



Friendship Heights



VILLAGE NEWS



New shuttle bus
nears completion,
see page 16

NOVEMBER 2009

301-656-2797

VOLUME 24, NO. 6

See Hillwood in all its Holiday Splendor



Celebrate the season as we visit the former home of Marjorie Merriweather Post on **Wednesday, Dec. 16**. Hillwood Estate, the Georgian-style mansion built in 1926, will be decked out for the holidays with garlands, floral arrangements and beautiful topiaries of poinsettia, herbs and fruit.

We'll depart from the Village Center at noon and should return by 5 p.m.

During our visit, we'll take a guided tour of the estate that houses one of the most comprehensive collections of 18th- and 19th-century Russian Imperial art outside of Russia. There is also an extensive collection of 18th-century French decorative arts.

The house at Hillwood includes many spacious areas such as a grand entrance, large libraries, and a pavilion in which guests could dance or watch movies. The estate also offered many outlets for outdoor pleasures and sport. Guests could wander among formal and informal gardens or hone their golfing skills on the putting green. For the owner and visitors, the estate was a site where they could enjoy sophisticated urban pleasures within a peaceful and inviting setting.

After our tour, we will enjoy afternoon tea in the museum café. Our tea will feature sweets and savory treats.

The cost of the trip is \$52, which includes round-trip transportation, tour of Hillwood, afternoon tea, and all taxes and gratuities.

Residents may sign up at the Village Center immediately. Nonresidents may sign up beginning Nov. 9. There are 35 spaces available.

Artisans make it an 'affair to remember'

The 2009 "Holiday Affair" artisan fair on **Saturday, Nov. 7**, offers something for everyone. This one-day annual event takes place at the Village Center from **10:30 to 3 p.m.**, and features hand-crafted items including jewelry, scarves, blankets, pottery, candles, soaps, purses and more. Artisans will also be on hand with items ranging from fused glass to hand-painted boxes.

At 2 p.m., Stuart Brafman, author of the children's book, *The Adventures of Jack the Owl*, will tell stories to children in our reading room. Artist and singer W. James Taylor will perform songs for the whole family throughout the day.

Admission is free. For information, call the Village Center at 301-656-2797.

CHILDREN'S PROGRAMS

Children's Afternoon Art Classes with Millie Shott

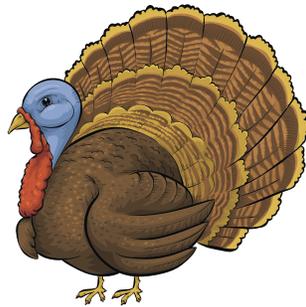
Millie Shott, Friendship Gallery curator, continues her ever-popular children's art classes with a brand-new program in November.

This three-week series will include different types of printmaking. It begins **Thursday, Nov. 5 and continues each Thursday through Nov. 19.**

The program is designed for school age students, ages 6 to 11. Each class lasts 90 minutes, from 4 to 5:30 p.m.

The cost of this \$75, and includes instruction and materials.

Registration for this course begins immediately at the Village Center. Space is limited. Please call the Village Center for additional information.



'Tis the season to share: food and toy collection

Once again the Village Center will collect food items for Manna Food Center, which feeds about 3,000 hungry families in Montgomery County each month. Half of the people served are children.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed includes cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, the following items are needed for Smart Sacks, Manna's innovative program to fight childhood hunger. Each Friday, elementary school students in need receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins.

Important: please check expiration dates before bringing donations and do not bring anything in a glass jar.

New toys will also be collected and delivered to needy children in the area.



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 December issue is November 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

(301) 787-5958
steveok@me.com



STEVE O'KEEFE

Mathematics Tutor and Teacher
The Irene, 4701 Willard Avenue

Middle School Math
High School Math

SAT Math Prep
ACT Math Prep

ON the GO...

