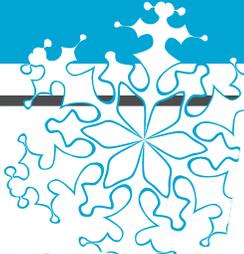




Friendship Heights



# VILLAGE NEWS

JANUARY 2008

301-656-2797

VOLUME 22, NO. 8



**Hopper**

see page 3

## Smash hit coming to town

Fans of TV's "Dancing with the Stars" will think they are on the network show when we visit the Verizon Center on **Wednesday, Jan. 30**, to see some of the show's most popular competitors in a touring performance.

The exciting line-up includes Season Five couple Marie Osmond and Jonathan Roberts; Season Three's Joey Lawrence with Edyta Sliwinska and Monique Coleman; professional dancers Karina Smirnoff, Derek Hough, Kym Johnson, Alec Mazo, Mark Ballas and Brian Fortuna; as well as special guest star and Season Two winner, Drew Lachey. Wayne Newton, who has been sidelined with a recurring heart infection, is expected to join the tour and participate in some way.



We will leave the Village Center at 6:30 p.m. and return around 10:30 p.m. The cost of the trip, which includes a seat in Section 103, transportation, and driver gratuity, is \$99. Residents and one guest may sign up immediately; nonresidents may sign up Jan. 12. There are 25 tickets available.

## Explore Evergreen House and Museum

Take a peek into turn-of-the-20th-century wealth in Baltimore when we tour and enjoy tea at Evergreen House on **Thursday, Feb. 7**. With a 23-karat gold-plated bathroom, a theater painted by noted Ballet Russe designer Leon Bakst, and room after room of art, books, and objets, Evergreen House is a 48-room marvel of the Gilded Age. The former home of John Work Garrett, heir to the B & O Railroad fortune, the home also features a porte-cochere topped by a Tiffany glass awning, a multitude of beau-

tiful rooms, fine arts, and decorative items: a red Asian room displaying Japanese and Chinese items; paintings by Picasso, and Degas; glass by Tiffany; a 30,000-book library; and Dutch marquetry furniture. Our afternoon tea will include strawberries and scones, savories and tea sandwiches.

We will leave the Village Center at 12:15 p.m. and should return by 5:30. The cost, which includes tour, tea, transportation and tips, is \$50. Residents may sign up immediately; nonresidents beginning Jan. 10.



## Former 9/11 Commissioner to speak at the Center

### BAMBERGER CURRENT EVENTS SERIES

Richard Ben-Veniste will discuss his experiences during Watergate, Whitewater, and the 9-11 Commission in a talk entitled "Searching for Truth at the Intersection of Law and Politics" at the Village Center on **Thursday, Jan. 24, at 7:30 p.m.** He will also discuss recent issues of politicization of the Justice Department.

Mr. Ben-Veniste first achieved national prominence during the mid-1970s, when he served as one of the lead prosecutors on the Watergate Special Prosecution Force. From 1995 to 1996 he acted as Chief Counsel, (Minority) of the Senate Whitewater Committee; from 1976 -1977, he was Special Outside Counsel for the Senate Subcommittee on Governmental Operations; and from 1973 to 1975, he held the position of Chief of the Watergate Special Prosecutor's Watergate Task Force. Most recently, he served as one of ten commissioners on the bipartisan 9-11 Commission. He is currently a partner with Mayer Brown LLP.

Please sign up for this Bamberger event by calling 301-656-2797.

# CHILDREN'S PROGRAMS

## Tea and talk: one man's search for his parents

Louis Maier escaped Nazi Germany with his young sister in 1940 and traveled through Russia, Japan and across the Pacific to begin a new life in the U.S. The parents, who had to stay behind, were finally deported to a concentration camp in Gurs and kept up a frequent correspondence with their son until they were sent to Auschwitz in 1942. Drafted in June 1943, he served with the Third US Army in the European theater and after the war returned to Germany to search for his family.

