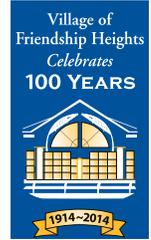




Friendship Heights



VILLAGE NEWS

NOVEMBER 2014

301-656-2797

VOLUME 29, NO. 6

Centennial Saturday
page 3



A holiday visit to Mount Vernon

Get into the holiday spirit with a visit to Mount Vernon on **Tuesday, Dec. 9.**

George and Martha Washington's home will be decorated in its finest greenery for the occasion with more than 100 poinsettias adorning hallways and paths, a gingerbread Mount Vernon and even a Christmas camel like the one our first president had on the grounds in 1787. In addition, 12 festive trees will grace Mount Vernon's Ford Orientation Center and the Donald W. Reynolds Museum & Education Center. Ranging in heights of up to 12 feet tall, the trees will be professionally decorated with themes relating to Mount Vernon, George Washington, and the 18th century. During our visit, we'll tour the mansion, enjoy a two-course luncheon at the Mount Vernon Inn and have time to explore Mount Vernon's acclaimed Museum and Education Center. The museum features six permanent galleries and a changing exhibit including some objects shown at Mount Vernon for the first time.

Continued on page 5

Luncheon featuring 100 years of fashion

From Saks Fifth Avenue to Saks-Jandel, from Tweeds 'N' Things to Tiffany to R. Harris and Co., Friendship Heights has a long history of high fashion and haute couture. Share some of your memories, and shopping confessions, while enjoying a Fashion Show and Luncheon **Sunday, Nov. 23, from 12:30 to 2 p.m.** We'll feature fashions from every decade dating back to the year the Village of Friendship Heights was formed in 1914.

Our luncheon will feature lasagna and house salad from Alfio's. The menu will also include dessert and non-alcoholic beverage.

Following lunch, models, many of whom have connections to Friendship Heights, will don clothing from the past 100 years. The clothing is on loan from a number of Friendship Heights residents as well as Polly Sue's Vintage Clothing in Takoma Park. A large number of items are on loan by resident Alyson Alt. Disegno Hair Salon in the Elizabeth Arcade is donating hair and

Continued on page 2



Change of Date for Mike McCurry Talk

Former White House press secretary Mike McCurry will analyze the mid-term election results at the Village Center on **Friday, Nov. 14, at 2 p.m.** *Please note the date and time change.*

Mr. McCurry served in the White House as press secretary to President Bill Clinton from 1995 to 1998. He had previously been the spokesman for the U.S. Department of State. Today he is a partner at Public Strategies Washington, Inc., where he provides counsel on communications strategies and management to corporate and non-profit clients. He is also a Distinguished Professor of Public Theology at the Wesley Theological Seminary.

Please call 301-656-2797 to register for this interesting discussion.

Annual Artisan Fair, page 4

Tea and Talk: the music of World War II

Some of the most memorable and enduring popular music of the 20th Century was written during the Second World War. Patriotic wartime songs were indispensable for boosting morale at home and wherever our troops were stationed overseas. Come to the Village Center on **Wednesday, Nov. 19, at 1 p.m.**, and hear some of the music, as well as a talk on the subject, by Dr. Sheldon Winkler.

Dr. Winkler retired in 2006 as Professor Emeritus from Temple University in Philadelphia, where he previously served as Chairperson of the Department of Prosthodontics and Dean of Research, Advanced Education, and Continuing Education, at the School of Dentistry. He founded the journal *Implant Dentistry* and is currently Senior Editor of the *Journal of Oral Implantology*. He is an international speaker on prosthodontics, implant dentistry, dental materials, and geriatric dentistry as well as an authority on music of the Second World War.

After the program, please stay for tea. Copies of his book, *The Music Of World War II: War Songs And Their Stories*, will be available for purchase. Please call 301-656-2797 to register.

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Continued from page 1

make up services. The cost of the luncheon and fashion show, is \$14 or two for \$25. The deadline to sign up is Nov. 19. No tickets will be sold at the door. There are a limited number of tickets available, so sign up immediately at the Village Center.