Take a Holiday House Tour

Beautifully decorated homes, a special luncheon, children caroling and holiday shopping are sure to stir your holiday spirit. Join us as we visit five Cleveland Park homes, dressed for the season, during the 27th annual St. Albans School Christmas House tour on **Friday, Dec. 4.**

The homes, adjacent to the Washington National Cathedral, boast distinctive architectural elements and stunning interiors. Leading floral designers will transform each home with unique Christmas and seasonal decora-

tions. A shuttle will take us from St. Albans to the individual homes. All the homes are within walking distance of each other so you also have the choice of strolling through Cleveland Park to view each house.

In addition to the homes tour, we will also indulge in a delicious luncheon featuring a menu borrowing from recipes popular in 1909. (St. Albans School is currently celebrating its Centennial.)

The luncheon will begin with a forest mushroom soup, followed by Waldorf Salad, Chicken a la King, and rolls. The menu also includes assorted desserts and coffee and or tea.

Following lunch, you'll have

time to visit the holiday boutique. All proceeds from the House Tour directly benefit the faculty and staff of St. Albans School.

We will depart from the Village Center at 10:30 a.m. return around 4 p.m. The cost of the trip, which includes round-trip transportation, house tour, lunch and all taxes and gratuities, is \$69. Sign-ups for residents begin immediately at the Village Center. Non-residents may sign up beginning Nov. 9. There are 24 spaces available.

The deadline to sign up is Nov. 15.

Please note that two of the homes have a long set of stairs at their entrances.

PUZZLED

by Today's Real Estate Market?

Nancy Mellon Realty

301-951-0668

4500 N Park Ave., Suite 804N

Turn to
**YOUR NEIGHBORHOOD
REAL ESTATE SPECIALISTS**
to find out why it's the time to **Buy, Rent, or Sell Now!**



Balz and Johnson at the Center

Pulitzer Prize winner Haynes Johnson and Washington Post lead political writer Dan Balz will discuss their book *The Battle For America 2008: The Story Of An Extraordinary Election*, at the Village Center on **Thursday, Nov. 5, at 7:30 p.m.**

The authors, two of America's best-known political reporters, followed the campaign from the candidates' first forays into Iowa and New Hampshire to Obama's victory celebration.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.

A journey into a family secret

Washington Post senior editor Steve Luxenberg will discuss his book, *Annie's Ghosts*, at the Village Center on **Monday, Nov. 23, at 7:30 p.m.**

Mr. Luxenberg was in his forties when he discovered he had an aunt he never knew existed. He had grown up believing that his mother was an only child. When she was dying, he learned that she had a disabled sister, Annie, who had been institutionalized at age 21. Using his skills as a reporter, Mr. Luxenberg pieced together the story of his mother's motivations for hiding her sister's existence and his aunt's unknown life. His search took him to imperial Russia and Depression-era Detroit, through the Holocaust in Ukraine and the Philippine war zone, and back to the hospitals where Annie languished in anonymity.

Bob Woodward describes *Annie's Ghosts* as "one of the most remarkable books I have ever read" and Walter Isaacson writes that the book "will leave you breathless." Steve Luxenberg has been a senior editor with the Washington Post for twenty-two years, overseeing reporting that has won numerous awards, including two Pulitzer Prizes for explanatory journalism. *Annie's Ghosts*, has been featured on NPR and in Parade Magazine.

Copies of the book, provided by Politics and Prose, will be available to buy. Please sign up by calling 301-656-2797.

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

TRUST YOUR HOME TO zelda heller.



