



Friendship Heights



# VILLAGE NEWS

APRIL 2010

301-656-2797

VOLUME 24, NO. 11

Let's Go to the Opera

see page 3

## A special way to celebrate our community

It's a community tradition. Join your friends, family and neighbors as Friendship Heights celebrates Community Day at the Village Center and in Hubert Humphrey Park on **Tuesday, April 13, from 6:30 to 8 p.m.** During this year's celebration of the 24th anniversary of the opening of the Village Center, we'll feast on delicious barbeque, listen to great music, and recognize some of our outstanding volunteers. Famous Dave's will provide three different types of delicious barbeque — including chicken and beef — with all the fixins. In addition, the Beltway Brass will entertain us with some New Orleans Swing.



Since its opening on April 13, 1986, the Village Center has become a place where everyone in the community can come together for lectures, concerts, movies, classes, teas and other special events. It is truly a source of pride in the community.

## Summer Fun for Young Artists

Friendship Heights Village Center will once again host a wonderful week-long summer art camp for children **Monday, June 21 through Friday, June 25**. Children ages 5 to 10 will learn painting, print making, Chinese brush, collage, and sculpture. The camp, run by our curator Millie Shott, is designed to allow children to do fine art projects. It takes place from 9:30 to 12:30 daily at the Village Center. Sign up by May 1 and the cost is \$200. Each child who signs up by May 1 will receive a custom-painted art apron. After May 1, the cost is \$225. The minimum number of participants is 20; the maximum is 30. For more information, call the Village Center at 301-656-2797.



## Let us take you out to the ballgame!

Bring the whole family and cheer on the Nationals when they play the Cincinnati Reds on **Sunday, June 6**, at Nationals Stadium.

What better way to spend an afternoon than at the ballpark? Please join us for a great time.

We'll leave the Village Center at 12:15 p.m. (you'll have plenty of time to buy a hot dog!) and return by 6 p.m. The cost of the trip is \$45, which includes transportation, a discounted seat in section 237 (under cover and a short walk from the entrance), and driver gratuity. On May 6 the price will rise to \$50. Residents and one guest may sign up immediately; non-residents may sign up April 14. There are 24 tickets available. Go Nats!



Shred It, see calendar page

# CHILDREN'S PROGRAMS

## Classes for creative children

Millie Shott continues her children's art classes in April with a four-week series on painting. The class begins **Thursday, April 8 and continues through Thursday, April 29.** The programs are designed for school age students, ages 6 to 10. Each class lasts 90 minutes, from 4 to 5:30 p.m. The cost is \$100 for each four-week session, and includes instruction and materials. Sign up at the Village Center. Class size is limited, so sign up as soon as possible. Please call the Village Center at 301-656-2797 for more information.

## Have a great idea for children's programs or trips?

The Friendship Heights Village Center offers a variety of programs for children ranging from art classes to concerts to storytelling and water play parties. Each week we offer a children's playtime at the Village Center.

If you have an idea for a program or field trip you think would be of interest to the children of the Village, or you are interested in forming a Moms/Dads group, we'd like to hear about it. Contact Anne O'Neil at [aoneil@friendshipheightsmd.gov](mailto:aoneil@friendshipheightsmd.gov). Please remember that programs need a minimum number of participants and parent volunteers to be successful.

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## Friendship Heights VILLAGE NEWS

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

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

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

### ADVERTISING

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

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## ON the GO...

### ***The Marriage of Figaro* at the Kennedy Center**

Join us for a night at the opera on **Tuesday, May 4**, when we attend a performance of the Washington National Opera's *Le Nozze di Figaro*.

The comic opera is considered one of Mozart's best operas.

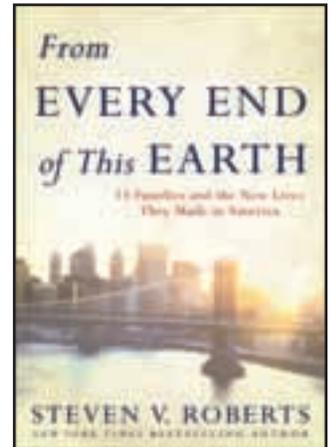
We will depart from the Village Center at 6:30 p.m. and return by 11:30 p.m. Our seats are in the first four rows of the center first tier. The cost for the trip is \$118, which includes a ticket, transportation, and driver gratuity. **Please sign up by noon on April 5.**

### **Steve Roberts to speak at the Center**

Steven Roberts will discuss his book, *From Every End of This Earth: 13 Families and the New Lives They Made in America* at the Village Center on **Thursday, April 8, at 7:30 p.m.**

Mr. Roberts is a well-known commentator on many Washington-based TV shows, appears regularly as a political analyst on the ABC radio network, and is a substitute host on NPR's Diane Rehm Show. He and his wife, Cokie Roberts, write a nationally-syndicated newspaper column that was named one of the ten most popular columns in America by Media Matters. He also writes a bi-monthly column, "Hometown," for Bethesda Magazine and is the Shapiro Professor of Media and Public Affairs at George Washington University.