Vintage Clothing for Sale

www.etsy.com/shop/AllysonSpenderland or
allysonspenderland@hotmail.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 December issue is November 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Looking at the past and the future of Friendship Heights

The final Centennial Saturday will take place at the Village Center on **Saturday, Nov. 15, from 9:15 a.m. to 12:30 p.m.** The theme will be future land use development and past and future governance of the Village of Friendship Heights Village.

The first half of the program will be devoted to the development of the GEICO property by long-time GEICO attorney **Robert Harris**. **Dr. Alfred Muller**, former Mayor, and **Cleonice Tavani**, will discuss Village negotiations with GEICO. Ms. Tavani will moderate the discussion. She will also give an overview of the status of "Parcel 6."

After a short refreshment break, the program will resume with a look at the 15-year effort beginning in 1976 to expand the powers and territory of the Special Tax District by having it become a municipality. Dr. Muller, who led the effort of the Village Council, and Ms. Tavani, a leader of citizen opposition, will recall this interesting historical time.

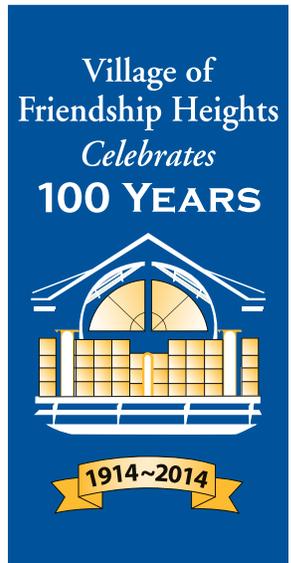
The program will conclude with a panel of community members giving their thoughts on the future of land use and governing in the Village. Moderating the panel will be Council Member and Village historian Clara Lovett. Information about our panelists:

Peg Downey is a founder of Directions for Women, a resource for women and the financial advisors who want to

serve them, and retired partner of Money Plans, a financial planning firm in Silver Spring. She is past Chair of the National Association of Personal Financial Advisors (NAPFA), and served as Dean of NAPFA University's College of Communications. She is also a member of the Friendship Heights Community Advisory Ctte. and resident of the Elizabeth where she has been very active as founder of the Making a Difference Committee and chair of the building's Design Committee.

Rachael Schacherer serves as Chief, Office of Management Analysis and Reporting at the NIH Clinical Center and also Special Assistant in the CC's Office of Director. She is a representative on the Friendship Heights Transportation Management District Advisory Committee, the Community Advisory Committee, volunteer director of the annual Taste of Friendship Heights, and a resident of the Willoughby.

Sam Solovey is one of the leading realtors in our



Continued on page 5

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An evening of romance

Please join romance authors Anne Barton, Kristen Callihan, and Hope Ramsay on **Thursday, Nov. 20, at 7:30** for an entertaining panel discussion about all things romance and writing! The authors will discuss their latest books and answer your questions about the not-always-glamorous life of romance writing.

Anne Barton is an award-winning author of historical romance. Her stories have received many honors, including the Golden Heart from the Romance Writers of America and a starred review from Publishers Weekly. She spoke at the Village Center in 2010 and 2013. Her book series is *Honeycote* and her latest releases are *Once She Was Tempted* and *Scandalous Summer Nights*.

Kristen Callihan is a three-time RITA (Romance Writers of America award) nominee, and winner of two RT Reviewer's Choice awards.

Her novels have garnered starred reviews from Publishers Weekly and the Library Journal, as well as being awarded top picks by many reviewers. Her series are *Darkest London* and *Game On*. Her latest releases are *Evernight* and *The Hook-Up*.

Hope Ramsay is an award-winning, bestselling author and two-time Golden Heart finalist. She has worked as a Congressional aide, a lobbyist, a public relations consultant, and a meeting planner. Her book series is called *Last Chance*, the name of the small South Carolina town that serves as a setting for her romances. Her latest releases are *Inn at Last Chance* and *Last Chance Family*.

Refreshments will be served and copies of all books will be available for purchase. Please sign up for this fun evening by calling 301-656-2797.

