



Friendship Heights

VILLAGE NEWS



Maryland's Freedom Seekers
See page 2.

FEBRUARY 2023 VOLUME 40, NO. 2 www.friendshipheightsmd.gov 301-656-2797

Come to Winterfest at the Village Center

Community celebration to bring warmth to winter days

If chilly temps and dark days are getting you down, we've got the perfect antidote to the winter doldrums. Village residents are invited to enjoy the warmth of community, comfort food, and soothing music and dance as we celebrate our first-ever Winterfest on **Saturday, Feb. 4, from 10:30 a.m. to noon at the Village Center.**

Enjoy hot Belgian waffles, with a variety of tasty toppings, and hot

chocolate or chai tea by Homemade Signatures catering, calming music by the Golden Trio, featuring harp,



flute and violin, and the elegance of ballet by the members of the Ballet Theatre of Maryland. The celebration will take place at the Village Center, with space to gather indoors as well as outdoors. Those who want to escape the cold can join the festivities in the auditorium. Heartier souls may want to embrace the cooler temps by gathering near heaters we'll set up under the portico. Hope to see you there!

In search of Troy with Nick Glakas

Homer's tale of Troy and the wanderings of Ulysses, as recounted in the "Iliad" and "Odyssey," are the two oldest works of literature in the western world. Nick Glakas takes us on a quest for the reality behind Homer's epic as he presents "Troy: The Ancient



Legend Today" on **Monday, March 6, at 7 p.m.**, at the Village Center. In this lecture, we'll visit modern-day Troy and explore the search by adventurer and amateur archeologist Heinrich Schliemann, to prove that Troy did exist and that the Trojan War was based on fact.

Glakas is a former naval officer and a retired international attorney. He has lectured at Cambridge, Georgetown and George Washington universities. The talk is free, but please call the Village Center at 301-656-2797 to reserve a seat.

A Valentine tea to warm your heart

Celebrate Valentine's Day with old friends and new acquaintances during a special tea featuring music and seasonal treats at the Village Center on **Tuesday, Feb. 14, at 2:30 p.m.**



The event begins at 2:30 p.m. as chanteuse Barbara Papendorp and pianist/vocalist Amy Conley present "My Funny Valentine," a cabaret-style program featuring music by Gershwin and other composers. Tea will follow the performance.

Continued on page 4, see Valentine Tea



Maryland's freedom seekers

The narratives of Frederick Douglass and Harriet Tubman are well known in conversations about the Underground Railroad. But there were many obscure activists, Black churches, Black communities and fraternal organizations whose involvement was key as African Americans sought their own liberation. In her new book, "Maryland Freedom Seekers on the Underground Railroad," Jenny Masur uses narratives, court cases and fragments of known stories to help us better understand the inner workings of the Underground Railroad in and around Maryland. On **Thursday, March 9, at 2 p.m.**, she'll discuss and sign her new book at the Village Center.

Jenny Masur is a native Washingtonian, who worked for 17 years for the National Park Service as regional manager for the National Underground Railroad Network to Freedom. She holds a doctorate in anthropology.

Refreshments will be served. Call the Village Center at 301-656-2797 to reserve a seat.

A four-week class to sharpen your bridge skills

Barkley Calkins, a Gold Life Master and experienced bridge teacher, will offer a series of lessons on four consecutive Thursdays, 2 to 4 p.m., in February and March. The class is designed for players with a basic knowledge of bridge terms and procedures.

The schedule is as follows: Feb. 9: Planning the Play of the Hand; Feb. 16: Two Over One Game Forcing; Feb. 23: One NoTrump Forcing. March 2: To be determined, based on experience.

Each class begins with the 30-minute lecture, followed by the play of four hands relating to the topic of the day. As time permits, additional hands will be dealt and played.

The cost is \$50 for residents; \$65 for non-residents. A minimum of four participants is required. The maximum number of participants is 12. Sign ups begin immediately at the Village Center.

New to the neighborhood?

Come to our new residents' reception

If you are new to the Village of Friendship Heights and eager to get to know your neighbors in a relaxed setting, please join us at the Village Center on **Thursday, Feb. 9, from 6 to 8 p.m.**

Village residents, 21 years and older, who moved into the Village in the last 12 months are invited to an informal reception. If you are not new to the Village and want to join us, just bring a new resident with you.

Please call the Village Center at 301-656-2797 or email info@friendshipheightsmd.gov to let us know you will be attending.