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



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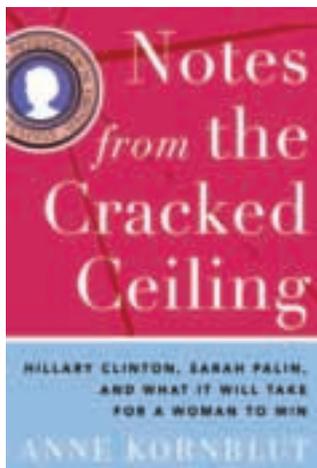
4500 N. Park Avenue  
Suite 804N

301-951-0668

# Book signing with Anne Kornblut rescheduled

Washington Post White House correspondent Anne E. Kornblut will discuss her book, *Notes from the Cracked Ceiling: Hillary Clinton, Sarah Palin, and What It Will Take for a Woman to Win*, on **Monday, April 26, at 7:30 p.m.**, at the Village Center. The event, originally scheduled in February, was canceled because of the snowstorms.

The author explores the twists of the 2008 election in her book— with revelations about the Clinton and



Palin campaigns—and the political landscape for women nationwide. Ms. Kornblut covered the three most recent presidential campaigns. She worked for the Boston Globe and the New York Times before joining the Post in 2007. She has appeared on various political television shows and is a term member of the Council on Foreign Relations.

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



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**Don't be an April fool...** When was the last time you had an oral cancer examination? 15 minutes can save your life. While incidence and death rates for cancers overall has decreased, the incidence of oral cancer has increased 5.5% and the death rate has increased 1.5%. Oral cancer will be diagnosed in about 100 new individuals each day in the U.S. and one will die every hour every day. Oral cancer survival rate is a dismal 57% because is detected too late, however if found early the survival rate increases to 81%. Oral cancer is 90% curable if caught in early stages. Those with the highest risk for oral cancer are those who use tobacco, drink alcohol or are over 40. However, younger patients are now being diagnosed with oral cancer and 25% of oral cancer victims do not use tobacco or drink alcohol and have no lifestyle risk factors. An oral cancer examination with a luminescent light, to improve the identification of cancerous lesion, should be done annually. Patients with a history of cancer should have it done twice a year. Call Hosaka Dental, and schedule your oral cancer exam to save your life.

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# What's happening at Chevy Chase House?

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Saturday, April 24, 2010  
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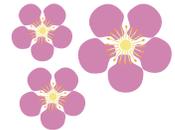
## April Highlights

4/2 Culinary Presentation  
by Susan Riese on  
"Rhubarb, the Herald  
of Spring"



4/3 French Professor and Lecturer Joan  
Keith speaks on "Edith Piaf, Her Passionate  
Life and Work" with video clips of her music

4/6 Cherry Blossom Tidal  
Basin Tour in Washington  
DC



4/6 Author Lyn Haney conducts a seminar on  
"The Art of Writing Your Memoirs"

4/13 Norton Beckerman, Director of the Brain  
Health Center of Virginia speaks on "Your  
Brain and You"

4/17 The "Golden Miss Em" entertains  
with songs from World War I  
through World War II



4/20 Himmelfarb Scholar Ted Dorf  
Lectures on "Ancient Chinese Snuff  
Bottles"

4/24 Pianist Ziona Tuchler  
playing the music of Chopin,  
Debussy and Tchaikovsky



4/26 Singer-songwriter and educator  
Liz Kruger, performs Traditional Folk  
music from around the world.

4/24 Come join us for our  
**Open House!**





## Caring For Your Family Treasures

We can't stop time and the natural deterioration of objects, but we can slow the pace of deterioration through proper care and protective measures.