No ordinary affair

Artisan Fair returns to Friendship Heights

Some of the area's finest artisans return to the Friendship Heights Village Center **Friday, Nov. 7 and Saturday, Nov. 8** for our 12th annual Holiday Affair. This seasonal event will feature the works of local artists and artisans. No ordinary craft show, "A Holiday Affair" will offer something for everyone, for every budget. You'll find pottery, fused glass, textiles, jewelry, paintings, origami ornaments, notecards, and more. Admission is free.

The festivities begin Friday, Nov. 7 with a reception from 5:30 to 8 p.m. Attendees can enjoy light snacks while shopping. Glasses of wine, for those 21 and over, will be available for a nominal fee. The fair continues Saturday from 10 a.m. to 4 p.m. There is no admission fee.

Unique gifts abound, so mark your calendars for a great shopping opportunity here in Friendship Heights.



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Post's John Kelly to speak at the Center

Washington Post columnist and "Answer Man" John Kelly will tell some little known stories of Friendship Heights at the Village Center on **Thursday, Nov. 6, at 7:30 p.m.**

Mr. Kelly has written "John Kelly's Washington" since 2004. He often writes about historical mysteries in the Washington area. Please call 301-656-2797 to register.



Simplify Your Life

Learn techniques and skills for de-cluttering and de-stressing your life when Deborah K. Kovach speaks at the Village Center on **Wednesday, Dec. 3, at 1 p.m.** She will teach strategies to simplify your environment, your schedule, and your thinking and help you pinpoint your energy drains.

Ms. Kovach has a Master's Degree in Health Promotion Counseling and over 25 years' experience teaching. She currently teaches a stress management class at Suburban. This discussion promises to include more than just cleaning out your closet!

Please sign up by calling 301-656-2797.

Mount Vernon Continued from page 1

You'll even have time to visit the Shops at Mount Vernon, which offer a large selection of decorative items including dozens of ornaments, snow globes and wooden advent calendars.

The luncheon menu includes a choice of rosemary roasted chicken, bacon-wrapped meatloaf or vegetarian lasagna. Dessert will be, of course, cherry pie. Coffee, tea or iced tea is also included.

The cost of the trip, which includes round-trip transportation, admission to Mount Vernon, tour of the mansion, lunch and all taxes and gratuities, is \$68. Sign-ups for residents and one guest begin immediately at the Village Center. Nonresidents may sign up beginning Nov. 9. We'll depart from the Center at 9 a.m. and should return by 3 p.m.



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Tea and talk: A look at Village architecture

The final Centennial lecture, a look back at mid-century architecture with Sandra Youla, will take place at the Village Center on **Friday, Nov. 21, at 2 p.m.**

Ms. Youla is a planner and architectural historian with the Montgomery County Planning Department and has been a resident of Friendship Heights for twenty years. Join her for an illustrated talk on the history and architecture of the Friendship Heights area, with a special focus on post WWII development. Afterward, please stay for tea. Call 301-656-2797 to register.

Continued from page 1

area who is a passionate advocate for walkable, close-in neighborhoods and inter-generational communities. In 2004 he spoke at the Village Center about his experience on *The Apprentice*. Sam lives in the Carleton and has been an owner in the Village for nearly fifteen years. In his spare time, Sam is a charity auctioneer, performing at many fundraising galas in the DC area. Before working as a realtor, Sam was the co-owner of an online publishing business based in Friendship Heights, serving 80,000 subscribers in the US and abroad.

Clara Lovett is a former president of Northern Arizona University, president of the American Association for Higher Education, and former teacher and scholar in the field of Modern European history. She was seated on the Council this summer and is the Village historian.

Please register by calling 301-656-2797.

The Shred-It Truck returns to Friendship Heights on **Wednesday, Nov. 12, from 5 to 7 p.m.** along Friendship Boulevard, adjacent to the Village Center. Residents are invited to bring paper materials for shredding. This service is available for Village residents only.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Nov. 6, 7:30 p.m. — History Talk with John Kelly, see page 5 for details.

