



Friendship Heights

VILLAGE NEWS

JULY 2009

301-656-2797

VOLUME 24, NO. 2



Water Fun for Kids

see page 2



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 to moonbounces. Once again, Rocklands Catering will offer delicious grilled hot dogs. We'll also have popcorn, snow cones, and cupcakes. Join us for old-fashioned fun and a lot of community spirit. During our

program, we'll honor Village residents Janet Morrison, Jean McNelis, Barbara Salter, as well as MD Delegate Susan Lee, for their service to the community. We will also honor Maryland State Senator Brian Frosh, the 2009 recipient of the Elizabeth Scull Outstanding Community Service Award.

The Village Council presents the award to an individual or individuals demonstrating the qualities of integrity and dedication that Elizabeth Scull exemplified during her lifetime of service as a Montgomery County Councilmember.

The event is free. Please join us!

Let's go out to eat at Tragara

Too hot to be in the kitchen? Let someone else do the cooking! We've made reservations to dine at one of Bethesda's finest. On **Tuesday, July 28**, we'll take a short trip to Tragara. The quietly elegant Italian restaurant is known for its exquisite food and impeccable service. Choose from chicken breast with sautéed wild mushrooms and a light fresh sage sauce, linguine with shrimp and fresh tomato sauce, or fresh Norwegian

salmon and grilled vegetables with lemon butter basil sauce. The meal includes a salad and dessert with coffee. We will depart from the Village Center at 6:15 p.m. and should return by 8:45 p.m. The cost of the trip is \$54 and includes round-trip transportation, dinner, dessert and coffee and all taxes and gratuities. Residents may sign up beginning immediately; nonresidents may sign up beginning July 8. There are 27 spaces available.



CHILDREN'S PROGRAMS

Slippery Summer Fun

Children 10 and under are invited to beat the summer heat with a day of water play at the Village Center on **Wednesday, Aug. 12, from 1 to 3 p.m.** Don your bathing suit and bring a towel, we'll provide the water fun. We'll have a Splash Down Water Slide and ice-cold lemonade set up in Hubert Humphrey Park.



There is no charge for this event, but please call the Village Center at 301-656-2797 to register. Sign up soon, there is a limit of 24 children for this event. Children must be accompanied by an adult. If it rains, we'll watch *The Little Mermaid* and make summertime crafts.



**YEAR-ROUND
CRUISES FROM
YOUR OWN
BACKYARD**

**CRUISE FROM BALTIMORE IN
2009-2010**

Sail directly from Baltimore to the *Caribbean, Bermuda, or to the historic seaports of New England & Canada aboard . . .*

 <p>Royal Caribbean's Grandeur of the Seas. 9-night Eastern Caribbean voyages to San Juan, St Thomas, Samana, Labadee alternating with 5-night Bermuda getaway cruises. June – November PLUS 9-nights to historic New England and Canada including Portland, Bar Harbor, Boston, St. John, Halifax (Aug. 13, Sept 10, 24)</p>	<p>Carnival Cruises now offers 7-day sailings year-round aboard the Carnival Pride to Grand Turk and the Bahamas or to Orlando and the Bahamas. Weekly departures.</p>
 <p>Celebrity Cruises returns to Baltimore with the Celebrity Mercury featuring 12-night cruises to St. Thomas, St. Croix, St. Kitts, Antigua, St. Maarten alternating with 9-night sailings to Charleston, Key West and the Bahamas. Nov, 2009 – Feb, 2010</p>	<p>Robert M. Schwarzbart Parliamentarian</p> <p>Leonard J. Grant Historian</p>

Door-to-Door Shuttle Service Available to Cruise Terminal in Baltimore for \$85 per person roundtrip



820 North Fairfax Street • Alexandria, VA 22314
(703) 299-3490 • Out-of-Town 1-800-524-6258
Fax: (703) 299-3495 • www.didioncruises.com



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 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.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Advertising