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

REALTOR®

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

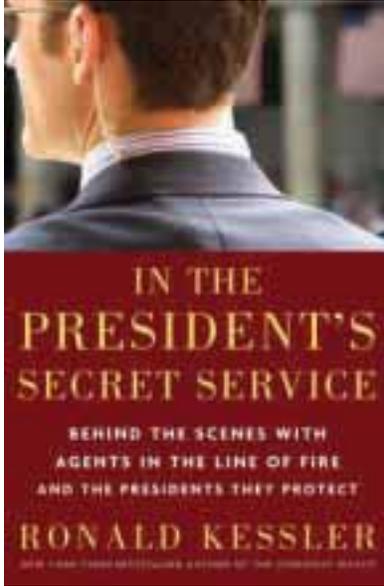
www.zeldaheller.com



Ronald Kessler to speak at the Center

In the first book that penetrates the wall of secrecy around the U.S. Secret Service, journalist Ron Kessler reveals secrets of the many agents he interviewed. Mr. Kessler will discuss his book, *In the President's Secret Service: Behind the Scenes with Agents in the Line of Fire and the Presidents They Protect*, at the Village Center on **Thursday, Nov. 12, at 7:30 p.m.**

A former reporter for the Washington Post and the Wall Street Journal, Mr. Kessler has won sixteen journalism awards. Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.



Tea and Talk: Alger Hiss and the Rosenbergs

Two of the most famous espionage cases in American history were those of Alger Hiss and Julius and Ethel Rosenberg. The trials engendered strong reactions from both conservatives and liberals and helped launch the McCarthy era. Ambassador William Bodde, Jr., a retired U.S. Foreign Service Officer, will discuss new information concerning the cases at the Village Center on **Wednesday, Nov. 18, at 1:30 p.m.**

After the presentation, please stay for tea. Sign up by calling 301-656-2797.

LOUISA KLEIN
Certified Yoga Instructor



INTERNATIONAL YOGA TEACHERS ASSOCIATION

4450 South Park Avenue #1611
Chevy Chase, Maryland 20815
Phone: (301) 913-0232
Email: shantilk3@yahoo.com

The perfect place for dinner before a Strathmore show

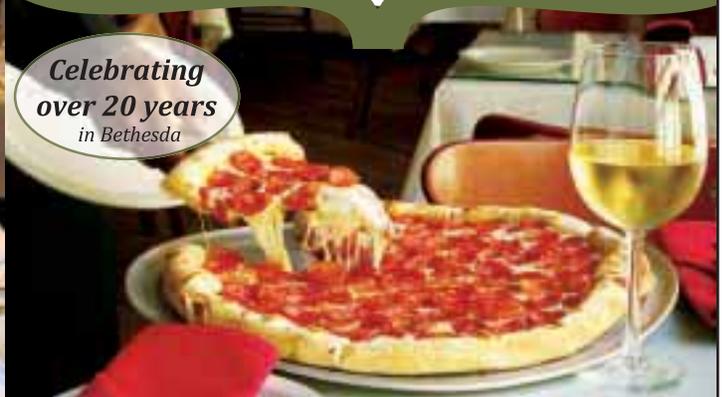
Private Parties Welcome



www.oakvillewinebar.com
301.897.9100

GEPETTO

www.geppettoresrestaurant.com
301.493.9230



Wildwood Shopping Center | 10257 Old Georgetown Rd. | Bethesda

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.

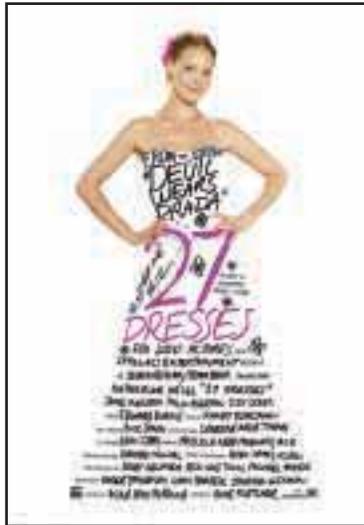
Thursday, Nov. 5, 7:30 p.m. — Book Signing with Haynes Johnson and Dan Balz. **See page 4 for details.**

Thursday, Nov. 12, 7:30 p.m. — Book Signing with Ronald Kessler. **See page 5 for details.**

Thursday, Nov. 19, 7 p.m. — **Movie — 27 Dresses** — A single woman who has served as a bridesmaid 27 times wrestles with the prospect of supporting her sister at the altar on number 28, despite having fallen helplessly in love with her sibling's handsome husband-to-be. As she finally comes to terms with her true feelings, her life begins to change in ways she never expected.

