Jennifer Garner and Christopher Plummer. Rated PG. Running Time: 106 minutes

Thursday, Aug. 27, 7 p.m. — Movie — *Selma*

Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, making it very difficult for blacks to register to vote. In 1965, an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965. Rated PG-23. Running Time: 128 minutes.

Thursday, Aug. 20, 7 p.m. — Movie — *Big Hero 6*

Robotics prodigy Hiro (Ryan Potter) lives in the city of San

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ART and CULTURE



Art by Thomas Dade, right, Richard Fitzhugh, above top, and Merawit Neway, above.

On exhibit in the Friendship Gallery

"August Art, 2015" features 21 local artists and a wide range of art. Works include ceramics, paintings, mixed-media and photography. All are invited to meet the artists at a reception on **Sunday, Aug. 9, from 11:30 a.m. to 1:30 p.m.** Look for the promotional video on the Village website.

The exhibit runs from August 3 to Oct. 3. 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.



July art show winners

The 2015 "Three Cheers for the Red, White and Blue" art show at Friendship Gallery exhibited 22 area artists and their Fourth of July interpretations. Cash prizes were awarded to Elaine El-Khawas (first prize) for "Ducklings on Parade"; Yud-Ren Chen (second) for "Eagle Soaring"; Keira An (third) for "Parade"; and, Forrest Bolden and Margaret Lewis (Honorable Mention) for "American Searching." Congratulations to all!

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A U G U S T

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Opportunity for Service Hours

We are looking for local middle and high school students who are interested in volunteering at the Village Center to earn service hours as part of the Maryland state graduation requirement. Students can earn up to 15 hours by helping to plan and participate in a children's event at the Center in October. Interested parties should contact Anne O'Neil at aoneil@friendshipheightsmd.gov by Sept. 1.

The Village Council Communications Committee will meet on Wednesday, Aug. 12, at 7 p.m. at the Village Center. This meeting will be open to the public. The committee met in July and discussed redesigning the Village website and issuing a request for proposals in September.

<p style="text-align: center; background-color: #008080; color: white; margin: 0;">1</p> <p>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</p>						
<p style="text-align: center; background-color: #008080; color: white; margin: 0;">2</p> <p>9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">3</p> <p>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 7 p.m.: Café Muse</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">4</p> <p>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 5:30 p.m.: Capital Improvements Committee meeting</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">5</p> <p>12 p.m.: Chess group 1 p.m.: All in the Eyes 7 p.m.: Concert: Billie Holiday Tribute by Steve Hom and Lena Seikaly</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">6</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: Sponge Bob Movie: Sponge out of Water</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">7</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">8</p> <p>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</p>
<p style="text-align: center; background-color: #008080; color: white; margin: 0;">9</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 style="text-align: center; background-color: #008080; color: white; margin: 0;">10</p> <p>10 a.m.: Great Books 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">11</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">12</p> <p>12 p.m.: Chess group 1 p.m.: Suburban Lecture: "Finding Relief from Spinal Stenosis" 1 p.m.: All in the Eyes 1 p.m.: Health Insurance Counseling 7 p.m.: Communications Committee meeting 7 p.m.: Concert: Steve Williams and the Dixie Stompers</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">13</p> <p>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: Danny Collins</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">14</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">15</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba! 10:30 a.m.: Basic Photography</p>
<p style="text-align: center; background-color: #008080; color: white; margin: 0;">16</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">17</p> <p>10 a.m.: Great Books 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">18</p> <p>8:15 a.m.: Walking Club 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</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">19</p> <p>12 p.m.: Chess group 1 p.m.: All in the Eyes 7 p.m.: Concert: Mariachis de Los Compadres</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">20</p> <p>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: Big Hero 6</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">21</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">22</p> <p>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</p>
<p style="text-align: center; background-color: #008080; color: white; margin: 0;">23</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">24</p> <p>10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">25</p> <p>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</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">26</p> <p>10 a.m.-12 p.m.: Children's Splash Party in Willoughby Park 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Hui O Ka Pua Ilima</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">27</p> <p>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: Selma</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">28</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">29</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10 a.m.: Zumba! 10 a.m.- noon: New resident meet and greet with Council and Staff 10:30 a.m.: Basic Photography</p>
<p style="text-align: center; background-color: #008080; color: white; margin: 0;">30</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p style="text-align: center; background-color: #008080; color: white; margin: 0;">31</p> <p>10 a.m.: Great Books 12:30 p.m.: Bridge Club 2:30 p.m.: Acrylic or Oil Painting</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.