For more than a decade Dr. Maier worked in Jewish Community Centers with a special interest in the absorption of holocaust survivors in local communities. He entered the field of mental health in 1964 and took a position at Chestnut Lodge, the mental hospital in Rockville. In 1970, he received his doctorate in Social Work and is still a psychotherapist at the age of 83.

Please join us on **Friday, Jan. 18, at 1 p.m.**, for a fascinating lecture by Dr. Maier and stay for tea immediately afterwards. Copies of Dr. Maier's book, *From the Golden Gate to the Black Forest*, will be available to purchase.

## Gardening in Winter

Is your patio in need of a mid-winter spruce up? Join us at the Village Center on **Wednesday, Jan. 23, at 10:30 a.m.** for a winter container gardening demonstration by Mary Phillips Quinn of the Abundant Backyard. This hour-long demo will cover the best container plants and materials for our region and this time of year, sun and feeding.

The workshop is free, but please sign up in advance by calling the Center at 301-656-2797.



## Friendship Heights VILLAGE NEWS

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

Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)

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

### ADVERTISING

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

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## ON the GO...

### Ready, Get Set, Swing

Get ready to kick up your heels or just watch the pros in action when we host a special pre-Valentine's Day swing dance on **Wednesday, Feb. 13, from 7 to 8:30 p.m.**

Music will be by Seth Kibel and Corner Pocket. Friendship Heights audiences will recognize Seth from his work with Machaya Klezmer and the Alexandria Klezmet.

From 7 to 7:30 p.m., learn the basics of swing dancing from dancers from Gottaswing, right here in Friendship Heights.

The evening promises to be fun for the whole family. There is no admission fee.

### See Hopper's classic works

A few spaces remain for our **Tuesday, Jan. 8**, trip to the Edward Hopper exhibit at the National Gallery of Art.

We'll depart from the Village Center at 9:30 a.m. and should return by 3:30 p.m. Lunch is on your own.

The cost of the trip, which includes transportation, driver's gratuity, and audio guide, is \$25. Sign up at the Village Center.

### A tale of two women in the late 1700s

While editing a history of the United States Supreme Court, lawyer and legal historian Natalie Wexler come across 200-year-old letters that inspired a story of two women—both named Hannah and married to Supreme Court Justices James Iredell and James Wilson—swept up in the event of the federal government's turbulent first decade.

*A More Obedient Wife, A Novel of the Early Supreme Court* is a historical novel told from the point of view of Hannah Johnston Iredell and Hannah Gray Wilson. Ms. Wexler will discuss her book at the Village Center on **Monday, Jan. 28**, at 7:30 p.m. Please join us for a rare look at women's lives in the 1790s. Copies of the book will be available for sale. Call 301-656-2797 to reserve a seat.

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# Basics of Investing

## Topics of discussion

- Reviewing investment concepts
- Understanding risk
- Asset allocation
- Staying the course

## Join us at our free seminar

**Date** Tuesday, January 22

**Time** 11:00 a.m.

**Location** Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, MD 20814

**Host** Melanie Folstad  
Financial Advisor

## Confirm your reservations by contacting

Melanie Folstad  
7700 Wisconsin Avenue, Suite 300  
Bethesda, MD 20814  
301-718-5028  
melanie.folstad@ubs.com

[www.ubs.com/financialservicesinc](http://www.ubs.com/financialservicesinc)

You & Us



## Lunchtime and Landon

Join us for a concert by the Landon Symphonette on **Saturday, Jan. 5, 2008**, at noon at the Friendship Heights Village Center. The program will feature *Beethoven's, Romance No. 1 Op. 40* and *Triple Concerto in C-Major, Op. 56*, and *Haydn's Symphony No. 103 "Drum Roll"* in E-Flat Major. The concert is free, but please call the Center at 301-656-2797 if you plan to attend.

## Eating for Energy: The perfect start to the New Year!

If you're an active person, with a busy life, who wants to experience a greater feeling of well-being and energy, join this fun, interactive discussion at the Village Center with Melissa Klein on **Thursday, Jan. 17 at 7:30 p.m.** We'll talk about ways to increase your energy with food and lifestyle choices to keep you flying high all day.