Join us as paper and photograph conservator Valeria Orlandini discusses how to care for your family treasures on **Wednesday, May 12, at 1:30 p.m.**

This 40-minute talk will provide some basic information and recommendations that may be useful for protecting paper-based materials, photographs, books and paintings. This presentation is designed for collectors, art connoisseurs and the general public to gain more knowledge and understanding about preventive care and conservation. The audience is encouraged to bring examples of specific problems for examination and consultation on objects' condition.

Stay and enjoy tea and refreshments following the talk.

There is no charge for this presentation, but please call the Village Center at 301-656-2797 if you plan to attend.

## Center class in the news!

Village instructor Tonya Walton was included in an AARP Bulletin article entitled "Stand Tall: How to Prevent Falls." Look for it in the March 5 online issue at: [http://bulletin.aarp.org/yourhealth/healthyliving/articles/stand\\_tall\\_how\\_to\\_prevent\\_falls.html](http://bulletin.aarp.org/yourhealth/healthyliving/articles/stand_tall_how_to_prevent_falls.html). An excerpt from the story: ... Class members play volleyball with balloons, play catch with tennis balls and participate in other games that improve eye-hand coordination and movement. She also teaches simple strength and balance exercises — like walking toe-to-heel. Walton says as her students enjoy the games, their bodies remember how they moved when they were children. Stiff gaits relax and balance returns. It's the same effect the university researchers are creating, but without the harness or treadmill. "People come back to me after the class is over and say they are no longer afraid when they walk outside," Walton says.

Tonya's Balance and Fall Prevention class meets at the Village Center every Tuesday at 1 p.m.



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## Tea and talk: A visit with Louisa May Alcott



Candace Ridington will return to the Village Center on **Wednesday, April 21, at 1:30 p.m.**, to perform an original one-woman show entitled "The Little Woman Who Grew Up: A Visit with Louisa May Alcott."

Meet the famous author of *Little Women* as portrayed by Candace Ridington, and learn about her life in Concord, Mass., as the daughter of noted transcendentalist and educator, Amos Bronson Alcott, and her experiences during the Civil War and afterward, when she found unexpected fame with her writing.

Candace Ridington, a former college teacher, has portrayed Emily Dickinson, Livy Twain, Anne Morrow Lindbergh, and musician Clara Schumann in past appearances at the Center. All are original pieces by Ms. Ridington.

After the performance, please stay for tea. Call the Center at 301-656-2797 to reserve a seat.

## Driver Safety Program at the Center

The AARP Driver Safety Program helps drivers refine skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a discount on their auto insurance premiums.



The one-day course will be offered **Friday, April 30, from 10 a.m. to 3 p.m.**, at the Village Center. The cost is \$12 for AARP members (please bring your membership card when you register) and \$14 for non-members. Checks should be made out to AARP.

A minimum of 12 students is required or the class will be cancelled. Students must bring their driver's license and a ballpoint pen to class with them. Barbara Newland will be the instructor. Please register at the Village Center.

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# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

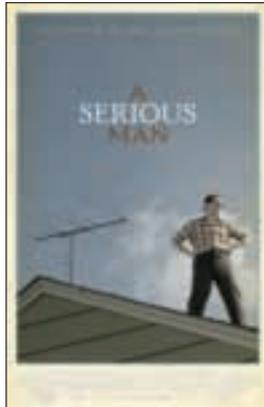
## A Note from the Program Directors

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, April 1, 7 p.m. — Movie — *A Serious Man* —

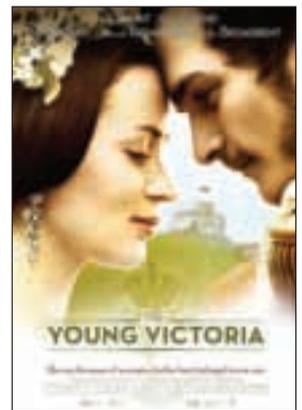
Filmmaking duo Joel and Ethan Coen wrote, produced, and directed this period black comedy set in 1967 concerning a Midwestern physics professor whose staid and stable life slowly begins to unravel after his wife announces that she's leaving him. As if the failure of his long-time marriage wasn't enough for Larry Gopnik (Tony-nominated Michael Stuhlbarg) to contend with, now his socially inept brother refuses to move out of the house as well. Larry is a modest man of science. Up to this point, his life has been uneventful at best, but things are about to get interesting. Stars Michael Stuhlbarg, Sari Lennick and Richard Kind. Rated R. Running Time: 105 minutes.



logic, Ryan takes her on one of his cross country firing expeditions, but as she starts to realize the disheartening realities of her profession, he begins to see the downfalls to his way of life. Stars George Clooney, Vera Farmiga and Anna Kendrick. Rated R. Running Time: 109 minutes.