Driver Safety program at the Center

The AARP Driver Safety Program will be offered **Friday, Oct. 2, from 10 a.m. to 3 p.m.**, at the Village Center. The one-day course costs \$15 for AARP members (you must bring your membership card when you register and also to the class) and \$20 for nonmembers. Checks should be made out to AARP. All students must bring to class with them their driver's license and a ballpoint pen. Please register at the Village Center.

Children's Splash Party

Children 10 and under are invited to a splash party featuring a slip and slide, sprinkler and water toys to beat the heat on **Wednesday, Aug. 26, from 10 a.m. to 12 p.m.** in the Willoughby Park. There is no charge for this event, but children must be accompanied by a parent or caregiver over the age of 16. Refreshments will be served.

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

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins Sept. 10. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Nov. 12. Minimum number of students is 10; maximum is 14.

ALL IN THE EYES

Formerly called Portraiture In Pencil And Pastel, this 6-week class, taught by Marianne Winter, begins Sept. 9. 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 Oct. 21 (class will not meet Sept. 23).

BASIC PHOTOGRAPHY (Adults)

This 8-week course in black and white and color photography, taught by Lew Berry, begins Sept. 12. 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 Oct. 31.

BASIC PHOTOGRAPHY FOR CHILDREN

This 6-week course in black and white and color photography, taught by Lew Berry, begins Sept. 12. 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 Oct. 17.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Sept. 10. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of 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 \$185 for residents; \$200 for nonresidents. Last class is Nov. 12.

BRIDGE

GERBER AND BLACKWOOD

This 5-week series taught by Frank Shull, a life master at bridge, begins Sept. 16. Meets Wednesdays from 4 to 6 p.m. These lessons will show how and when to bid both Gerber and Blackwood conventions and when not to bid. Students will learn the three ingredients of slam bidding; there will be sample hands to bid and play. The maximum number of students is 17. Call Frank with questions at 301-365-7735. The cost is \$88 for residents, \$92 for nonresidents. Session ends Oct. 21 (class will not meet Sept. 23).

EXERCISE AND FITNESS

BALANCE, MOVEMENT AND MEMORY

This 6-week class begins Sept. 11. Meets Fridays, from 10:30 to 11:30 a.m. This class, taught by Cheryl Clark, will help you get around, stay independent and carry out daily activities. The exercises are specially designed to target balance issues as well as physical strength. Cheryl 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 Oct. 16.

BALANCE AND COORDINATION

This 7-week class begins Sept. 8. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$75 for residents; \$80 for nonresidents. Session ends Oct. 20. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. **You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.**

CHAIR EXERCISE

This 6-week class begins Sept. 9. 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 \$65 for residents; \$70 for nonresidents. Session ends Oct. 21 (class will not meet Sept. 23). **You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.**

CHILDREN'S DANCE

This **FREE** 6-week class for children ages 6 to 12 is taught by Richelle Dickerson and begins Sept. 12. Meets Saturdays from 11 a.m. to 12 p.m. The class will consist of 30 minutes of ballet and 30 minutes of hip-hop or jazz. Children should wear ballet shoes, tights and leotards. There is no charge, but children must be registered and liability waivers signed by parents or guardians. The maximum number of students is 30. The instructor recently won an award for teaching a similar class at a Washington charter school. Thank you, Richelle, for your generosity! Session ends Oct. 24 (class will not meet Oct. 10).