Stars Katherine Heigl, James Marsden, Malin Akerman, and Edward Burns. Rated PG-13. Running Time: 107 minutes.

Thursday, Nov. 26 — **Happy Thanksgiving** — Center Closed.



Call us the strong, silent type.

We're not the type of bank that makes a lot of noise trying to convince you that we're worthy of your business. As one of the "20 Strongest Banks In America,"* we think our credentials speak for themselves.

For more than 120 years, The National Capital Bank of Washington has adhered to the principles of strength, integrity and unparalleled customer care. We're proud to be known as a bank that protects your hard-earned money while delivering value and professional service.

If you're searching for a secure place to put your money and a "hometown" approach to your banking needs, we'd love to have you in the family.

*TheStreet.com and Weiss Safety Ratings, July 2009



THE NATIONAL CAPITAL BANK
OF WASHINGTON
Founded 1889

316 Pennsylvania Avenue, SE, Washington, DC 20003 • 202-546-8000

5228 44th Street, NW, Washington, DC 20015 • 202-966-2688

www.NationalCapitalBank.com



ART and CULTURE

Laurel Artists to exhibit this month

Artists from The Laurel Art Guild will exhibit their paintings in Friendship Gallery in November. Founded in 1967, the Guild is located on the grounds of the historic Montpelier Mansion in Laurel, Md. It is a nonprofit organization with 63 members ranging in age from twenties to eighties. Membership is open to anyone with an interest in the visual arts; see their website at www.laurelartguild.org.

All are invited to a reception on **Sunday, Nov. 8, from 11:30 a.m. to 1:30 p.m.** to meet the artists and enjoy the music of pianist and composer Paul Hatton, who

has won many awards and will play pieces that range from Debussy's *Clare de Lune* to some original works of his own.

The exhibit runs from Nov. 2 to 28. 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.

Afternoon Light by Stephanie Lyon



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

FLOORMAX
A CARPET 'N THINGS COMPANY

Visit us at

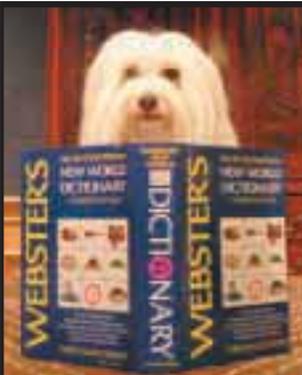
1776 E. Jefferson St.
Rockville, MD 20852
301-230-1440

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

or
www.floormax.us.com

CARPET • WOOD FLOORS • CERAMIC • TILE • LAMINATE

CONFUSED BY REAL ESTATE TERMINOLOGY?



\$8,000 Tax Credit – American Recovery & Reinvestment Act of 2009 authorizes a tax credit of up to \$8,000 for qualified first-time homebuyers purchasing a principal residence on or after January 1, 2009 and before December 1, 2009.

Home Sale Contingency – Allows homebuyers time to sell their present house in order to finance a new one.

FICO – Stands for the Fair Isaac Corporation, which is the developer of modern credit scoring models. FICO scores are the credit scores most lenders use to determine their risk in lending to you.

Home of Choice Contingency – A seller can accept a buyer's offer and add a contingency that will give the seller a time period in which to find a home of choice.

HELOC – Home Equity Line of Credit

Good Faith Estimate – Lenders are required to provide you with a good faith estimate of the fees due at closing within three days of applying for a loan. These fees cover every expense associated with your home loan: inspections, title insurance, taxes and other charges.