### Thursday, April 22, 7 p.m. — Movie — *The Young Victoria* —

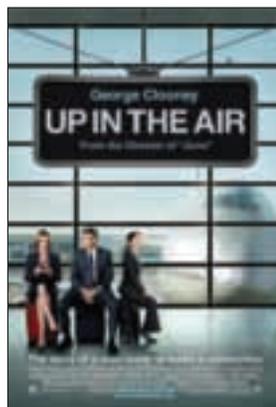
The Young Victoria chronicles Queen Victoria's ascension to the throne, focusing on the early turbulent years of her reign and her legendary romance and marriage to Prince Albert. Stars Emily Blunt and Rupert Friend. Rated PG. Running Time: 105 minutes.



### Thursday, April 8, 7:30p.m. — No Movie— Book Signing with Steve Roberts, see page 3 for details.

### Thursday, April 15, 7 p.m. — Movie — *Up in the Air* —

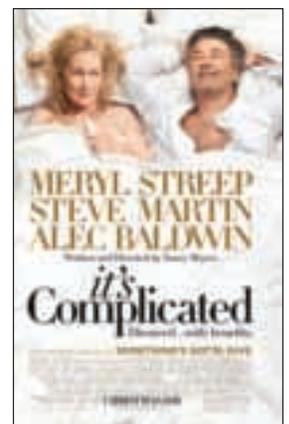
Ryan Bingham is a corporate downsizing expert whose cherished life on the road is threatened just as he is on the cusp of reaching ten million frequent flyer miles and just after he's met the frequent-traveler woman of his dreams. Ryan Bingham's job is to fire people from theirs. The anguish, hostility, and despair of his "clients" has left him falsely compassionate, living out of a suitcase, and loving every second of it.



When his boss hires arrogant young Natalie, she develops a method of video conferencing that will allow termination without ever leaving the office – essentially threatening the existence Ryan so cherishes. Determined to show the naive girl the error of her

### Thursday, April 29, 7 pm. — Movie — *It's Complicated* —

A divorced mother becomes "the other woman" in her ex-husband's life when the pair enters into an unexpected affair during an out-of-town trip. Jane has been divorced from Jake for a decade. The mother of three grown children, she owns a successful Santa Barbara bakery/restaurant and maintains a friendly relationship with Jake, who has since been remarried to the much younger Agness. Jane and Jake are attending their son's college graduation when they agree to an innocent meal together. Before long a simple dinner date has erupted into an all-out affair, and when architect Adam falls for Jane, he realizes he's been drawn into a most peculiar love triangle. Stars Meryl Streep, Alec Baldwin and Steve Martin. Rated R. Running Time: 114 minutes.



# ART and CULTURE

## Camera club to exhibit in April

North Bethesda Camera Club presents a photography exhibit, "Nature: Near and Far" featuring photographs of nature from around the world at the Friendship Gallery this month. Tom Brett was the judge for this juried show.

NBCC photographers have been recognized locally and nationally for their wide range of photographic expertise. NBCC is one of the oldest camera clubs in the Washington, D.C. area and has approximately 150 members, including professional photographers, advanced amateurs, and beginning photographers. For further information on the club, visit its website at [www.nbccmd.org/news.htm](http://www.nbccmd.org/news.htm).

All are invited to a reception on **Sunday, April 11, from 11:30 a.m. to 1:30 p.m.** to meet the artists.

The exhibit runs from April 4 to 30. 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.