Jennie Fogarty
Staff Writer

Susan C. Zarriello
Page Design/Layout

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

Maurice Trebach
Chairman

Leonard E. Mudd
Vice Chairman

Elizabeth Demetra Harris
Secretary

Alvan M. Morris
Treasurer

Robert M. Schwarzbart
Parliamentarian

Leonard J. Grant
Historian

VILLAGE MANAGER

Julian P. Mansfield

FLOOR MAX

A CARPET 'N THINGS COMPANY

Visit us at

1776 E. Jefferson St.
Rockville, MD 20852
301-230-1440

13629 Connecticut Ave.
Silver Spring, MD 20906
301-460-4100

or
www.floormax.us.com

CARPET • WOOD FLOORS • CERAMIC • TILE • LAMINATE

ON the GO...

We're off to the Races and Slots

Back by popular demand, it's our summertime trip to nearby Charles Town, West Virginia to Charles Town Races and Slots. On **Sunday, July 12**, we're off for a day of thoroughbred racing. Home of the famous West Virginia Breeders' Classic, Charles Town Races offers horse racing and slots. We'll leave the Village Center at 10:30 a.m. and arrive in time for a buffet brunch on the Skyline Terrace. Brunch includes omelets made to order, sausage, bacon, home fries, French toast, rotisserie chicken, steamship round, baked ham, fruit, pastries, and more. Following brunch you can bet on the ponies or try your luck at the gaming machines.

We should return to Friendship Heights by 6:30 p.m. The cost of the trip is \$62, which includes transportation, admission to the park, buffet brunch and all taxes and gratuities. Residents and a guest may sign up immediately at the Village Center. Nonresidents may sign up beginning July 5. For information, call the Village Center at 301-656-2797.

Relax with a day in Rehoboth

Surf, sand and sunshine await us as we travel to Rehoboth Beach, Del., on **Monday, Aug. 10**. Stroll on the boardwalk, enjoy a seafood lunch or just take in the sea air. You may choose to spend the day exploring the outlet stores along Route 1. At the Tanger Midway outlet center, you'll find Coach Factory, Jones New York, L.L. Bean Factory Store, Liz Claiborne, Nine West, Polo Ralph Lauren, Ann Taylor, Rockport and more. We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for you to enjoy lunch on your own. There are numerous cafes and restaurants along the boardwalk and Rehoboth Avenue. We'll return to the Village Center around 7:30 p.m.

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



NANCY MELLON REALTY

has been unlocking doors in Friendship Heights for over 20 years...



If you are buying or selling your home, you want the best. So call the first "Friendship Team" located in the center of Friendship Heights in the Willoughby.

4500 N. Park Avenue
Suite 804N

301-951-0668

Richard Wolffe to speak at Center

Richard Wolffe will discuss his book, *Renegade: The Making of a President*, at the Village Center on **Thursday, July 9, at 7:30 p.m.**

As Newsweek's Senior White House Correspondent, Mr. Wolffe traveled with President Obama from the day he announced his candidacy until the day he was elected, nearly two years later. As a political analyst on MSNBC, Mr. Wolffe appears frequently on *Countdown with Keith Olbermann* and *Hardball*. On NBC, he has appeared as a political commentator on *Meet The Press* and *Today*.



Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

Tea and Talk: Memories of my first love

Come join author, playwright, and long-time Village resident Paula Stone at the Village Center on **Friday, July 10, at 1:30 p.m.**, to discuss the experience of being in love for the first time. Reminisce about your own first-love story and reflect on the lessons you learned. Share your memories and funny anecdotes over tea.

Since retiring from a career in government and international service, Ms. Stone has devoted herself to playwriting, travel writing, and sculpture. She is a member of The Playwright's Forum of Washington as well as the Washington Sculptor's Group. She is also an award-winning photographer and very proud that the Village Center is the owner of several of her photographs.

Please sign up by calling 301-656-2797.