SAM SOLOVEY
EXCEEDING Your Expectations.
Your Neighbor and Realtor®



**Let me help define your
real estate experience.**



Direct: 301-404-3280 • Office: 202-363-9700 • Email: SamS@LNF.com

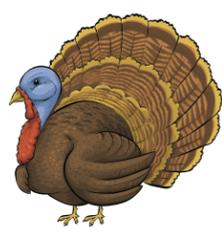
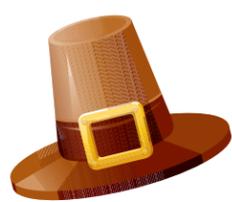


Friendship Heights Village Center



Calendar of Events 2009

N O V E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 5 p.m.: A Conversation with David Frum</p>	<p>2</p> <p>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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse</p>	<p>3</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Depart for Kennedy Center 7 p.m.: Mat Pilates</p>	<p>4</p> <p>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: Flu and Pneumonia Season 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Susan Jones and Caliente</p>	<p>5</p> <p>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 4 – 5:30 p.m.: Children’s Art 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing w/ Balz and Johnson: The Battle For America 2008</p>	<p>6</p> <p>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.: Painting is for Everyone 6:30 p.m.: Dinner Dance with Emery Davis</p>	<p>7</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m. to 3 p.m.: Holiday Affair</p>	
<p>8</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>9</p> <p>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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting</p>	<p>10</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 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</p>	<p>11</p> <p style="text-align: center;">Veterans Day Center Open 9 a.m. to 2 p.m. <i>(Shuttle bus runs on weekend schedule)</i></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya</p>	<p>12</p> <p>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 4 – 5:30 p.m.: Children’s Art 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing w/ Ronald Kessler: In the President’s Secret Service</p>	<p>13</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 12 p.m.: Special Lunch 1 p.m.: “Julia Says: Bon Appetit” 1 p.m.: Painting is for Everyone</p>	<p>14</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	
<p>15</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>16</p> <p>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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</p>	<p>17</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 12:30 p.m.: Vision Support Group 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:30 p.m.: Depart for National Theatre 7 p.m.: Mat Pilates</p>	<p>18</p> <p>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 1:30 p.m.: Tea and Talk: William Bodde on Alger Hiss and the Rosenbergs 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Jerry Allen</p>	<p>19</p> <p>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 4 – 5:30 p.m.: Children’s Art 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: 27 Dresses</p>	<p>20</p> <p>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.: Painting is for Everyone</p>	<p>21</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</p>	
<p>22</p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>23</p> <p>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 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7:30 p.m.: Book Signing with Steve Luxenberg</p>	<p>24</p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 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</p>	<p>25</p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Silver Strings</p>	<p>Happy Thanksgiving! Center Closed No Shuttle Bus</p> 	<p>27</p> <p style="text-align: center;">Center Open 9 a.m. to 2 p.m. <i>(Shuttle Bus runs on regular schedule)</i></p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p> 	<p>28</p> <p>8:15 a.m.: Walking Club</p> 	
<p>29</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>30</p> <p>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 2:30 p.m.: Acrylic or Oil Painting</p>	<p>Village residents enjoyed a visit to Chicago in October</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.

NOTE: THE MVA BUS WILL BE HERE ON MONDAY, NOVEMBER 2 AND MONDAY, NOVEMBER 23.

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

ACRYLIC OR OIL PAINTING (DAY)

A 10-week course for all skill levels, taught by Doris Haskell, begins Nov. 30. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Feb. 22 (no class on Dec. 28, Jan. 18 and Feb. 15). Maximum number of students is 18.

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskell, begins Dec. 3. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Class ends Feb. 18 (no class on Dec. 24 and 31). Maximum number is 16.

CHILDREN'S AFTERNOON ART CLASS

A 3-week course for children ages 6 to 11, taught by Millie Shott, begins Nov. 5. Meets Thursdays from 4 to 5:30 p.m. Children will learn different types of printmaking. Cost is \$75, which includes instruction and materials. Session ends Nov. 19.

PAINTING IS FOR EVERYONE

A 6-week course for all skill levels, taught by Millie Shott, begins Nov. 6. Meets Fridays from 1 to 3 p.m. Designed to introduce students to the art of painting without the intimidation of rules and methods. Learn the art of color mixing and paint application on a variety of paper surfaces and experiment with collage and paper textures, inks, and glues. The cost is \$70. Maximum number is ten. Last class is Dec. 18.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Nov. 18. 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 is 8. Class will meet Nov. 18, Dec. 2, 9 and 16, Jan. 6 and 13.