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References available



"Yucca and Threatening Sky" by Alan Sislen

"Snow Buddies" by Judy Switt





## A P R I L

SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY



<p><b>4</b></p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p> 	<p><b>5</b></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 <b>7 p.m.: Café Muse</b></p>	<p><b>6</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.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><b>7</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga <b>7:30 p.m.: Concert: Ericka Ovette</b></p>	<p><b>8</b></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 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7:30 p.m.: Book Signing with Steve Roberts</b></p>	<p><b>9</b></p> <p>9:15 a.m.: Drop-in Tai Chi <b>10 a.m.: Depart for Odyssey Cruise</b> 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</p>	<p><b>10</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>
<p><b>11</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b></p>	<p><b>12</b></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 <b>8 P.M.: Friendship Heights Council Meeting</b></p>	<p><b>13</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 5 p.m.: Suburban Nurse Specialist <b>6:30 – 8 p.m.: Community Day</b></p>	<p><b>14</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel <b>1 p.m.: Suburban Lecture: No More Vein Pain</b> 2 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga <b>7:30 p.m.: Concert: National Ballet of Maryland</b></p>	<p><b>15</b></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 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: Up in the Air</b></p>	<p><b>16</b></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</p>	<p><b>17</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>
<p><b>18</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>19</b></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><b>20</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi <b>12:30 p.m.: Vision Support Group</b> 12:30 p.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><b>21</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 1 p.m.: Portraiture in Pencil and Pastel <b>1:30 p.m.: Tea and Talk: Louisa May Alcott</b> <b>7:30 p.m.: Concert: Vocal Arts Society</b></p>	<p><b>22</b></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 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: The Young Victoria</b></p>	<p><b>23</b></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 <b>2 p.m.: Laughter Yoga</b></p>	<p><b>24</b></p> <p>8:15 a.m.: Walking Club 10 a.m.: Painting is for Everyone</p>
<p><b>25</b></p> <p>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p><b>26</b></p> <p>9:15 a.m.: Fit 4-Ever <b>10 a.m. – 2 p.m.: MVA Bus</b> 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 <b>7:30 p.m.: Book Signing with Anne Kornblut</b></p>	<p><b>27</b></p> <p>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 p.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><b>28</b></p> <p>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 2 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: Friday Morning Music Club</b></p>	<p><b>29</b></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 p.m.: Children’s Art Class 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting <b>7 p.m.: Movie: It’s Complicated</b></p>	<p><b>30</b></p> <p>9:15 a.m.: Drop-in Tai Chi <b>10 a.m. to 3 p.m.: AARP Driver Safety Program</b> 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</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.

## Shredding Truck Returns to the Village Center

On **Monday, May 17, from 5 to 7 p.m.**, a truck from “Shred-it” will park on Friendship Boulevard next to the Village Center. Village residents (only!) are invited to take advantage of this important service.



# 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

### CHILDREN'S ART CLASS

This 4-week painting class for children 6 to 10 years old, taught by Millie Shott, begins April 8. Meets Thursdays from 4 to 5:30 p.m. The cost is \$100 and includes materials. Last class is April 29.

### PAINTING IS FOR EVERYONE

An 8-week course for all skill levels, taught by Millie Shott, begins April 17. Meets Saturdays from 10 a.m. to 12 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 \$95 for residents; \$100 for nonresidents. Minimum number of students is eight; maximum is ten. Last class is June 12 (class will not meet May 29).

### PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins May 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 for residents; \$75 for nonresidents. Maximum number is 8. Last class is June 9.

## EXERCISE AND FITNESS

### BALANCE AND FALL PREVENTION

This 6-week class begins May 11. 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 for residents; \$67 for nonresidents. Session ends June 15. Questions? Email [staraka4u@gmail.com](mailto:staraka4u@gmail.com).

### CHAIR EXERCISE WITH TONYA

This 6-week class begins April 28. 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 for residents; \$67 for nonresidents. Session ends June 2.

### MAT PILATES

This 6-week class, taught by Ginger Russell, begins May 11. Meets Tuesdays from 7 to 8 p.m. The cost is \$80 for residents and \$90 for nonresidents. Movements to improve balance, strength and flexibility. Pilates balls are used to assist in some exercises. Not recommended for pregnant women or those with serious spinal conditions. Required equipment: Pilates/Yoga mat, large bath towel. Questions? Email [Gingerrusteach@yahoo.com](mailto:Gingerrusteach@yahoo.com). Session ends June 15.

### STRENGTH TRAINING WITH CHERYL

This 6-week class begins April 16. 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 for residents; \$70 for nonresidents. Session ends May 21.

### STRENGTH TRAINING WITH TONYA

This 6-week class begins May 17. 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 for residents; \$67 for nonresidents. Session ends June 28 (class will not meet May 31).

### STRETCH CLASS WITH TONYA

This 6-week class begins May 11. Meets Tuesdays, at 12:30 p.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 for residents; \$35 for nonresidents. Last class is June 15. Questions? Email [staraka4u@gmail.com](mailto:staraka4u@gmail.com).

### TAI CHI (THURSDAY)

This 6-week session begins April 8. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Questions? Email instructor Thomas Johnson at [taijitaj7@gmail.com](mailto:taijitaj7@gmail.com). Session ends May 13.