Personal Computer Coach

In-home computer training for women

Cheryl Morris

Phone: (240) 994-2921

E-mail: personalcomputercoach@att.net

www.personalcomputercoach.com



Convenient*Flexible*Personalized
Gift Certificates Available

Friendship Gourmet Market

Join us for our monthly Wine Tasting!

- Beer
- Wine
- Pizza



- Salads
- Daily Specials
- Sandwiches

5550 Friendship Blvd
Chevy Chase, MD
301-951-0951

FREE DELIVERY
on all orders over \$15



Hearing...

Working in
the community...



Cherishing...



Communicating...



These are the Cornerstones of Our Audiology Practice!

Dr. Jenifer Cushing & Dr. Ross Cushing
Doctors of Audiology

Chevy Chase
5530 Wisconsin Ave.
Suite 1540
(301) 907-0002

Aspen Hill
13975 Connecticut Ave.
Suite 316
(301) 438-8070

Montgomery Village
19110 Montgomery Village Ave.
Suite 120
(301) 977-6317



A&A MARYLAND HEARING CENTER
CHEVY CHASE AUDIOLOGY

Rediscover the love of sound
www.hearinmd.com





STATELY SETTING

SOPHISTICATED LIVING

CLASSIC RESIDENCE

BY
HYATT[®]
IN CHEVY CHASE

Welcome to Classic Residence by Hyatt, where you'll enjoy luxury older adult living just two miles from Washington, D.C. Here, you'll be surrounded with the finest details and spectacular views. Best of all, first-class amenities will enhance your sophisticated lifestyle. Call our premier community today.

8100 Connecticut Avenue ■ Chevy Chase, MD 20815 ■ (301) 907-8895 ■ www.hyattclassic.com

Arizona • California • Colorado • Florida • Illinois • Maryland/D.C. • Nevada • New Jersey • New York • South Carolina • Texas

Hyatt is a registered trademark of Hyatt Corporation.



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, July 2, 7 p.m. — Movie — *Confessions of a Shopaholic*—Rebecca Bloomwood can't seem to break her habit of making impulsive purchases, and while she's always decked out in the latest styles, her credit card bills are as thick as a telephone book. If Rebecca could somehow manage to land her dream job at a high-profile fashion magazine, perhaps she could transform what is now a simple addiction into something that could really benefit her professionally. When Rebecca becomes an advice columnist at a financial magazine published by the same company as her favorite fashion magazine, her fresh approach strikes a chord with readers and she quickly becomes the toast of the town. Rated PG. Running Time: 102 minutes.

Thursday, July 9, 7:30 p.m. — Richard Wolffe, see page 4 for details.

Thursday, July 16, 7 p.m. — Movie — *Revolutionary Road*—Kathy Bates, Kate Winslet, and Leonardo DiCaprio star in director Sam Mendes' tale of suburban malaise in 1950s-era Connecticut. It is the tale of a young Connecticut couple whose once-idealistic relationship steadily deteriorates into a ceaseless cycle of petty jealousy and bickering as they strive to retain their independence in the conformity-obsessed world of picket fences and perfectly manicured lawns. Rated R. Running Time: 119 minutes.

Thursday, July 23, 7 p.m. — Movie — *Gran Torino*—A racist Korean War veteran living in a crime-ridden Detroit neighborhood is forced to confront his own lingering prejudice when a troubled Hmong teen from his neighborhood attempts to steal his prized Gran Torino. Stars Clint Eastwood and Bee Vang. Rated R. Running Time: 116 minutes.

Thursday, July 30, 7 p.m. — Movie — *Doubt*—When the principal of a Bronx Catholic High School accuses a popular priest of pedophilia, a young nun caught in between the feuding pair becomes swept up in the ensuing controversy. Charismatic priest Father Flynn's progressive ideas stand in stark contrast to the

longstanding beliefs of Sister Aloysius Beauvier, the iron-willed principal, who believes that an oppressive environment of punishment and fear is the only way to keep the student body in line. When Sister James reluctantly reveals to Sister Beauvier that Father Flynn and Donald, St. Nicholas' first black student, have been spending an unusual amount of time together in the church rectory, the headmistress begins a crusade to reveal the beloved clergyman a child molester. Stars Meryl Streep, Philip Seymour Hoffman, and Amy Adams. Rated PG-13. Running Time: 104 minutes.