Thursday, Nov. 13, 7 p.m. — Movie — Million Dollar

Arm — Based on a true story, Disney's "Million Dollar Arm" follows JB Bernstein, a once-successful sports agent who now finds himself edged out by bigger, slicker competitors. Late one night, while watching cricket being played in India on TV, JB comes up with an idea and sets off for Mumbai. There he stages a televised, nationwide competition



called "Million Dollar Arm" where 40,000 hopefuls compete before two 18-year-old finalists, Rinku and Dinesh emerge as winners. JB brings them back to the United States to train with legendary pitching coach Tom House. The goal: get the boys signed to a major league team. Not only is the game itself difficult to master, but life in the U.S. makes things even more complicated—for all of them. Stars Jon Hamm, Alan Arkin, Suraj Sharma and Madhur Mittal, and Bill Paxton. Rated PG. Running Time: 124 minutes.

Thursday, Nov. 20, 7:30 p.m. — Romance Writers Panel, see page 4 for details.

Thursday, Nov. 27 — Center Closed — Happy Thanksgiving!

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ART and CULTURE

Paintings by Center instructors and their students on exhibit this month at the Village Center

Friendship Gallery is pleased to present the works of Llewellyn Berry, Doris Haskell, Joan Samworth, Millie Shott, and Marianne Winter (all art instructors at the Friendship Heights Village Center), and their students during the month of November.

Llewellyn Berry taught photography, radio production, broadcast journalism and media studies in D.C. Public Schools for almost 40 years. As a photographic artist, Mr. Berry has exhibited throughout the DC area as well as in Cuba

over the 5-year period. Joan teaches still life painting at the Center on Thursdays from 11-2:30. She encourages participants to explore various styles in order to find their own voice (prior drawing instruction helpful).

Millie Shott is the Curator of Exhibits for Friendship Heights Village as well as instructor of painting and director of an art camp at the Center, especially designed for children. She has been involved in the arts for more than five decades. She exhibits her works regularly and



"Necessary Tools" by Joan Samworth, "Olivia" by Marianne Winter, "Tuscany Wisteria" by Millie Shott, "Nancy" by Doris Haskell and "Cubescence in Brown" by Llewellyn Berry

and South Africa where he also lectured on photography and photojournalism. He is the founder of the Kindalew Gallery and more recently, The Kindalew Collective. In retirement he continues his work as a photographic artist and teaches two photography classes at the Center.

Doris Haskell has been teaching drawing and painting for many years for Adult Education of Montgomery County, the graduate school of NIH, as well as Friendship Heights. She has exhibited her paintings at the Baltimore Museum of Art and the Corcoran Gallery.

Joan Samworth has been teaching visual art to children and adults in addition to developing her own paintings for the last 28 years. Her paintings have been exhibited in juried shows including the Strathmore Hall of Arts, National Symphony Orchestra's Decorators Showcase House, Glen Echo and the Maryland Pastel Society. Visit her website www.joansamworth.com for more information. She was hired by the Corcoran Gallery of Art in Washington, to teach youth ages 12-18 in their ArtReach/ Art Apprenticeship Program from 1998-2003. Five public murals were created by the youth under her leadership

has been invited to jury many exhibits as well. She has also taught in the public schools, with the Smithsonian Residents Association, at Leisure World, and, in her home studio.

Marianne Winter is an award-winning artist and photographer who has been teaching a portraiture class at the Center for over ten years. She finds her background in photography is most helpful in expressing her ideas in her paintings. Her artworks have been widely exhibited and she has illustrated two books published in Hungary. Ms. Winter paints- mainly portraits- in oil and pastel, occasionally on commission. She had a one-woman show at the Village Center in 2007.

The show runs from Nov. 3 to Dec. 7. Meet the artists at a reception on **Sunday, Nov. 9, from 11:30 a.m. to 1:30 p.m.** 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.

Calendar

Calendar

CLASSES and CLUBS

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

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

ART

ACRYLIC OR OIL PAINTING (Evening)

A 10-week course for all skill levels, taught by Doris Haskel, begins Nov. 13. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$60 for residents; \$80 for nonresidents. Session ends Feb. 5. Minimum number of students is 10; maximum is 14.

BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Lew Berry, begins Dec. 20. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. To see examples of Lew's students' works go to <http://www.artmajeur.com/kindalewcollective>. Session ends Feb. 7.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Dec. 4. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag

only, please). The cost is \$185 for residents; \$200 for nonresidents. Last class is Feb. 19.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

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

COFFEE AND CURRENT EVENTS

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

CONCERTS

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

DROP-IN TAI CHI

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

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books

series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

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

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles

are announced in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Children of all ages are welcome to play together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play

equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for 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 info.

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Come hear Sam speak at the Village Center on Sat., Nov. 15th. This is the final "Centennial Saturday" from 9:15AM to 12:30 PM and Sam will participate on a panel in the late morning, discussing the future of land use and governance in The Village.



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CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Nov. 5 — Stephen Hom and Karla Chisholm — Vocalist Karla Chisholm debuted at the Montreaux Jazz Festival, and has performed across the U.S. and around the world. Steven Hom has been playing guitar since age 12 and has had a 30-year career as an antitrust, securities and nuclear energy litigation attorney. The program will be standards from the Great American Songbook, with pieces from George and Ira Gershwin,

Johnny Mercer, Hoagy Carmichael, and a few light jazz and popular pieces.

Wednesday, Nov. 12 — Eric Byrd Trio — Pianist/vocalist Eric Byrd has been playing professionally for more 20 years and has appeared with Wynton Marsalis, Mike Stern, Keter Betts, Paul Carr, Charlie Byrd and Ernie Andrews, just to name a few. He is the primary composer for the Eric Byrd Trio, which features Bhagwan Khalasa on acoustic bass and Alphonso M. Young on drums. The Trio plays traditional jazz while providing an energetic and modern approach to standards and original compositions. With several studio albums released, the Trio has enjoyed immense popularity. Live performances have included appearances at Blues Alley, and the John F. Kennedy Center for Performing Arts.

Wednesday, Nov. 19 — Tales in the Village: Ellouise Schoettler presents The Hello Girls — Drawing on their words, Ellouise Schoettler has written and performs a story of the brave and “plucky” American women who served in France in the Signal Corps during World War I. This is the “little known” story of these “gutsy” women who stepped up to serve their country. After the war ended they returned home from France to discover they faced another battle on the “home front” when the US Army denied them their Honorable Discharges and Veterans Rights.

Wednesday, Nov. 26 — NO CONCERT

A holiday lunch and concert

Come to the Village Center on **Friday, Dec. 5, at noon**, for a delicious luncheon followed by a concert of holiday music by Stephanie Phelan Offutt.

Steffi Offutt is a singer, actress, teacher, and director who performs at the Maryland Renaissance Festival and in theaters around the area and up and down the east coast. She gave a rousing concert of patriotic songs at the Center just before Memorial Day this year. She will sing some of the classic carols as well as other winter music — be ready to sing along! The concert will begin at 1 p.m.

Our festive luncheon will begin at **12 p.m.** and will be prepared by Chef Laté Lawson of Sunrise Brighton Gardens. The menu will be beef vegetable soup, cucumber and tomato salad, roast chicken, red potatoes, green beans and cheesecake.

The cost for lunch is \$13; please sign up at the Center by Nov. 28. There are 30 spaces available. There is no cost for the concert — all are welcome.