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 in the March issue is Feb. 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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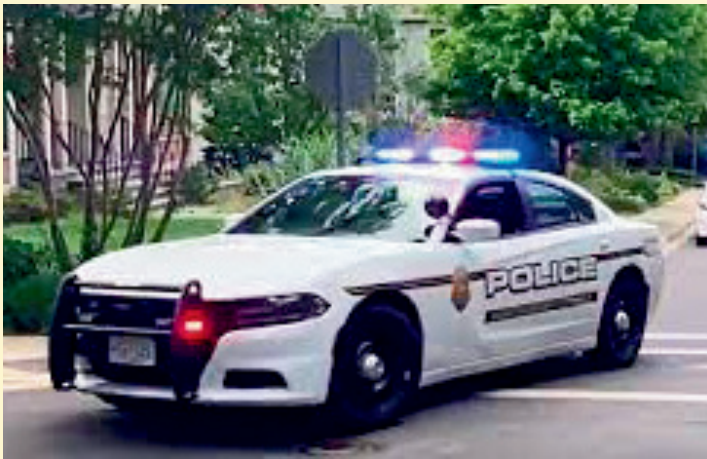
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Village Council Update

Planned enhancements to public safety

The Council and managers have remained focused on enhancing security measures in the Village. In addition to receiving community input at the January 9 Council meeting, Mayor White appointed an Ad Hoc Public Safety Committee that met in mid-January to develop relevant solutions. The Committee recommended hiring off-duty Montgomery County police officers to patrol the Village for an eight hour period Monday to Friday (i.e. 8 a.m. to 4 p.m.). The managers have also held discussions with the Bethesda District Station, as well as the managers of neighboring communities and several off-duty officers who patrol them. This information was passed along to the Council and the Public Safety Committee.



There were also some discussions about adding security signage and cameras throughout the Village. Regarding cameras, the Council has already approved the installation of three security cameras on the outside of the Red House (front porch, parking area, and back of house) that will cover portions of North Park Avenue, the bus stop by 4620 North Park, and surrounding areas of the house. The Committee also recommended working with all the buildings in the Village to install additional cameras.

The Council will vote on all of these proposed security measures at its next meeting on February 13. Furthermore, the Montgomery County Police Department informed us that if residents have questions regarding any incidents or crime reports, they can call the Bethesda District Station's general number at 240-773-6700 for more information.

Red House usage survey

The Village distributed its Red House (4608 N. Park Avenue) usage survey to residents last month to gauge how the community would like to use the house. The response has been tremendous and we would like to thank

those residents who took the time to complete the survey. To access the survey, please scan the Qr code at right and let us know what you would like to see at the Red House. You will also be eligible to win a \$100 gift certificate to one of three Village restaurants—Alfio's La Trattoria, Lia's, or Mei Wah.

The deadline for responding to the survey is Friday, February 3.



FY 2024 Budget and 2022 Annual Report

Last month, the Council's Finance Committee reviewed the current draft of the FY2024 budget prepared by the managers and Treasurer, which was introduced at the January 9 Council meeting. The proposed budget is included in the 2022 Annual Report, which was distributed to residents at the same time as this month's newsletter. Please note public hearings will be held on the budget during the February 13 and March 13 Council meetings. We urge residents to come out to the meetings and voice their comments and concerns!

Status of Village identity sign

At its last meeting, the Council agreed to combine the elements of the top two sketch submissions into one sketch design. This new design has been included in the bid announcement's specifications, and proposals will be presented to the Council at its next meeting on February 13. Thank you to the residents who submitted their sketches!

Sign up to receive Village alerts

Sign up to receive important alerts from the Village by simply using this QR code with your phone and completing the online form.



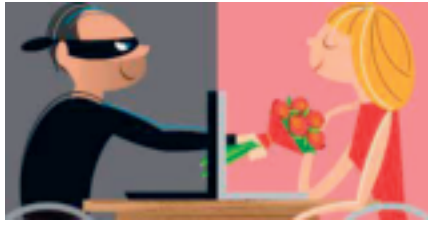
Other actions taken at the January 9 Council meeting:

- Approved proposed Red House usage survey to be distributed to Village residents.
- Voted 4-3 to approve sketch design for Village identity sign and for the managers to put out a bid for a sign company to finalize the design, as well as construct and install the sign.

The next scheduled Village Council meeting, open to the public, will be Monday, February 13, at 7:30 p.m., at the Village Center. Please visit our website for additional details.