Melissa Klein, MPH, CHHC, is a Holistic Nutrition and Wellness Coach who helps individuals, organizations, and communities to find balance in attaining their ultimate health and wellness goals. She's the founder of Sun Compass Wellness. Ms. Klein received her Master's degree in Public Health from The University of North Carolina at Chapel Hill and trained at the Institute for Integrative Nutrition. Please call 301-656-2797 to register.



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## REVERSE MORTGAGE WORKSHOP

Michele Bruggeman of Wells Fargo, will be offering 2 reverse mortgage workshops in the Village Center. Learn the facts.

**When:** Thursday, January 17th **AND**  
Thursday, January 31st

**Time:** 10:30 a.m. – 11:30 a.m.

**RSVP:** Michele Bruggeman @ 202-427-3993 or  
Email [Michele.bruggeman@wellsfargo.com](mailto:Michele.bruggeman@wellsfargo.com)

**Refreshments will be served.**

# Grand Opening!

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# PLAYING on the BIG SCREEN

All movies now 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, Jan. 3, 7 p.m. — Mrs. Palfrey at the Claremont** — All but abandoned by her family in a London retirement hotel, Mrs. Palfrey strikes up a curious friendship with a young writer, Ludovic Meyer. Fate brings them together after she has an accident outside his basement flat. The two new friends discover they have more in common with each other than they do with others their own age. Ludovic inadvertently leads Mrs. Palfrey through her past; Mrs. Palfrey inadvertently leads Ludovic to his future. Running Time: 108 minutes.

**Thursday, Jan. 10, 7 p.m. — Waitress** — Trapped in a miserable marriage and blessed with the ability to transform her misery into delicious desserts, a small-town

waitress finds her life forever changed by an unplanned pregnancy. Every day, Jenna ties on her apron and serves her customers with a smile, and every night she goes to bed knowing that she is one step closer to the day that she can kiss her scarily domineering husband goodbye forever. A smart and sassy baker whose extraordinary pies are inspired by her daily trials and tribulations, Jenna fears that her dreams are all but dead when handsome Dr. Pomatter reveals that she is soon to become a mother. As Jenna begins penning a series of letters to her unborn baby, her life starts to change for the better in ways she never could have imagined. Stars Kerri Russell. Rated PG-13. Running Time: 104 minutes.

**Thursday, Jan. 17, 7:30 p.m., — Melissa Klein, Shake the Sugar Habit** — for details, see page 4.

**Thursday, Jan. 24, 7:30 p.m. — Bamberger Series presents Richard Ben-Veniste** — for details, see page 1.

**Thursday, Jan. 31, 7 p.m. — The Nanny Diaries** — This whimsical, heartwarming domestic comedy concerns Annie Braddock, a recent college graduate from New Jersey who accepts a position as nanny for a wealthy couple on the upper east side of Manhattan. The situation grows a bit more awkward and sticky when Annie falls in love and must seriously reevaluate her career goals and priorities. Stars Scarlett Johansson, Laura Linney and Paul Giamatti. Rated PG-13. Running Time: 106 minutes.

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# FRIENDSHIP GALLERY

## “Visual Textures” on exhibit

Barbara French Pace’s exhibit of photography and paintings continues this month in the Friendship Gallery. A selection of works by Maryland photographer Patricia French complements the main exhibit.

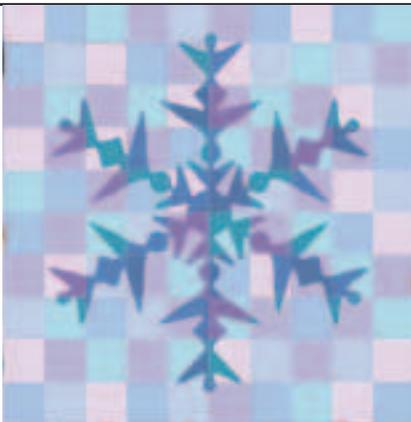
Ms. Pace interprets the world around her through photography, painting, and drawing. She balances her creative life with a career in foreign affairs analysis. Ms. Pace developed a serious interest in photography while living overseas and much of her work was inspired by travels to Italy, France, Greece, and Morocco. Currently a member of Waverly Street Gallery in Bethesda, she has exhibited her work widely in juried and solo shows, commercial galleries, and business spaces in the metropolitan area and on the Eastern Shore.