EXERCISE AND FITNESS

BALANCE AND FALL PREVENTION

This 6-week class begins Dec. 1. 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 Jan. 12 (class will not meet Dec. 29). Questions? Email staraka4u@gmail.com.

CHAIR EXERCISE WITH TONYA

This 6-week class begins Dec. 2. 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 Jan. 13 (class will not meet Dec. 30).

CHAIR YOGA AND MORE

This 4-week series taught by Louisa Klein begins Nov. 4. Meets Wednesdays from 3 to 4:15 p.m. Benefits

body, mind and spirit using synchronized breathing and movement. Instills calm, steady, physical and emotional well being. Includes weight bearing and centering poses, isometrics, toning and strengthening. Learn skills to improve all body systems that you can incorporate into your daily life. The cost is \$40. Session ends Dec. 2 (class will not meet Nov. 11).

STRENGTH TRAINING WITH CHERYL

This 6-week session begins Nov. 6. 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 Dec. 18 (class will not meet Nov. 27).

STRENGTH TRAINING WITH TONYA

This 6-week session begins Dec. 7. 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 Jan. 18 (class will not meet Dec. 28).

STRETCH CLASS WITH TONYA

This 6-week course begins Dec. 1. Meets Tuesdays, at 10:30 a.m. This 30-minute class will provide stretches for the entire body and will improve overall circulation, flexibility, strengthen and tone muscles, and improve posture and balance. The cost is \$30. Last class is Jan 12 (class will not meet Dec. 29). Questions? Email staraka4u@gmail.com.

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 organizes events such as monthly Happy Hours, barbecues, and special evenings at local restaurants. 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 pre-

sentations 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. Usually meets on the second and fourth Wednesdays of each month from 2 to 4 p.m. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 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 invited to play. Games, toys and play equipment will be set out in the auditorium most Thursdays from 11 a.m. to 4 p.m.

Children must be accompanied by a caregiver, friend or family member over the age of 13.

VISION SUPPORT LUNCH AND LEARN

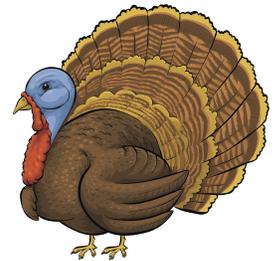
A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

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.

YIDDISH

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



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



CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall at the Village Center. As a courtesy to our performers, please turn off any cell phones or electronic devices.

Wednesday, Nov. 4 — Susan Jones and Caliente —

Multi-talented violinist Susan Jones explores her saucier side with Caliente. Jones, also a member of Machaya Klezmer and Mariachis de los Compadres, offers an evening of Latin and Salsa-inspired jazz.

Wednesday, Nov. 11—Veterans Day— Center Closes at 2 p.m.— No Concert

Wednesday, Nov. 18—Jerry Allen— Jerry Allen presents “Allen on Arlen” – Jerry Allen has performed in big bands, small combos and as a soloist pianist in venues ranging from the John F. Kennedy Center for the Performing Arts to the Smithsonian Institution. He has served as music director of “Sassy & Bessie A-Live at the Paradise Lounge” and “Takes 2 to Tango.” His newest program, Allen on Arlen pays tribute to composer Harold Arlen, known for such songs as *Come Rain or Come Shine* and *Any Place I Hang My Hat is Home*.

Wednesday, Nov. 25—Silver Strings— Audrey Maxwell leads this string ensemble, an evening of classical and popular music. The program will feature music from a variety of composers including Mozart, Beethoven, and Gershwin.