Don't fall for a romance scam this Valentine's Day

Some seniors looking for love found that Cupid's arrow carried a particularly harsh sting as romance scams reached



an all-time high during the pandemic, according to the Consumer Financial Protection Bureau. Romance scams spiked during the pandemic due to social isolation and loneliness. As more and more older Americans have turned to online dating, they expose themselves to potential scams and the financial losses that can come with them.

Harriet Edelson, an AARP reporter and author, specializing in financial issues, presents, "Romance Scams in the Age of Covid-19 and Beyond," on **Monday, Feb. 27, at 2 p.m.** at the Village Center. She will discuss how to recognize signs of a potential online romance scam before it's too late.

Refreshments will be served. Call the Village Center at 301-656-2797 to reserve a seat.



Calling business entrepreneurs

Success begets success. Village entrepreneurs, this is a great opportunity to build awareness for your business and help fellow community residents along the way. Apply now to participate in the first-ever Friendship Heights Village Entrepreneur Expo which will take place on **Saturday, March 4, from 11 a.m. to 1 p.m.** at the Village Center. Business entrepreneurs of all ages are invited to share products and business know-how during this event. Put yourself front and center with fellow residents who are eager to learn how to develop their own strategies for success.

During the event, you'll have five to 10 minutes to introduce yourself, explain your business goals, showcase your specialty or product, and talk about how you got this far and how you expect to exceed your current success.

Brief questions-and-answers will follow each presentation, with time for audience networking afterward.

Village residents of any age who operate an ongoing, community-friendly business and/or have a community-friendly product in the open marketplace, and who want to talk about successes or failures toward making this happen, are eligible for consideration.

Applications are available online at www.friendshipheightsmd.gov or at the Village Center. Free publicity for the event will occur through the Village's monthly newsletter and social media.

Aspiring entrepreneurs are welcome to attend but should not apply to participate in this event.

For more information, contact Dale Conway at dconway@friendshipheightsmd.gov.

Valentine Tea, continued from page 1

Barbara and Amy have appeared at several area venues including La Maison Française, L'Alliance Française, the Phillips Collection, The Society of the Cincinnati, at local DC Jazz venues Black Fox Lounge, Twins Jazz, Bistro Lopic & Wine Bar and Mr. Henry's (Ladies of Jazz Series) on Capitol Hill.

Reservations are required. Please call the Village Center at 301-656-2797. Please note that coffee will not be served at this special tea.

The Village Book Club will meet on **Tuesday, Feb. 21 at 11:30 a.m., at the Village Center.** The book selection is *Hot Stew* by Fiona Mozley. The March book selection will be *Elena Knows* by Claudio Pinerio.

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Eating for winter and an introduction to Reiki therapy

Did you know acupuncture is just one modality in a larger system of medicine known as traditional Chinese medicine (TCM)? TCM originated in ancient China and has evolved over thousands of years as it spread to other east Asian countries and eventually the West.

As winter is wrapping up and the holidays are behind us, come learn how to support your body during the winter season. On **Thursday, Feb. 23, at 2 p.m.** at the Village Center, hear about ways to rest and digest, both physically and emotionally, during this time of hibernation. And welcome Kimberly Coleman and Archana Awosika, special guests who will talk with us about Reiki and its benefits year-round. Reiki is an alternative healing practice that promotes relaxation, reduces stress and anxiety. Reiki promotes healing through the flow of energy that exists within all of us.

Coleman is a Registered Nurse and Doctor of Acupuncture. She will be offering an overview of TCM and its modalities, dietary suggestions and lifestyle adaptations for Winter.

Awosika is a Registered Nurse and Usui Reiki Master. She will be offering an introduction to Reiki therapy and teaching some beginner self-care techniques.

Call the Village Center at 301-656-2797 to reserve a seat.

Finding relaxation through sound bowl therapy

Are you ready for a transformational experience?

One of the most profound sonic tools to ground, heal, and transform the way we perceive and live our lives is the calming resonance of crystal singing bowls. These bowls hold potent frequencies to support balance and heal your energetic field. They even create crystalline cadences in your cells, which help you to release energy and awaken new cellular patterns. Sound Bowl Therapy has been known to reduce stress and anxiety, relieve pain, boost the immune system, improve sleep and clear energy.

Join our guide Dinah Simpson as she creates a relaxing, meditative environment by combining breathing techniques and sound vibrations using 432hz quartz crystal bowls during a four-week class, Friday, Feb. 17 through March 10, from 1:15 to 1:45 p.m. *Please note new start date.

The pure frequencies of the bowls are easily absorbed by the body, so they also have the capacity to reset your physiological systems—balancing your hormones and nervous system and enhancing your immunity.