The show runs until Jan. 31. 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 work in the auditorium is occasionally not available for viewing because of certain activities in that room; check with the front desk receptionist when you arrive. All sales of art are final.

Five Clouds



Old Town Zanzibar



### More spirits on sale for the month (01/02/08–01/29/08):

<b>Beefeater Gin 1.75L</b>	<b>\$24.99</b>
<b>Crown Royal 1.75L</b>	<b>\$37.99</b>
<b>Dewars 12yr Sp Res 1.75L</b>	<b>\$51.99</b>
<b>Stock Brandy 1.75L</b>	<b>\$14.99</b>
<b>Stolichanaya Vodka 1.75L</b>	<b>\$27.99</b>
<b>Wild Turkey 101 1.75L</b>	<b>\$29.99</b>
<b>10 Cane Rum 750ML</b>	<b>\$25.99</b>

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#### Winter Recipes

##### Easy Moist Mocha Brownies

Prepare Recipe on box of Dark Chocolate brownie mix, replacing water with coffee liqueur. Bake as directed.

##### Hot Buttered Rum

1 ¼ Cup Rum  
1 tsp Sugar  
½ tsp Butter  
4 Whole Cloves

Combine all ingredients in a mug and fill with boiling water. Stir and enjoy.

See our website (below) for more!

For more information call 240-773-2009

See our ad every Wednesday in the  
Washington Post Food Section~~  
See all of our sales for wine  
and spirits online at

[www.montgomerycountymd.gov/dlc](http://www.montgomerycountymd.gov/dlc)

# Friendship Heights Village Center



# Calendar of Events 2008

## J A N U A R Y

SUNDAY

MONDAY

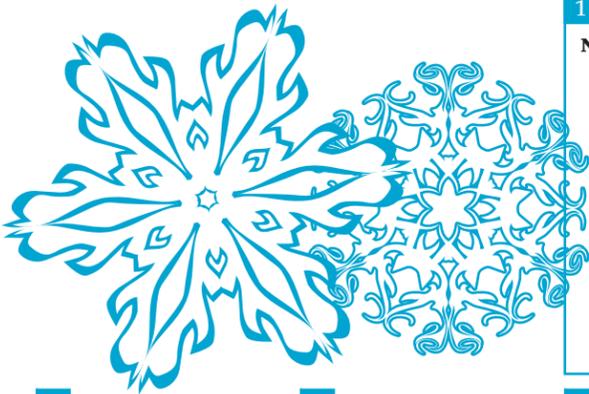
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**6**  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**7**  
9:15 a.m.: Fit-4-Ever  
10 a.m.: Great Books  
1 p.m.: Bridge Group  
1 p.m.: Strength Training with Tonya  
2:30 p.m.: Drawing and Painting  
6:30 p.m.: Beginning Spanish  
**7 p.m.: Café Muse**

**1**  
**New Year's Open House**  
**2 to 3:30 p.m.**

**2**  
9:15 a.m.: Fit-4-Ever  
10:15 a.m.: Yiddish  
**7:30 p.m.: Concert: Kristen Jepperson**

**3**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
11 a.m. – 4 p.m.: Village Playtime  
6 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil Painting  
**7 p.m.: Movie: Mrs. Palfrey at the Claremont**

**4**  
9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
1 p.m.: Bridge Group

**5**  
8:15 a.m.: Walking Club  
**12 p.m.: Landon Symphonette**

**13**  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**14**  
9:15 a.m.: Fit-4-Ever  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
11:30 a.m.: Flexible Stretch And Strength  
1 p.m.: Strength Training with Tonya  
1 p.m.: Bridge Group  
2:30 p.m.: Drawing and Painting  
6:30 p.m.: Beginning Spanish  
**8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING**