### TAI CHI (TUESDAY)

This 6-week class begins April 20. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$40 for residents; \$45 for nonresidents. Session ends May 25.

## **YOGA (DAY)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins May 9. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet May 30 or July 4. Students who must miss a class may make it up in the Monday class with the instructor's permission. Session ends July 25.

## **YOGA (EVENING)**

This 10-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins May 10. Meets Mondays from 7 to 8:20 p.m. See description above. The cost is \$120 for residents; \$125 for nonresidents. Class will not meet May 31 or July 5. Students who must miss a class may make it up in the Sunday class. Session ends July 26.

## **LANGUAGE**

### **BEGINNING SPANISH**

This 8-week course begins May 18. Instructor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. The class meets Tuesdays, from 5:30 to 7 p.m. The cost is \$200. Session ends July 6.

### **INTERMEDIATE SPANISH**

This 8-week course begins May 17. This class is for students who have some knowledge of Spanish and permission from the instructor, Elena Marra-Lopez. The class meets Mondays, from 1:30 to 3 p.m. The cost is \$210. Session ends July 19 (class will not meet May 31 and July 5).

## **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. 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 most Wednesdays throughout the year at 7:30 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. 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](http://www.fhun.net). This group is not affiliated with the Friendship Heights Village Council.

### **GREAT BOOKS DISCUSSION GROUP**

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

gram. 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.

### **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.

### **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.

# CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall in the Village Center. As a courtesy to our performers please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering the auditorium.

**Wednesday, April 7— *Ericka Ovette*** —With a style reminiscent of Ella Fitzgerald and Billie Holiday, extraordinary vocalist Ericka Ovette sings jazz favorites as well as selections from the Great American Songbook.

**Wednesday, April 14 — *National Ballet of Maryland*** — The National Ballet, founded in 1948 by Helen E. Moore, is the oldest ballet school in Maryland. The National Ballet company is a professional company that performs both classical and contemporary works. Pamela A. Moore-MacLean is the Artistic Director.

**Wednesday, April 21 — *Vocal Arts Society*** — The Vocal Arts Society returns to the Village Center to present the latest in its Art Song Discovery Series. The program features performances by sopranos Jennifer Edwards and Aundi Marie Moore, accompanied by T. Timothy McReynolds. Among the selections performed will be *The Lament of Ian the Proud* by Charles Tomlinson Griffes, *When I Have Sung my Songs to You* by Ernest Charles, *Minstrel Man* and *I, Too Sing America* by Margaret Bonds, *'Eti letnije nochi* by Rachmaninov and *Ich hab in Penna* by Hugo Wolf, *Manoir de Rosamonde* by Henri Duparc, *Chiquitita la Novia* by Fernando Obradors, *As Summer Brings*



*a Wistful Breeze* by John Corigliano, *Euclid and Animal Passion* by Jake Heggie, *The Secrets of the Old* by Samuel Barber, *Why Do They Shut Me Out of Heaven*

by Aaron Copland, *My House* by Leonard Bernstein, *Heart, We Will Forget Him!* by John Duke, *Ondine* and *Scarbo* by Kevin Oldham, *Give Me Jesus* arranged by Moses Hogan and *Witness* arranged by Hall Johnson.

**Wednesday, April 28 — *Friday Morning Music Club*** — Student winners of the recent Friday Morning Music Club competition for students in woodwind, brass, and percussion will perform in Friendship Heights in April. All young men, they are Seung Jeon, flute; Andrew Kim, oboe; and Nicholas Ritter, bassoon. Seung Jeon is from Derwood, Maryland; Andrew Kim is from Annandale, Virginia, and Nicholas Ritter is from Vienna, Virginia. Several selections may have piano accompaniment.



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# TO YOUR HEALTH

## Vision Support Lunch and Learn: 'Better Lighting for Better Sight'

The right lighting can make all the difference in whether a person can accomplish a particular task or even manage his/her everyday life. In fact, people with vision loss may need three to four times more illumination than people with normal vision.

The Vision Support Group invites you to join them at the Village Center on **Tuesday, April 20, at 12:30 p.m.**, to view and discuss a DVD entitled "Better Lighting for Better Sight." Learn about critical factors that can enhance your vision, including different types of lighting, positioning of lights, contrast sensitivity, and control of glare. We will discuss how to choose the right light for you and your task.

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.