Dining and Dancing with Emery Davis

Enjoy delicious dining and fabulous music from the Big Band era as the Friendship Heights Village Center presents a special dinner dance with the Emery Davis Band on **Friday, Nov. 6, at 6:30 p.m.**

Dinner will be provided by Geppetto’s Restaurant in Bethesda. The menu will feature vegetable lasagne or lasagne with Bolognese sauce, spaghetti, salad, delicious Italian bread, and, of course, dessert.

The cost of the event is \$20 per person. Tickets are available immediately and must be purchased in advance at the Village Center. Tickets will be on sale until Tuesday, Nov. 3. There will be no tickets sold at the door. Call 301-656-2797 for more information.

Julia Child makes an appearance at the Center!

Linda Kenyon will perform her one-woman show *Julia Says: Bon Appetit!* at the Village Center on **Friday, Nov. 13, at 1 p.m.** Lunch will be served **at 12 p.m.**

Julia Says was written by Clay Teunis and focuses on a love story: the marriage of Julia and Paul Child. Linda Kenyon has worked with the Virginia Shakespeare Company, Source Theatre, the Washington Stage Guild and appeared in the movie *Head of State*. The play was directed by Ed Starr.

Lunch will be provided by the Sandwich Lady and served at noon. The cost is \$4 for chicken salad on a roll with green salad, dessert and beverage. Please reserve your lunch by Nov. 6. There are 40 spaces available for lunch.



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

TO YOUR HEALTH

Achoo! Staying healthy in the flu and pneumonia season

You've made an appointment for your flu shot – what else can you do to avoid the flu? And what's the best treatment? This month's Suburban Health Lecture will be held at the Village Center on **Wednesday, Nov. 4, at 1 p.m.** Rita Smith, RN, from Suburban Hospital's Infectious Disease Department, will explain flu epidemics, how they start, and what can be done about prevention.

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

Donate used eyeglasses

Are your old eyeglasses obsolete? Why not donate them to the Lions Club? Each month, the Leisure World Lions Club will pick up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.

Richard J. Castiello, M.D.

Board Certified

DERMATOLOGIST

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

W W W . D R C A S T I E L L O . C O M

Vision Support Lunch and Learn: Don't lose sight to diabetes

November is Diabetes Awareness Month. Join Dr. Michael Lai of the Retina Group of Washington and the Vision Support Group at the Village Center on **Tuesday, Nov. 17, at**

12:30 p.m. for an overview of diabetic eye disease (diabetic retinopathy) and discussion of ways people with diabetes (or suspected diabetics) can promote lifelong sight.

Diabetic eye disease is the leading cause of new cases of profound vision loss among people ages 20-74. However, most vision loss due to diabetic retinopathy is preventable with early detection and intervention. The disease is caused by high blood sugar, which damages tiny blood vessels of the retina. In response, the body grows fragile, new blood vessels (neovascularization) within the retina. A person with diabetic retinopathy might notice symptoms only after damage is done. An eye doctor is usually able to detect retinal changes much sooner and can help to prevent vision loss.

Bring a bag lunch; dessert and beverages will be provided. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.



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



Voted Best Dentist By:
Washingtonian and Bethesda Magazines
The Washington Checkbook

Cosmetic

and Family Dentist to
Washingtonians
for more than
25 years

NEIL H. COHEN, DDS

4701 Willard Ave.
The Irene, Suite 106
Chevy Chase, MD
301.654.7760

Call today for your
complimentary
consultation with
Dr. Cohen (\$100 value)
Payment plans available

Invisalign
Porcelain Veneers
Color Match Crowns
Teeth Whitening
Night Guards
Advanced Hygiene
Technique

Natural Color Fillings
Bonding
Bridges
Root Canal Therapy
Implant Crowns
Hypnotherapy

Post-graduate training at the Pankey Institute for
Advanced Dental Education
Advanced courses & master training in aesthetic and
clinical excellence
American Dental Association
Academy of General Dentistry
Alpha Omega International Dental Society

Friendship Heights Metro Line connects with
The Irene Shuttle Bus for door-to-door service
Free Parking in The Irene Garage

Cafe Muse presents...