**8**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
**9:30 a.m.: Depart for NGA**  
1 – 2:45 p.m.: Blood Pressure Screening  
3 – 4 p.m.: Tea  
3 – 5 p.m.: Suburban Nurse Specialist  
7 p.m.: Mat Pilates

**9**  
9:15 a.m.: Fit-4-Ever  
10:15 a.m.: Yiddish  
11 a.m.: Strength Training with Tonya  
1 p.m.: Health Insurance Counseling  
1 p.m.: Portraiture in Pencil and Pastel  
**1 p.m.: Suburban Lecture: Common GI problems**  
3 p.m.: Chair Yoga  
**7:30 p.m.: Concert: IONA**

**10**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
11 a.m.: Still Life Painting  
11 a.m. – 4 p.m.: Village Playtime  
6 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil Painting  
**7 p.m.: Movie: Waitress**

**11**  
9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Strength Training with Cheryl  
1 p.m.: Bridge Group

**12**  
8:15 a.m.: Walking Club

**20**  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**21**  
**Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m.**  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
11:30 a.m.: Flexible Stretch And Strength  
1 p.m.: Strength Training with Tonya

**15**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
1 – 2:45 p.m.: Blood Pressure Screening  
3 – 4 p.m.: Tea  
3 – 5 p.m.: Suburban Nurse Specialist  
7 p.m.: Mat Pilates

**16**  
9:15 a.m.: Fit-4-Ever  
10:15 a.m.: Yiddish  
11 a.m.: Strength Training with Tonya  
1 p.m.: Portraiture in Pencil and Pastel  
3 p.m.: Chair Yoga  
**7:30 p.m.: Concert: Herb Smith Duo**

**17**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
11 a.m.: Still Life Painting  
11 a.m. – 4 p.m.: Village Playtime  
6 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil Painting  
**7:30 p.m.: "Eating for Energy"**

**18**  
9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Strength Training with Cheryl  
1 p.m.: Bridge Group  
**1 p.m.: Tea and Talk: Louis Maier**

**19**  
8:15 a.m.: Walking Club

**27**  
9 a.m.: Yoga  
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers

**28**  
9:15 a.m.: Fit-4-Ever  
**10 a.m. – 2 p.m.: MVA Bus**  
10 a.m.: Great Books  
10:30 a.m.: Resistance Training For Seniors  
11:30 a.m.: Flexible Stretch And Strength  
1 p.m.: Bridge Group  
1 p.m.: Strength Training with Tonya  
2:30 p.m.: Drawing and Painting  
6:30 p.m.: Beginning Spanish  
7 p.m.: Yoga  
**7:30 p.m.: Natalie Wexler: A More Obedient Wife**

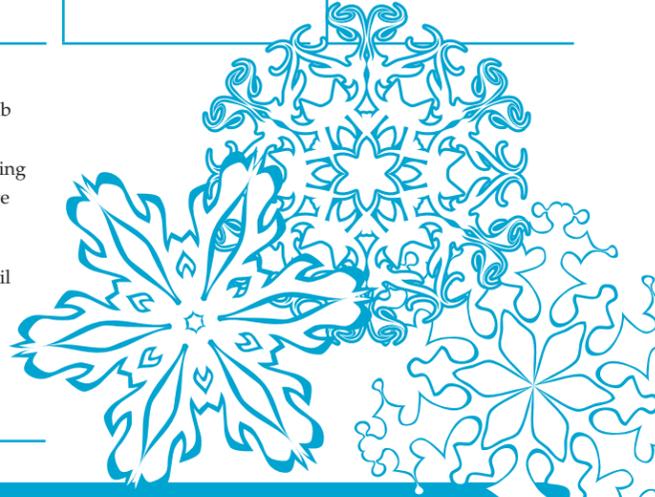
**22**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
1 – 2:45 p.m.: Blood Pressure Screening  
3 – 4 p.m.: Tea  
3 – 5 p.m.: Suburban Nurse Specialist  
7 p.m.: Mat Pilates