MAT PILATES

The 6-week session begins Sept. 8. 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 Oct. 20 (class will not meet Sept. 22).

SKY VALLEY TAI JI (Thursday)

This 6-week class, taught by Taj Johnson, begins Sept. 10. 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 Oct. 22 (class will not meet Oct. 1). For more information go to skyvalleytaiji.com. **You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.**

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins Sept. 8. 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 Oct. 20 (class will not meet Sept. 29).

STRENGTH TRAINING WITH TONYA

This 6-week class begins Sept. 14. 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 Oct. 19. **You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.**

YOGA WITH ROBIN

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman, host of TV's *Cherryblossom Yoga*, and begins Sept. 20. 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 \$135 for residents; \$145 for nonresidents. Session ends Dec. 6 (class will not meet Oct. 11 and Nov.

29). **You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.**

ZUMBA

This 6-week class is taught by certified fitness instructor Richelle Dickerson and begins Sept. 12. Meets Saturdays from 10 to 10:50 a.m. This fun dance fitness class is designed for all levels; sneakers and loose clothing are required. The cost is \$65 for residents; \$70 for nonresidents. Session ends Oct. 24 (class will not meet Oct. 10). **You may try this class for free at the first session. If you decide to join, please register and pay at the end of the hour.**

ZUMBA (DEMO)

Two free Zumba classes will be held Saturday, Aug. 15 and 29, at 10 a.m. Come to one or both and get a preview of the session to begin Sept. 12 (see above). Taught by certified fitness instructor and Village resident Richelle Dickerson; 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.

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. Leader-

ship 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.

CONCERTS

Concerts will be held from 7:00 to 8:00 p.m. in Hubert Humphrey Park in front of the Village Center. In the event of inclement weather, concerts will be held in Humphrey Hall in the Village Center.

Wednesday, Aug. 5 — Steve Hom and Lena Seikaly present Billie Holiday Tribute — Jazz vocalist Lena Seikaly has sold out performances at Blues Alley, the Strathmore Mansion, the Kennedy Center's Millennium Stage and various Smithsonian venues. Steve Hom has been playing guitar since age 12 and has performed for ambassadors, members of Congress, the governor of Maryland and mayor of Washington, D.C., among others.

Wednesday, Aug. 12 — Steve Williams and the Dixie Stompers — Composed of current and former members of The United States Navy Band in Washington, D.C., the Dixie Stompers perform a mixture of Dixieland and Ragtime. Steve Williams received a bachelor's of music degree from North Texas State University, the premier music school for Jazz. Steve has played with many well known Jazz Orchestras and toured with the modern version of The Glenn Miller Orchestra. Trombonist and

vocalist Rhoades Whitehill is the former lead trombonist with The United States Navy Band Commodores. Tuba Player Karl Hovey, recently retired from the United States Navy Band where he was Principle Tuba Player. Like Steve, Karl is a Graduate of North Texas State, where he earned a master's degree in Tuba Performance.

Wednesday, Aug. 19 — Mariachis de Los Compadres — Susan Jones and her talented group take you South of the Border in fine style with authentic renditions of Mexican favorites.

Wednesday, Aug. 26 — Hui O Ka Pua Ilima — Carol Leolani Takafuji leads this Hawaiian dance group in an evening of authentic dance and music straight from the Hawaiian Islands, New Zealand and Tahiti. In addition to dance and music, the evening will feature a little history of the hula on the Hawaiian Islands.



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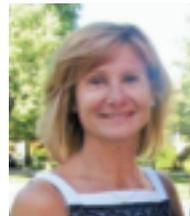
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TO YOUR HEALTH

Brush up on dental health care

Dr. Erick Hosaka, general and cosmetic dentist in Friendship Heights, will speak at the Village Center on **Wednesday, Sept. 16, at 1 p.m.**, on the importance of maintaining oral health and how it can affect one's overall well-being.