\$60 MONTHLY PARKING \$60

Nightly & Weekend Parking
From 6 PM to 8:30 AM Mon.- Fri.
All day Saturday & Sunday

Elizabeth Arcade Parking

4601 North Park Ave.
Chevy Chase, MD

Phone: 301-652-7767
Cell: 240-694-5528

Is Your Lawyer also a CPA?



Shelton M. Binstock
Attorney
Certified Public Accountant



David B. Torchinsky
Attorney
Certified Public Accountant

Law Offices of Binstock, Torchinsky and Associates, P.C.

The Barlow Building
5454 Wisconsin Avenue, Suite 1340
Chevy Chase, MD 20815
301-657-5555

Creative Strategies for Preserving Your Wealth

Wills, Trusts, Probate, Charitable Planning, Tax Matters
60 years of combined experience

Visit our website at www.binstocktorchinsky.com

ART and CULTURE

Three cheers for area artists

You are invited to visit Friendship Gallery this month and 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 welcome to attend.

This year’s juror is noted artist Millie Shott, art consultant at the Village Center. Ms. Shott has painted in watercolor, acrylics, and collage for more than four decades. Her artwork is included in the collection of the Georgetown University Hospital, the Marriott Collection, the Public Art Trust Collection of Montgomery County, the National Geographic Society and Fairfax Hospital, as well as the personal collections of many area art collectors. She currently teaches classes in her studio and through the Smithsonian Resident Associate Program.

The exhibit runs July 1 to 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 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.

In addition to the juried exhibit, residents are invited to contribute to a community collage on display at the Village Center during the month of July. Supplies will be available at any time so feel free to try your hand at this fun community art project.



Vase, Mixed Media, by Millie Shott



Stormy Skies, Watercolor, by Millie Shott



Rhapsody
Rhythm,
Water Media
Collage,
by Millie
Shott

VILLAGE CLASSIFIEDS

For Sale

BMW 2002 330ci coupe, metallic blue, less than 27,000 miles, excellent condition, \$18,000. Call 240-401-7215.

Computer Doctor!

Get help with hardware or software issues at competitive rates. Call Sameh at: 301-433-4956.



J U L Y

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



1	2	3	4	5	6	7	8	9	10	11
9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: Machaya Klezmer	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.: Depart for Wolf Trap 7 p.m.: Movie: Confessions of a Shopaholic	Federal Holiday Center Open 9 a.m. to 2 p.m. 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events	Center open 9 to 4 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 2 to 4 p.m.: Fourth of July Celebration	9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 7 p.m.: Café Muse	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.: Nurse Specialist	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Knee Replacement 7 p.m.: Concert: Robert Redd Combo	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 7:30 p.m.: Richard Wolfe: Renegade: The Making of a President	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 1:30 p.m.: Tea and Talk: First Love	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
12	13	14	15	16	17	18	19	20	21	22
9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 10:30 a.m.: Depart for Charles Town 11:30 a.m. – 1:30 p.m.: Art Reception	9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Nurse Specialist	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: Mariachis de Los Compadres	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: Revolutionary Road	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	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:30 a.m. – 2 p.m.: Children's Art Camp	8:15 a.m.: Walking Club 9:30 a.m. – 2 p.m.: Children's Art Camp 1 p.m.: Health Insurance Counseling 7 p.m.: Concert: Timothy Roberts	8:15 a.m.: Walking Club 9:30 a.m. – 2 p.m.: Children's Art Camp 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Gran Torino
23	24	25	26	27	28	29	30	31		
8:15 a.m.: Walking Club 9:30 a.m. – 2 p.m.: Children's Art Camp 6 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Gran Torino	9:30 a.m. – 2 p.m.: Children's Art Camp	8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs	9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	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 1 p.m.: Strength Training with Tonya 1 p.m.: Bridge Group 2:30 p.m.: Drawing and Painting	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:15 p.m.: Depart for Tragara	9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 7 p.m.: Concert: Silver Strings Quartet	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: Doubt	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		



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.