**23**  
9:15 a.m.: Fit-4-Ever  
10:15 a.m.: Yiddish  
**10:30: Gardening Demo**  
11 a.m.: Strength Training with Tonya  
1 p.m.: Health Insurance Counseling  
1 p.m.: Portraiture  
3 p.m.: Chair Yoga  
**2:30 p.m.: Jason Cohen: Oral Health**  
**7:30 p.m.: Concert: Li-Ly Chang**

**24**  
8:15 a.m.: Walking Club  
9:30 a.m.: Tai Chi  
11 a.m.: Still Life Painting  
11 a.m. – 4 p.m.: Village Playtime  
6 p.m.: Scrabble  
6:45 p.m.: Acrylic or Oil Painting  
**7:30 p.m.: Richard Ben-Veniste**

**25**  
9:15 a.m.: Drop-in Tai Chi  
10:30 a.m.: Coffee and Current Events  
10:30 a.m.: Strength Training with Cheryl  
1 p.m.: Bridge Group

**26**  
8:15 a.m.: Walking Club  
**12:30 p.m.: Depart for Kennedy Center (cookies and cocoa at noon)**



### 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.

## Thank you to our generous neighbors

A special thank you to all the Village residents who donated 626 pounds of canned and boxed food for the needy in Montgomery County. The food was delivered to Manna Food Center of Montgomery County. Toys were also taken to a local Toys for Tots collection site. Thank you for making this effort a success.



# CLASSES and CLUBS

**PREREGISTRATION IS REQUIRED FOR ALL CLASSES.  
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.**

## ART

### **PORTRAITURE IN PENCIL AND PASTEL**

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins Jan. 9. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$65. (Maximum number of students is 8). Session ends Feb. 13.

### **STILL LIFE PAINTING**

A 12-week course with noted artist Joan Samworth begins January 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. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$170 for residents; \$175 for nonresidents. Last class is April 3 (class will not meet on Feb. 14).

## EXERCISE AND FITNESS

### **CHAIR YOGA**

This 6-week series begins Jan. 9. Meets Wednesdays from 3 to 4:15 p.m. Do not eat for one hour before class, wear comfortable clothing but no heavy jewelry or perfume. The cost is \$60. Ends Feb. 13.

### **MAT PILATES**

A 6-week session begins Jan. 8. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Movements to

improve balance, strength and flexibility. Not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? E-mail – Ginger-rusteach@yahoo.com. Session ends Feb. 19 (class will not meet Feb. 12).

### **STRENGTH TRAINING WITH CHERYL**

This 6-week session begins Jan. 11. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$65. Session ends Feb. 15.

### **STRENGTH TRAINING WITH TONYA (MONDAY)**

This 6-week session begins Jan. 7. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, will focus on increasing your mobility, flexibility, balance, and overall strength. The cost is \$62. Session ends Feb. 11.

### **STRENGTH TRAINING WITH TONYA (WEDNESDAY)**

This 6-week session begins Jan. 9. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, will focus on increasing your mobility, flexibility, balance, and overall strength. The cost is \$62. Session ends Feb. 13.

### **YOGA (DAYTIME)**

This 7-week session in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 27. 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 medita-

tion. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class.) Don't eat for 2 hours before class. The cost is \$70 for residents and \$85 for non-residents. Class will not meet Feb. 17. Students who must miss a class may make it up in the Monday class with the instructor's permission. Session ends March 16. This 6-week session begins Dec. 11. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends Jan. 29. Feel free to email instructor Thomas Johnson at Taijitaj@com-cast.net if you have any questions about this class.

### **YOGA (EVENING)**

This 7-week session in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Jan. 28. Meets Sundays from 7 to 8:20 p.m. See description above. The cost is \$70 for residents and \$85 for non-residents. Class will not meet Feb. 17. Students who must miss a class may make it up in the Monday class with the instructor's permission. Session ends March 17.