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TO YOUR HEALTH

Understanding Parkinson's

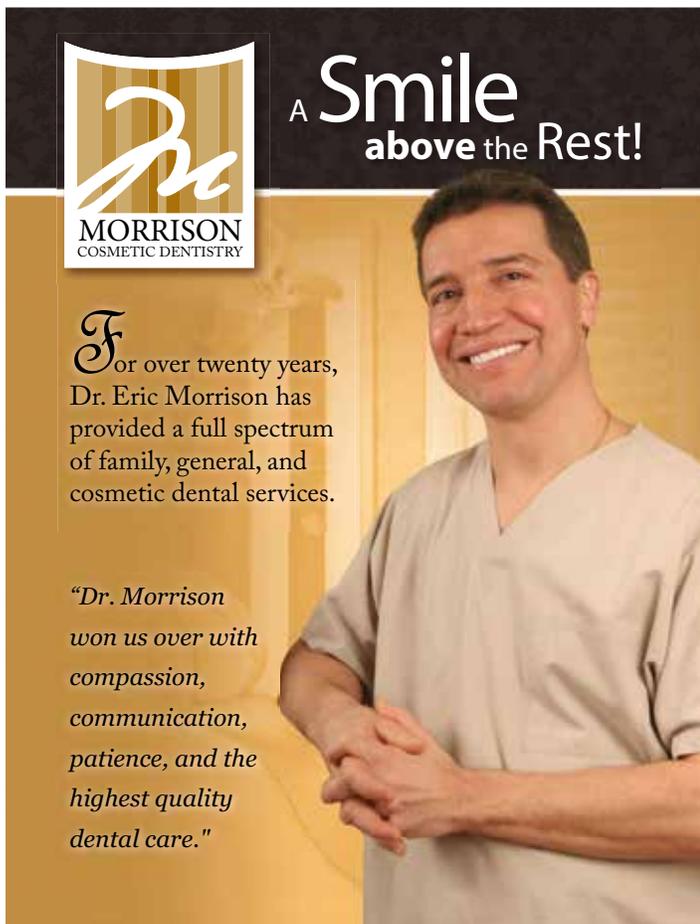
While the cause of Parkinson's disease is unknown, advances in research have made strides for those living with the disease. At this month's Suburban Lecture at the Village Center on **Wednesday, Nov. 12, at 1 p.m.**, Dr. Kelly Mills from the Johns Hopkins Movement Disorders Center will give an overview of Parkinson's along with practical strategies in living with the symptoms associated with the disease such as tremors, slowness and dystonia.

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

Vision Support Group: Don't lose your sight to diabetes

In recognition of Diabetic Awareness Month, everyone is invited to attend this sight saving Vision Support Lunch and Learn at the Village Center on **Thursday, Nov. 20, at 12:30 p.m.** If you have been diagnosed with diabetes or have been told you are pre-diabetic, don't miss the exceptional opportunity to take part in an important conversation with diabetic eye disease specialist, Dr. Gayatri Reilly, with Retina Group of Washington. Together we will learn how and why diabetic retinopathy is one of the leading causes of irreversible vision loss and blindness in American adults.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.



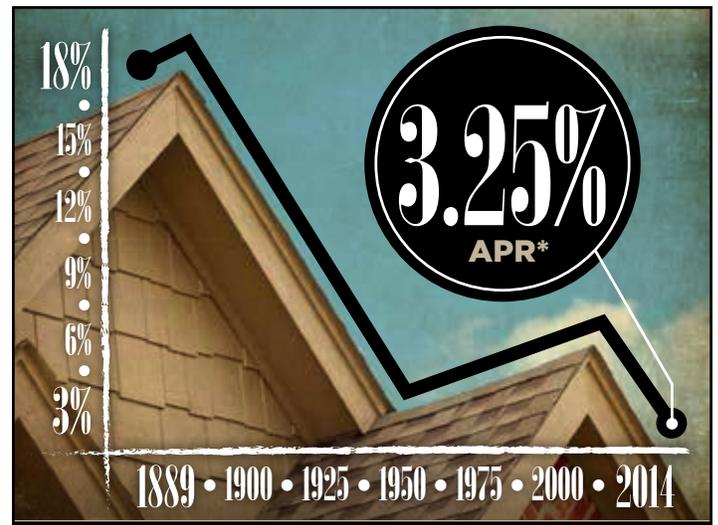


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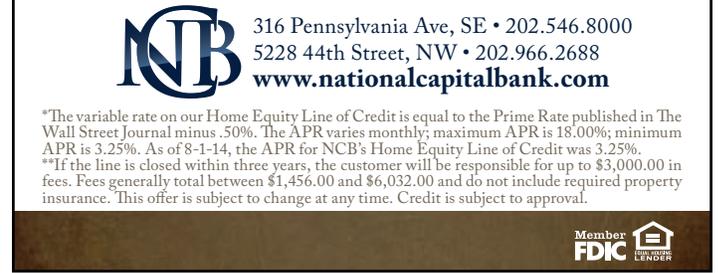
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Regenerative Treatments Offer Real Healing for Foot and Ankle Pain

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

Foot and ankle pain restricts the ability to walk, participate in our favorite activities and simply get to where we want to go. Fortunately, help is available in the form of revolutionary new treatment methods that give patients back their mobility.