Fresh Produce in Friendship Heights

Twin Springs Fruit Farm sets up its market on **Saturdays, from 9 a.m. to 1 p.m.** on the portico of the Friendship Heights Village Center until mid-November.



CLASSES and CLUBS

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

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

ART

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins August 5. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70. (Maximum number of students is 8). Last class is Sept. 9.

EXERCISE AND FITNESS

CHAIR EXERCISE WITH TONYA

This 6-week class begins July 14. 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 \$62. Session ends August 26 (class will not meet on July 21).

FALL PREVENTION

This 6-week class begins July 15. Meets Tuesdays, from 1 to 1:45 p.m. The class, taught by Tonya Walton, will focus on simple exercises you can do to improve overall balance. The cost is \$62. Session ends August 25 (class will not meet on July 22).

STRENGTH TRAINING WITH CHERYL

This 6-week session begins July 31. 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 Sept. 4.

STRENGTH TRAINING WITH TONYA

This 6-week session begins July 13. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$62. Session ends August 24 (class will not meet on July 20).

TAI CHI (THURSDAY)

This 6-week session begins July 2. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40. Feel free to email instructor Thomas Johnson at taijitaj7@gmail.com if you have any questions about this class. Session ends August 13 (class will not meet July 23).

TAI CHI (TUESDAY)

This 6-week session begins July 7. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40. Session ends August 18 (class will not meet July 21).

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.

CONCERTS

Free live music is presented every Wednesday throughout the year at 7:00 p.m. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. For more information, check FHUN's website at 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. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

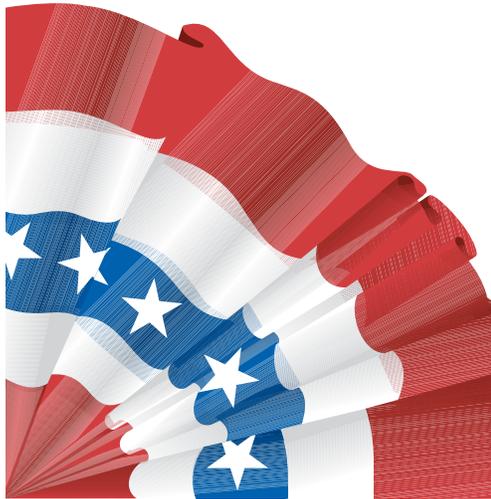
Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

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

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.



VILLAGE PLAY TIME

Children of all ages are welcome to be 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 details.

YIDDISH

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

NATURAL
Cleaning Services

Specializing in Residential & Small Businesses
Carpet Cleaning Available

Yaakov Elfassi, Owner
Tel: (301) 603-0570
y_elfassi@yandycleaning.com
www.yandycleaning.com

THINKING CLEAN? GO GREEN

We use Earth-friendly products

TRUST YOUR HOME TO zelda heller.



REALTOR®

You'll get good, honest, personal attention

- ◆ One of Top 10 Long & Foster® Agents
- ◆ Member of Prestigious Master's Club
- ◆ Member of Hall of Fame

Call me today for a Market Analysis; No pressure, just EXPERT advice.

Long & Foster® Real Estate, Inc.
CHEVY CHASE/UPTOWN OFFICE
4400 Jenifer St., NW ◆ Washington, DC 20015
Ofc 202.364.1300 ◆ Fax 301.913.9175

Dir 301.913.9130

E-Mail: Zelda.Heller@LongandFoster.com

www.zeldaheller.com



CONCERTS

Concerts are performed Wednesdays, from 7 to 8 p.m. in Hubert Humphrey Park at the Village Center. In the event of inclement weather, the concerts will be moved indoors to Huntley Hall in the Center. As a courtesy to our performers, please turn off any cell phones or electronic devices.