## LANGUAGE

### **BEGINNING SPANISH (CONTINUED)**

This 8-week course begins Jan. 28. This class is for students who took the fall class or who have some knowledge of Spanish and permission from the instructor. Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. The class meets Mondays, from 6:30 to 8:30 p.m. The cost is \$200. Session ends March 24 (class will not meet Feb. 18). Must register by Jan. 22; no



refunds after that date.

## ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

### BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

### COFFEE AND CURRENT EVENTS

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

### FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group is currently organizing events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. For more information, check FHUN's

website at [www.fhun.net](http://www.fhun.net). This group is not affiliated with the Friendship Heights Village Council.

### 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 a.m. to noon. Contact Jean McNelis at 301-656-6695.

### HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

### SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6 p.m.

### TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. There is no cost.

### VILLAGE PLAY TIME

Children can play with toys and games most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a family member or caregiver over the age of 13.

### WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 for more information.

### YIDDISH

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

## VILLAGE CLASSIFIEDS

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# CONCERTS

**Concerts are performed Wednesdays, from 7:30 to 8:30 p.m. in Huntley Hall.**

*Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.*

**Wednesday, Jan. 2 — Kristen Jepperson** — Harpist and vocalist Kristen Jepperson's programs include classical and popular pieces. She is also a very busy actress, and much of her repertoire is drawn from musical theater.

**Wednesday, Jan. 9 — IONA** — Barbara Ryan and IONA bring a little of the Emerald Isle to the Village Center in January. IONA's music is a unique acoustic weave of the traditional music of Ireland, Scotland, Wales, Cornwall, Britany and the Isle of Man. Blending songs and dance tunes into a rich and stunning tapestry, the group's style is outstanding in an arena where these traditions are rarely intertwined.

**Wednesday, Jan. 16 — Herb Smith Duo** — Saxophonist Herb Smith started as a bebop performer in St. Louis and Memphis and came to the Washington area as head of jazz studies at Howard University.

**Wednesday, Jan. 23 — Li-Ly Chang** — Chinese-born, Li-Ly Chang has performed all over the world as a soloist and a member of various chamber ensembles. Starting with performances at the age of eight, she went on to venues including Carnegie Hall in New York and the Kennedy Center for the Performing Arts. In addition to standard European classical repertoire, she frequently performs music by Chinese composers and some of her own pieces.

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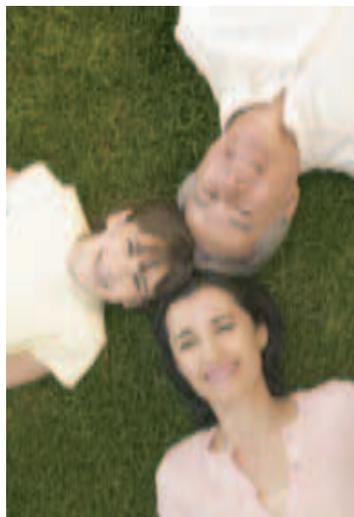
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**Medicine and Surgery of the Foot**

**Wednesday, Jan. 30 — Robert Redd Duo** — Pianist Robert Redd started out as a trumpet player and began performing professionally while still in high school. He later switched to piano. For 15 years, Redd was a member of the Keter Betts trio. The trio played many concerts and festivals, including frequent Washington area appearances at the Kennedy Center for the Performing Arts, Blues Alley, and Wolf Trap National Park. As a free lancer, he has performed with the biggest names in jazz — Ken Peplowski, Warren Vache, Melba Moore, Artie Show Big Band, and the Duke Ellington Orchestra.