Foot and Ankle Pain: Causes and Traditional Treatments

The most common source of foot and ankle pain include ligament, tendon and joint injuries. An injury to the foot or ankle can disrupt normal mechanics, with one injury leading to another. The end result is pain and discomfort in the area. Often times, the patient is experiencing symptoms of a secondary issue, not the original problem.

Finding the original source of pain involves a thorough foot examination to find weakened ligaments and/or tendons, or an injured joint. Loose ligaments allow too much motion in the foot or ankle instead of stabilizing these critical areas. A loose structure leads to pain and can be difficult to locate.

Once the source of pain is identified, one of the most common treatments for foot or ankle is simple bracing. Cortisone is another treatment option to reduce inflammation and pain. Unfortunately, these methods of treatment often mask the pain rather than healing the underlying cause.

Surgery is an option in severe cases, but can be very invasive and has the potential to cause additional problems. Fortunately, new options are now available.

Treating Foot and Ankle Pain with Biological Regenerative Treatments

Biological regenerative treatments use the body's natural healing processes to create a long-lasting solutions to foot and ankle pain. Now, a more advanced stem cell and platelet protocol is available – Regenexx. This process uses the body's own platelets and Mesenchymal Stem Cells to significantly improve healing outcomes for foot and ankle trauma.

The Regenexx protocol offers several benefits:

- More Stem Cell Growth Factors to promote optimal healing.

- Physicians track actual patient outcomes to adjust treatments for optimal results.

- Stem Cell Therapy that uses the supply of the patient's own stem cells available in the body to help repair injured and degenerated tissues.

- PRP that uses Growth Factors found in the patient's own blood to start the healing process by attracting repair cells, including critical stem cell.

How Old is Too Old?

Even an old injury can be helped with biological regenerative treatments, such as stem cells and platelets, by stimulating the body's natural healing processes. And no patient is too old to benefit from treatment. Elderly patients, while having fewer stem cells, have increased healing receptors in their body. Regenexx treats patients in the 70s-80s with positive results.

The best part is that using biological regenerative treatments does not require weeks of painful recovery, including immobilization and crutches. A physician trained in the Regenexx protocol is one of the best ways to maximize results when treating the foot and ankle. If you or someone you love suffers from foot or ankle pain, consider using biologically based treatments, such as PRP and Stem Cells.



Patient Education Seminar

ALTERNATIVES TO SURGERY:

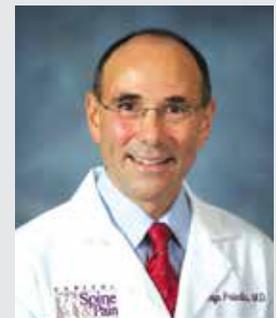
USING YOUR OWN STEM CELLS TO HEAL YOUR BODY

Please join us for a fun and informative seminar discussing the unique stem cell and blood platelet procedures that StemCell ARTS has to offer.

StemCell ARTS, an affiliate of National Spine and Pain Centers, provides a family of non-surgical, adult stem cell and blood platelet treatments for common injuries and joint conditions. Our procedures increase function, decrease pain and

offer the patient viable alternatives to invasive surgery typically followed by lengthy periods of downtime and painful rehabilitation.

Here's the opportunity to get your questions answered by the area's leading regenerative medicine expert and WASHINGTONIAN Magazine rated Top Doctor. Bring a spouse, other loved one or a friend/colleague. Space is limited.



Mayo F. Friedlis, MD

Dr. Friedlis is a nationally recognized expert in pain management and one of the first doctors in the Washington, DC area to use Stem Cell Therapy. Dr. Friedlis was voted among WASHINGTONIAN's Top Doctors in Rehabilitation. He is passionate about helping people in pain, whether their problem is simple or complex. Dr. Friedlis is Board Certified in Physical Medicine and Rehabilitation and is a Diplomate of the American Academy of Pain Management and the National Board of Medical Examiners.