Wednesday, July 1 — Machaya Klezmer — This high-energy, nationally recognized band returns to the Summer Concert Series to present some of the finest klezmer music in the country. Formed more than 20 years ago, the band has mastered the feeling and dynamism of authentic klezmer music and has duplicated the marvelous and live sound of famous klezmer bands of the 1930s. The band features Susan Jones, Barbara Hess, Jay McKensky, Fred Jacobowitz and Brian Choper.

Wednesday, July 8 — Robert Redd Combo — Robert Redd started out as a trumpet player as a youngster 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, which played frequently in the Washington area at venues including the John F. Kennedy Center for the Performing Arts, Blues Alley, and Wolf Trap Farm Park. Prior to that Redd was pianist and musical director for singer-songwriter Kenny Rankin. As a freelancer, he has performed with the biggest names in jazz today—Ken Peplowski, Warren Vache, Ethel Ennis, Melba Moore, the Artie Shaw Big Band, and the Duke Ellington Orchestra. He appears frequently with the Smithsonian Masterworks Organization, and works often with his brother, Chuck Redd.

Wednesday, July 15 — 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. Dressed in authentic costumes, the band plays traditional instruments including the bi-huele, guitarron, trumpets, guitar and violin.

Wednesday, July 22 — Timothy Roberts — Native Texan Timothy Roberts is principal saxophonist and national tour soloist with the U.S. Navy band and has performed in Canada, Europe, and Russia, as well as the United States. He won the National Symphony's Concerto Competition, and has often appeared with the Dallas Symphony on recordings and in concert.

Wednesday, July 29 — Silver Strings— Enjoy an eve-

ning of classical music under the stars as we welcome the Silver Strings back to Friendship Heights. The fabulous string quartet has been delighting audiences in the Washington D.C., area for almost two decades.

Bank Safe and Sound

- D.C.'s only bank currently rated **Five Stars** in Bankrate.com's "Safe & Sound Ratings."
- A **Five Star** rating from BauerFinancial Inc. recognizing exceptional performance for 79 consecutive quarters.
- The only bank in the D.C. metro area rated "**A+**" for "excellent financial security" by Weiss Ratings on TheStreet.com.
- Rated "**best bank in DC for small business loans**" by Entrepreneur magazine.

Why take chances? Choose the Bank with a 120-year legacy of safety and soundness.



THE NATIONAL CAPITAL BANK
OF WASHINGTON

316 Pennsylvania Avenue, SE, Washington, DC 20003 • 202-546-8000
5228 44th Street, NW, Washington, DC 20015 • 202-966-2688

www.NationalCapitalBank.com

MEMBER
FDIC



TO YOUR HEALTH

Knee Replacement 101: When is knee surgery appropriate?

Suburban Hospital's Orthopedic Joint Surgeon, Dr. Christopher Farrell, will discuss knee replacement treatment



options at this month's Suburban Health Lecture at the Village Center on **Wednesday, July 8, 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.

Richard J. Castiello, M.D.
Sean T. Gunning, M.D.

Board Certified

DERMATOLOGISTS

SPECIALIZING IN COMPREHENSIVE EXAMINATIONS OF THE SKIN
DISEASES OF THE SKIN INCLUDING, BUT NOT LIMITED TO, ACNE, INFECTIONS AND ECZEMA

SURGERY OF BENIGN AND CANCEROUS GROWTHS OF THE SKIN

COSMETIC PROCEDURES:

BOTOX • RESTYLANE • PERLANE • RADIESSE
LASER HAIR REMOVAL • LASER TREATMENT OF FACIAL VEINS
SCLEROTHERAPY FOR LEG VEINS • CHEMICAL PEELS

HIGHEST MEDICAL QUALITY
SKIN CARE PRODUCTS

5530 WISCONSIN AVENUE, SUITE 1418
CHEVY CHASE, MD 20815
(301) 986-1880

WWW.DRCASTIELLO.COM

Jason A. Cohen, D.D.S.