Bring all your dental questions to Dr. Hosaka — and let us know you are coming by calling 301-656-2797.

Dr. Michael Gittleson
Podiatrist
The Barlow Building

5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery Early Morning Hours

Finding relief from spinal stenosis

Spinal stenosis is a debilitating condition that involves the narrowing of the spinal canal. Dr. A. Jay Khanna, spine surgeon and associate professor of orthopedic surgery and biomedical engineering with Johns Hopkins Medicine, will describe innovative treatments for spinal stenosis at this month's Suburban Health lecture at the Village Center on **Wednesday, Aug. 12, at 1 p.m.** Come and learn how to restore mobility and improve the quality of your health.

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

The Village Book Club will meet this month on **Tuesday, Aug. 18, at 11 a.m.** The book selection is *The Boys in the Boat* by Daniel James Brown. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

For Sale & Rent in the Somerset Community



For Sale:

5610 Wisconsin Ave. #206
Somerset House II
2 BR + Den, 2.5 BA, 2,392 SqFt
\$1,795,000

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5600 Wisconsin Ave. #1403
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Cafe Muse presents...

This month's Café Muse, on **Monday, Aug. 3**, will feature poets Leslie McGrath and Lisa Sewell.

Leslie McGrath is a poet and literary interviewer. Winner of the 2004 Pablo Neruda Prize for poetry, she is the author of *Opulent Hunger*, *Opulent Rage*, two chapbooks, *Toward Anguish* and *By the Windpipe*. McGrath's latest book is a satiric novella in verse, *Out From the Pleiades*. She teaches creative writing and literature at Central Connecticut State University and is series editor of *The Tenth Gate*, a poetry imprint of The Word Works.

Lisa Sewell is the author of *The Way Out*, *Name Withheld*, and *Long Corridor*, which received the 2009 Keystone Chapbook award from Seven Kitchens Press. Her forthcoming book, *Impossible Object* won the 2014 Tenth Gate prize from Word Works Press. She is editor, with Claudia Rankine, of *American Poets in the 21st Century: The New Poetics* and *Eleven More American Women Poets in the 21st Century: Poetics Across North America*. She is an associate professor of English at Villanova University.

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. Coming Up: Thursday, September 3 — Keith Cohen, Patricia Davis, and Rod Jellema.



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Village Council Corner

As Mayor Lovett says in her “Mayor’s Corner” on the front page, the “Village of Friendship Heights: The First 100 Years” is available free at the Village Center (one copy per household).

The book is divided into three sections. *The Early Days* tells the story of a small village of single family houses. *The Village Takes On an Urban Character* chronicles the transformation of that small neighborhood into an urban center. In *A New Community Emerges*, the efforts to transform a collection of high-rise buildings into the true community that is now the Village of Friendship Heights are described. Throughout the book is a treasure trove of photographs. Supplies are limited, so please pick up your copy as soon as possible!



Former Council members Leonard Grant, Elizabeth Harris, and Bob Schwarzbart (third from left) were honored on July 4. Shown above are Maryland Delegates Ana Sol Gutierrez, Bill Frick, Marc Korman, Kumar Barve, and State Senators Jamie Raskin and Susan Lee.

The Council will not meet in August. The next Council meeting will be Tuesday, September 15.

- Other Council actions at the July 13 meeting:
- Heard presentation from Casey Anderson, Chairman of the Montgomery County Planning Board.
 - Approved renewal of membership in the Maryland Municipal League.
 - Appointed Elaine El-Khawas, Stephanie Olshan, and Laura Pirocanac to Program Advisory Committee.
 - Approved request to remove five trees at The Carleton.
 - Approved proposal for increase in maintenance contract to provide raises for maintenance personnel.



Friendship Heights VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
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August 2015 events calendar