## No More Vein Pain

Do you experience discomfort and swelling in your legs? One out of three Americans over 45 has some form of vein disease. Dr. Greg Kumkumian, medical director of the Coronary Care Unit at Suburban Hospital, will review the array of minimally invasive treatments available for vein disease at this month's Suburban Health Lecture at the Village Center on **Wednesday, April 14, 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.



## New Nurses at the Village Center

One of the benefits of living in Friendship Heights is the weekly visit by a nurse from Suburban Hospital. Every Tuesday a nurse comes to the Village Center to offer free blood pressure screenings from 1 to 2:45 p.m. and consultations from 3 to 5 p.m. With the retirement of Ronnie Kidd in March, we welcome three new nurses to the Center clinic. They are Margie Hackett, RN, BSN, Mary Flynn, RN, and Christine Haynes, RN, BSN. Ms. Hackett has been a nurse

*Continued on page 16*



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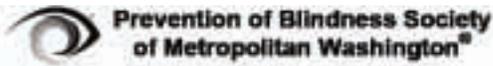
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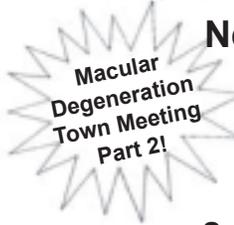
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*Retina Group of Washington*

**Wai T. Wong, M.D., Ph.D.**  
**Thomas Johnson**  
*Retina Investigators*

*National Eye Institute, National Institutes of Health*

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*Continued from page 15*

at Suburban Hospital since 1986. For the last 11 years she has been an ElderWell nurse for Suburban providing home care visits for patients with chronic conditions. Ms. Flynn has more than 23 years nursing experience and has been providing nursing home care visits since 1989. Ms. Hayes has more than 36 year nursing experience, including specialization critical care, emergency room dialysis, pediatric, occupations health, urgent care and the last two years in geriatric community care.



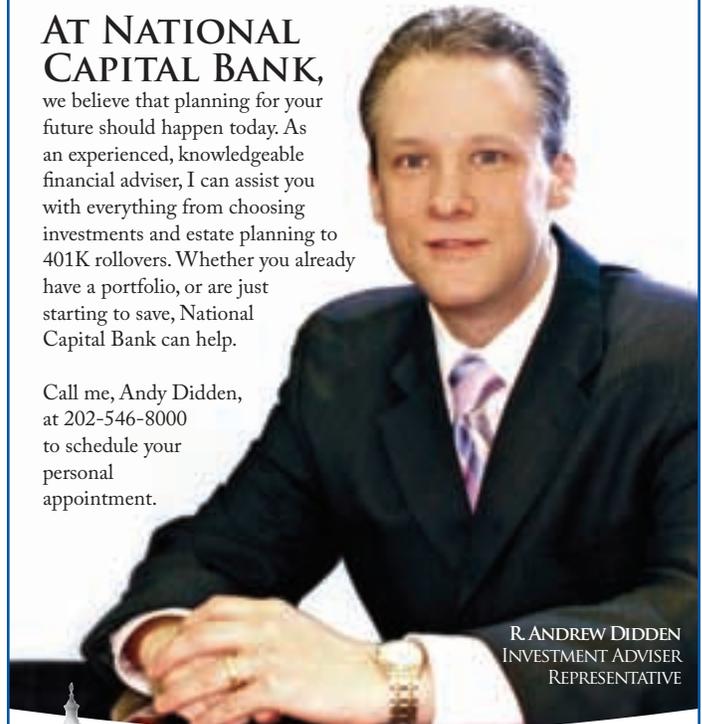
Ronnie Kidd, our Village Clinic nurse, retired after 41 years with Suburban Hospital and 10 years at the Village Center .

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# Laughter really is the best medicine

Come to a free demonstration of Laughter Yoga at the Village Center on **Friday, April 23, at 2 p.m.**

Laughter is gentle exercise that fills your lungs and body with oxygen and releases beneficial hormones and chemicals. Laughing can reduce stress, lower blood pressure, lift spirits and even boost the immune system.

Shari Delaney is a Certified Laughter Yoga Leader and will lead a one-hour demo. Please wear comfortable clothes and shoes and eat no heavy food after 1 p.m. Sign up by calling 301-656-2797 and laugh your way to good health!

*"Older women who did an hour or two of strength training exercises each week had improved cognitive function a year later, scoring higher on tests of the brain processes responsible for planning and executing tasks, a new study has found."*

New York Times, January 26, 2010

**At the Village Center it's easy to get an hour or two of strength training exercises. Just sign up for one or both of our classes on Monday and Friday!**

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# Cafe Muse presents...