General, Cosmetic & Implant Dentistry

Treating Your Family Like Family



General Dentistry • **ZOOM!** Whitening
Porcelain Crowns
Implant Retained Dentures

The Chevy Chase Building
5530 Wisconsin Avenue, Suite 560, Chevy Chase, MD 20815
(301) 656-1201
www.cosmeticdds.com

DR. ALONA BAUER



GENERAL • COSMETIC • DENTISTRY

Named "Best Dentist" by Washingtonian Magazine

301.664.9695 smile@dralonabauer.com

Don't let snoring ruin another night!



Just think...

- No machine
- No medications
- No surgery
- No snoring

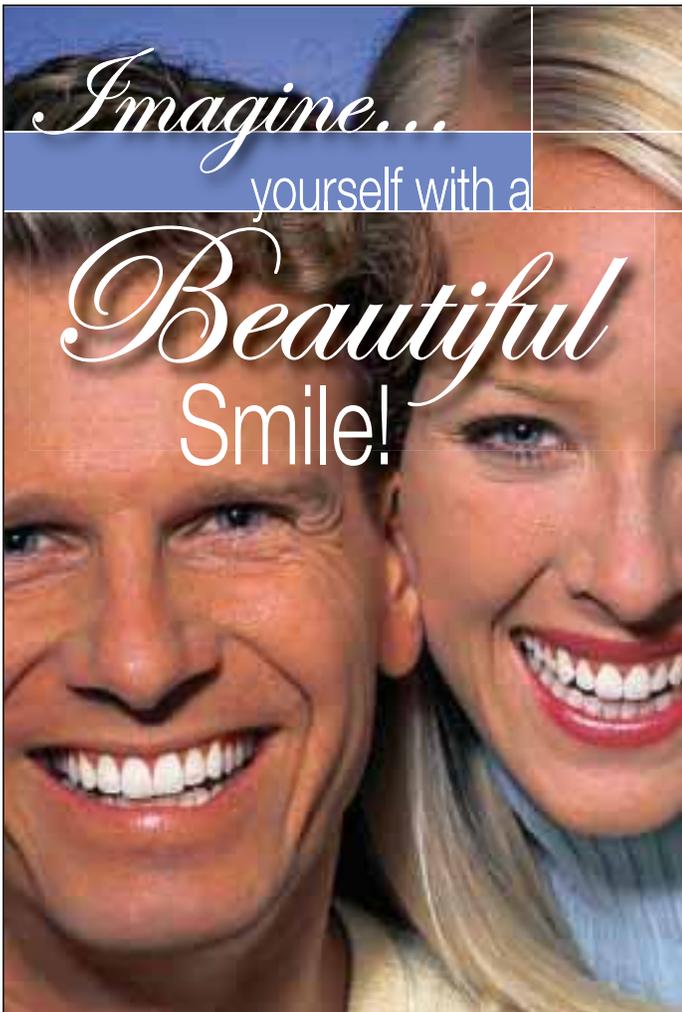
Just sleep.

We provide an alternative to the cumbersome CPAP.

4601 North Park Avenue
Elizabeth Arcade, Suite C7
Chevy Chase, MD 20815
www.dralonabauer.com

Free parking Interest free financing





Imagine...
yourself with a

Beautiful
Smile!

NEIL H. COHEN, D.D.S

Cosmetic Dentistry

4701 Willard Avenue
The Irene, Suite 106
Chevy Chase, MD 20815
(301) 654-7760

Enjoy a complimentary
consultation (\$100 value)
with Dr. Cohen.
Payment plans available.