This month's Café Muse, on **Monday, Nov. 2, at 7 p.m.**, presents a reading by poets Judith Robinson and Michael Wurster.

Judith Robinson is the author of *The Beautiful Wife and Other Stories* and *Dinner Date*. She is the former editor of *Living Inland*, *Signatures*, Vols 1, 2, and 3, and senior editor of *Only the Sea Keeps: Poetry of the Tsunami*. She has taught at the Pittsburgh Public Schools and Allegheny Community College, and currently teaches poetry in the Osher Program at Carnegie Mellon University.

Michael Wurster is the author of *The Cruelty of the Desert*, *The Snake-Charmer's Daughter*, *The British Detective*, and is co-editor, with Judith Robinson, of *Along These Rivers*, a poetry/photography anthology celebrating the 250th anniversary of the City of Pittsburgh. He currently teaches at the Pittsburgh Center for the Arts School, is a past recipient of the Harry Schwalb Award for Excellence in the Arts, and a founding member of the Pittsburgh Poetry Exchange.

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. For more information visit www.word-worksdc.com.

Having friends or family visit for the holidays?



Enjoy a Special Holiday Rate of
\$89/night + tax at Hyatt Regency
Bethesda!

301.657.1234 – Mention the "Holiday Rate"

Available 11/20/11/25/09 & 12/11/09-1/3/10 subject to availability restrictions.

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*



SAVE BIG. LIVE WELL.

Great savings on our one-bedroom Canterbury Suite starting at \$160 a day* Call today for even more incentives if you reserve your apartment during our Fall specials!

EVENT DETAILS:

Join us on **Monday, November 16th at 2:00 PM** for an exciting discussion and presentation with Pulitzer Prize and best selling author, **Thomas E. Ricks**. Mr. Ricks is the author of several books on the U.S. military, including **Fiasco**, **The Gamble**, which were both New York Times bestsellers, and **Making the Corps**. He has been a member of two Pulitzer Prize winning reporting teams. He currently is a fellow at the Center for a New American Security and contributing editor of Foreign Policy magazine, for which he writes the blog "The Best Defense."

Afterwards, please join us for a **wine and cheese reception!**

SAVE THE DATE:

Our Holiday Open House on **Thursday, December 17th at 6:30 – 8PM** with the Dale Jarrett Trio performing. Light refreshments served.



Brighton Gardens at Friendship Heights 301-656-1900 Assisted Living, Alzheimer's Care

5555 Friendship Boulevard, Chevy Chase, MD 20815 • www.sunriseseniorliving.com

Village Council Corner

Council Seeks to Establish Village Flag

At its October 13 meeting, the Village Council decided to establish an ad hoc committee to assist with the development of a design for a Village flag.

Residents interested in serving on the committee should send a note to Councilmember Len Grant, at the Village Center, describing their training and career experience in graphic design and layout, visual concepts, digital technology, drafting, or vexillology (the study of flags!). An email to info@friendshipheightsmd.gov will be



fine. Include name, address, and telephone number. The committee will be appointed by the Council.

The committee's first task will be to determine criteria for the proposed flag such as shape, symbols, and colors. In the months ahead all residents will be invited to submit ideas for committee consideration. The committee's recommendations will be displayed at the Village Center for public review and comment. Final selection of the design will be by the Village Council.

New Shuttle Bus Under Construction



Our new shuttle bus, shown above awaiting painting, is currently under construction in California by El Dorado National and is expected to arrive before the end of the year. The bus will be designed for heavy-duty use and will feature a low floor for easy access.

Friendship Heights Post Office Update

As of October 9 our Post Office continues to be targeted for potential closing by the United States Postal Service. The USPS will make another announcement in early November. We have enlisted the support of our elected officials, and we continue to collect petition signatures.

Other Council action at the October 13 meeting:

- Approved rental of second floor of Village-owned property at 4602 North Park Avenue for short-term residential use by first floor tenant.



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

November 2009 events calendar