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

- Knee Pain, Osteoarthritis, Meniscal Tears
- Hip Arthritis, Pain & Labral Tears
- Shoulder Pain & Rotator Cuff Tendinitis
- Chronic Back & Neck Pain
- Tennis/Golfer's Elbow
- Achilles Tendinitis
- Foot & Ankle Pain, Plantar Fasciitis
- Sacroiliac Joint Instability

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Cafe Muse presents...

This month's Café Muse, on **Monday, Nov. 17, at 7 p.m.**, will feature poets Sue Ellen Thompson and Venus Thrash.

Sue Ellen Thompson is the author of five books of poetry, most recently *the Golden Hour* and *They*, and the editor of *The Autumn House Anthology of Contemporary American Poetry*. Her work has been included in the Best American Poetry series, read on National Public Radio by Garrison Keillor, and featured in U.S. Poet Laureate Ted Kooser's nationally syndicated newspaper column. Ms. Thompson taught at Wesleyan University, Middlebury College, Binghamton University, and Central Connecticut State University before moving to the Eastern Shore of Maryland in 2006. She now mentors adult poets and teaches workshops at The Writer's Center in Bethesda and Annapolis. A two-time Pulitzer nominee, she was awarded the 2010 Maryland Author Prize from the Maryland Library Association.

Venus Thrash's debut collection of poetry, *The Fateful Apple*, was published in March 2014. She was a finalist in the 2012 Jean Feldman and 2009 Arktoi Books Poetry Prizes. Her poetry is published in the anthologies *Gathering Ground: A Reader Celebrating Cave Canem's First Decade*; *Haunted Voices*, *Haunting Places: An Anthology of Writers of the Old and New South*; *Full Moon on K Street: Poems About*

The Village Book Club will meet this month on **Tuesday, Nov. 18, at 11 a.m.** The book selection is *Little Bee* by Chris Cleave. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

Washington, DC; and *Spaces Between Us; An HIV/AIDS Anthology*. She has been a featured reader at Split This Rock Poetry Conference, the Studio Museum in Harlem, The Schomburg Center for Research in Black Culture, Virginia Festival of the Book, and The Library of Congress.

Café Muse opens at 7 p.m. in the Village Center with classical piano by Janet Peachey; 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 35 years. For more information visit www.wordworksdc.com.

The December Café Muse will take place Dec. 1. The poets will be Judith Bowles and Anne Harding Woodworth.



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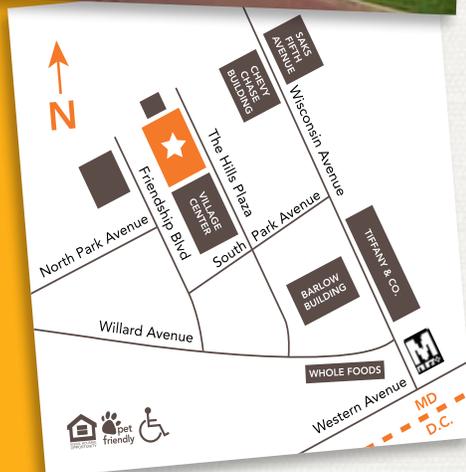
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Village Council Corner



The eighth annual Taste of Friendship Heights was held on September 27 and brought a nice crowd to sample food from area restaurants and enjoy the live music, entertainment and kids' activities. We thank all our participating restaurants, sponsors, and many volunteers, with special appreciation to our Platinum Sponsors, Long & Foster Real Estate/Christie's International Real Estate and TTR Sotheby's International Realty.

As we have done previously, a portion of the proceeds was donated to the Community Council for the Homeless at Friendship Place (CCHFP).

Council actions as the October 14 meeting:

- Introduced arborist report for Page Park trees; noted that the arborist will attend the **November 10 Council meeting** to explain the report and answer questions.



We welcomed The Capital Grille back as a participant this year. Pictured above is the manager, Alvydas Joksas.

Photo by Rachael Schacherer



Friendship Heights VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
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November 2014 events calendar