Dr. Cohen has been devoted to his patients for over 25 years. Many of the families coming to his practice today span four generations of patients who have complete confidence in their dental health and appearance. Treatment options:

- | | |
|--------------------|--------------------------|
| Crowns | Porcelain Veneers |
| Bonding | Teeth Whitening |
| Invisalign | Natural color Filings |
| Root Canal Therapy | Implants and Bridges |
| Hypnotherapy | Ask about payment plans. |

Free ways to get here:
Walking — 10 minutes from Metro
The Irene Shuttle Bus — no charge
Free parking in The Irene garage



Cafe Muse presents...

This month's Café Muse, on **Monday, July 6, at 7 p.m.**, features a presentation of collaborative work from sculptor Mark Behme and poet Joanne Growney.

Mark Behme is a Washington, D.C.-based artist and winner of the Grand Prize at the Corcoran Masquerade Ball juried by Andy Warhol. His wood sculptures are known for their surrealistic qualities and use of word play as a guide for his metaphors. His work can be seen at www.markbehme.com.



Joanne Growney is the author of *My Dance is Mathematics* and editor of *Strange Attractors: Poems of Love and Mathematics*. Her poems appear in several anthologies and *Divided City, Poet Lore, Focus, and Innisfree*. Her poetry and other multi-lingual activities can be seen at www.joannegrowney.com.

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. For more information visit www.wordworksdc.com.

ADOM PRIVATE DUTY CARE

We care for the sick and the elderly



Belinda Baah
Case Manager



INSURED

9230 Traders Crossing
Laurel, MD 20723

(301) 366-8929
(240) 280-7314

Email: adomtextiles@comcast.net

Dr. Michael Gittleson
Podiatrist
The Barlow Building

5454 Wisconsin Ave. Suite 640
Chevy Chase, MD 20815
301-986-4900

Medicine/Foot Surgery Early Morning Hours



Annual Hawaiian Luau

Thursday, July 23rd from 5:30pm - 8:00pm

RSVP by Thursday, July 16th to 301-656-1900

Aloha! You are invited to Brighton Gardens at Friendship Heights for our annual Hawaiian Luau. Enjoy delicious Polynesian cuisine, refreshing beverages and live entertainment by the Tepua Hio Hio Dancers. Mingle with our residents and guests, and tour our beautiful community. Bring a friend, and join us for this evening of island fun!



**BRIGHTON**
GARDENS
ASSISTED LIVING

A  **SUNRISE** SENIOR LIVING COMMUNITY



Chevy Chase Brighton Gardens at Friendship Heights 301-656-1900 5555 Friendship Blvd

Assisted Living • Memory Care

For more information and a FREE online newsletter, visit www.sunriseseniorliving.com

Village Council Corner



Council Considers Purchase of Stained Glass

The stained glass exhibit on display in the Village Center lobby has been extended until the end of July. Because of the many positive comments received from visitors about the artwork, at the June 8 meeting the Council considered purchasing selected pieces of the exhibit for permanent display in the lobby. After discussion, the matter was tabled pending further review with Millie Shott, the Village's art consultant. A new proposal, based on recommendations from Ms. Shott, is expected to be on the agenda for Council consideration at the July 13 Council meeting.

Free Sibley Shuttle from Metro Station

Sibley Hospital is providing free shuttle service on a continuous loop from the Friendship Heights Metro station to the hospital Monday through Friday, 6 a.m. to 6 p.m. Pick-up is on the southeast corner of Wisconsin Circle and Wisconsin Avenue (across from Giffords).

Other Council actions at the June 8 meeting:

- Approved proposal for increase in maintenance contract to provide raises for maintenance personnel;
- Approved proposal for increase in security contract to provide raise for security personnel.

Wisconsin Avenue Sidewalk Reopens



With the re-opening of the sidewalk on the west side of Wisconsin Avenue, pedestrians can once again walk on Wisconsin between Willard and Western Avenues.



Friendship Heights

VILLAGE NEWS

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

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

July 2009 events calendar