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# TO YOUR HEALTH

## Oral health in our older population

Chevy Chase dentist Jason Cohen and dental hygienist Winnie McKenna will discuss oral health care and preventative maintenance at the Village Center on **Wednesday, Jan. 23, at 2:30 p.m.**

Older adults have special oral health needs but with proper care, they can keep smiling through the years. There are many reasons to change oral health habits as we age, including receding gum tissue, loss of dexterity in the hands, failing eyesight and bone loss. Did you know that good oral hygiene is especially important for people facing joint replacements because of bacteria in the mouth? Or, that hundreds of medications can affect oral health and comfort?

Dr. Cohen's practice is in Friendship Heights and he provides general, cosmetic and implant dentistry. Please join us for this informative talk; let us know if you plan to attend by calling 301-656-2797.

## Low vision: you are not alone

The Friendship Heights Vision Support Group was developed to help dispel some of the mystery that surrounds living with diminished sight. Together we look at possible solutions for living happy, full, and independent lives. As baby boomers reach age 60, it is projected that the number of people living with vision loss will increase dramatically. If you or someone you know might benefit from what this group has to share, please join us at our next meeting on **Tuesday, Feb. 19, at 12:30 p.m.** Bring a bag lunch; dessert and beverages will be provided. We will not meet in January.

This program is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights.

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## What you should know about common GI problems

What causes indigestion, constipation, and reflux? Are these common problems related to the food we eat? There are many over the counter medications advertised, how do you know what, if anything, to take for discomfort? A gastroenterologist will answer these questions and others at this month's Suburban Health Lecture at the Village Center on **Wednesday, Jan. 9, at 1 p.m.**

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

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## Cafe Muse presents...

This month's Café Muse, on **Monday, Jan. 7, at 7 p.m.**, presents a reading by poets Kurt Olsson and Gretchen Primack.

Kurt Olsson's first book of poetry, *What Kills What Kills Us*, won the Gerald Cable Book Award. His work has appeared in *Threepenny Review*, *Poetry*, and *Field*.

Gretchen Primack's chapbook, *The Slow Creaking of Planets*, was published in 2007. Her poems have appeared in *The Paris Review*, *Prairie Schooner*, *FIELD*, *Best New Poets 2006*, and elsewhere. Her full-length manuscript, *Fiery Cake*, has been shortlisted for several prizes. She lives in Hurley, N.Y. and teaches at SUNY-Ulster, Bard College, and two prisons through the Bard Prison Initiative.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

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## Mediterranean Dinner & Music

Thursday, January 24th from 5:00pm-7:00pm

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# Village Council Corner

## Trial Period Begins for Taxi Stand at Giant

A 45-day trial period for the taxi stand behind the Giant store on Western Avenue began on December 15. Village Council members Len Grant and Bob Schwarzbart, who serve on the Friendship Heights Transportation Management District (TMD) Advisory Committee, pressed for an early beginning to this test so that the ultimate location of the taxi stand can be resolved. During the trial period, passengers needing a taxi can press a call button on Wisconsin Circle (between the Eagle Bank ATM and the Commuter Services store) to summon a cab from the stand behind the Giant.

While the temporary taxi stand on Willard Avenue will remain open for now, the Village Council is opposed to this location as a permanent site for the taxis. At the end of the trial period (late January) the County will reassess the situation.

## Commuter Services Store to Open

The Montgomery County Commuter Services store is expected to open in January. The store will be on Wisconsin Circle opposite the Metro station. The store will sell Metro and bus fare cards and provide information on a range of available transportation options.



## Pedestrian Access on Friendship Boulevard Improved Adjacent to Wisconsin Place

*A covered walkway has been constructed on the east side of Friendship Boulevard between Willard Avenue and Western Avenue. In addition, the County has put in a temporary mid-block crosswalk on Friendship Boulevard near the Bloomingdale's garage.*

Council actions at the December 10 meeting:

- Discussed bus service with shuttle bus contractor.
- Heard presentation from New England Development about possible plan to provide additional retail space at Wisconsin Place.



*Friendship Heights*

## VILLAGE NEWS

Friendship Heights Village Center  
4433 South Park Avenue  
Chevy Chase, Maryland 20815

### Check out our website:

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

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

**phone:** 301-656-2797

**January 2008 events calendar**