A reading by poets Jason Gray and Yermiyahu Ahron Taub on **Monday, April 5, at 7 p.m.**

Jason Gray is the author of *Photographing Eden*, winner of the Hollis Summers Prize, and two chapbooks, *How to Paint the Savior Dead* and *Adam & Eve Go to the Zoo*. His work appears in numerous journals including *Poetry*, *The American Poetry Review*, *The Southern Review*, and *The Kenyon Review*. He lives in Columbus OH, where he co-edits the online journal *Unsplendid*.

Yermiyahu Ahron Taub is the author of *What Stillness Illuminated* and *The Insatiable Psalm*. His work appears in *The Adirondack Review*, *Prairie Schooner* and other journals, and he was honored by the Museum of Jewish Heritage as one of the New York's Best Emerging Artists. He lives in Washington DC, where he is a Senior Cataloging Specialist at the Judaica section of the Library of Congress.

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.wordworksdc.com](http://www.wordworksdc.com).

## Friendship Gourmet Market

Join us for our Wine Happy Hour on April 16th  
5-8:30PM

- Beer
- Wine
- Pizza
- Salads
- Daily Ethnic Cuisine Specials
- Sandwiches

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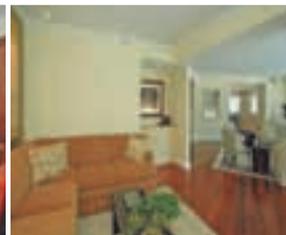
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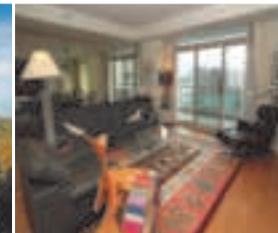
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# Annual Spring Talent Show

## *Brighton Gardens' Got Talent!*

And you can be the judge! Join us in April to celebrate the extraordinary talents of our residents, family and team members. Did you know that among the wonderful residents here at Friendship Heights we have concert pianists, almost-famous actors, dancers, singers, poets and artists? Fun, food and drink. Come be surprised by it all!

While you're here, meet our team, tour our community and find out what we do to make it a place seniors are proud to call home. Since 1981, Sunrise Senior Living has been committed to providing seniors, families and caregivers with innovative senior living and care options.

## Event Details

Sunday, April 25th  
3:00 pm - 4:30 pm

Please RSVP by April 23rd,  
by calling 301-656-1900.

*Brighton Gardens*  
**Friendship Heights**



Brighton Gardens at Friendship Heights

301-656-1900

5555 Friendship Blvd., Chevy Chase, MD 20815

*Assisted Living - Alzheimer's Care*

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# Village Council Corner

## Council Approves FY 2011 Village Budget

Following the second and final public hearing on the FY 2011 Village Budget on March 8, the Council unanimously approved the budget and tax rate. **The tax rate will remain at 4 cents per \$100 assessed property value, maintaining the lowest rate allowed under our charter for the fifth year in a row.**

As described in our 2009 Annual Report, for FY 2011, a deficit is anticipated, although smaller than what we expect to incur in FY 2010. While expenses have been trimmed, all important services remain with the same low tax rate. The budget is summarized below:

<b>TOTAL REVENUES</b>	<b>\$1,871,200</b>
<b>EXPENDITURES</b>	
General Government	1,086,900
Public Safety	105,000
Public Works	530,000
Health/Education/Social	17,000
Recreation and Parks	229,000
<b>TOTAL OPERATING EXPEND.</b>	<b>\$1,967,900</b>
Surplus/(Deficit)	(\$96,700)
<b>TOTAL EXPENDITURES</b>	<b>\$1,871,200</b>

## Census 2010: Be Counted

The Village is proud to partner with the U.S. Census Bureau to encourage our residents' participation in the 2010 Census. Conducted every 10 years, the census will provide a new portrait of America, helping to determine what our communities will need for the future.

Participation is easy, important and safe. One of the shortest census forms in history, it asks 10 questions and takes about 10 minutes to complete. Census forms were mailed or delivered to households in March. Residents should complete and return them upon receipt. Census workers will visit households that do not return the forms to take a count in person.



Other Council action at the March 8 meeting:

- Approved Certificate of Recognition to be presented on Community Day April 13.



*Friendship Heights*

## VILLAGE NEWS

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

### Check out our website:

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

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

**phone:** 301-656-2797

**April 2010 events calendar**