The cost of the class is \$65 for residents; \$75 for non-residents. Sign up immediately at the Village Center. Pregnant women and those with heart conditions should consult with their physicians before signing up.



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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 with COVID protocol when they register.

In the event a class is canceled, a make-up class will be held during the week following the last class of the session.

ART, LANGUAGES AND MORE

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Feb. 22 to March 29. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$80 for residents; \$85 for non-residents.

ENGLISH CONVERSATION

Mallory Starr leads a 6-week Conversational English Roundtable for adults on Tuesdays, 5 to 6 p.m., through Feb. 21. He has worked as a consulting psychologist and management consultant. Part of his experience has been with management development programs, which have focused on the adaptation of internationals to new cultures, new technology, and change. The cost is \$15. A minimum of two participants; maximum of 12.

MUSIC WITH MARSHA

An 8-week class, Tuesdays, 9:30 to 10:30 a.m., Feb. 7 to April 11, taught by Marsha Goodman-Wood. Babies, toddlers and their caregivers learn through music, movement, dance and instruments. The cost is \$165 for residents; \$185 for non-residents.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a 6-week Spanish conversation group

on Thursdays, 4 to 5:30 p.m., through March 23. English will NOT be spoken during the sessions. \$10. Minimum of five participants; maximum of eight.

EXERCISE

BALANCE AND STRENGTH

A 6-week class, Mondays, 11 to 11:50 a.m., March 6 to April 10. Taught by Tonya Walton, this class will improve the communication between your muscles and your brain. It will consist of routines to strengthen your core and enhance your overall mobility, balance and coordination. All exercises are performed while standing and sitting. Designed to help seniors maintain their strength, flexibility and independence by using body weight and resistance bands (no floor/mat work). This class will help ward off age-related muscle loss and keep your bones strong. \$82 for residents; \$90 for non-residents. For details, contact Tonya at Tonya@Krucialfitness.com.

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., Feb. 15 to March 8, taught by Cheryl Clark. This class teaches strategies for basic balance and aid in developing fall prevention techniques and to improving your ability to perform daily activities safely. The class will help to build your confidence while maintaining your balance and strengthening key muscle groups. The class is a prerequisite for the more complex Balance in Movement class. Clark is a licensed Physical Therapist Assistant who has been working on the

aging body for more than 15 years. \$52 for residents; \$58 for non-residents.

GENTLE YOGA WITH ROBIN

A 6-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, March 5 to April 16, 9:10 to 10:30 a.m. Class will not meet April 9. This class is especially good for seniors, with particular attention to countering the effects of aging. The cost is \$99 for residents; \$109 for non-residents.

BEGINNER PILATES (FRIDAYS)

A 10-week class, Fridays, 12 to 1 p.m., through March 17, taught by Dawn Maynard. The cost is \$250 for residents; \$275 for nonresidents. Beginner Pilates is for anyone who needs strength and flexibility in the spine and joints, especially shoulders, hips, knees and ankles. Movement modifications will be provided for those who can't put weight on knees or hands. Learn how posture affects the way we sit, stand and walk. No equipment needed except a towel and water. Students may bring mat and any Pilates props.

PILATES FOR EVERYONE (TUESDAY EVENINGS)

A 10-week class, Tuesdays, 6 to 7 p.m., through March 14, taught by Dawn Maynard. The cost is \$250 for residents; \$275 for non-residents. Students are welcome to bring a towel, mat and any Pilates props.

PILATES FOR EVERYONE (SATURDAY MORNINGS)

A 10-week class, Saturdays, 9 to 10 a.m., through March 25, taught by Dawn Maynard. Class will not meet Feb. 25. The cost is \$250 for residents; \$275 for non-residents. Students are welcome to bring a towel, mat and any Pilates props.

SEATED YOGA AND MEDITATION

Louisa Klein teaches a 4-week session, Thursdays, 10:30 a.m. to noon, Feb. 2 to Feb. 23. Students are seated in chairs or use chairs for support. The class includes stretching, gentle breathing, and guided meditation proven beneficial to the immune system, and is designed to improve posture, balance, strength and flexibility. Klein, a member of the International Yoga Teachers Association, has taught for more than 40 years. \$55 for residents; \$60 for non-residents.

QIGONG AND TAI CHI (MONDAY)

A 6-week session, Mondays, 9:15 to 10 a.m., Feb. 27 to April 3. Taught by Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$90 for residents; \$95 for non-residents.

QIGONG AND TAI CHI (TUESDAY NIGHT)

A 6-week session, Tuesdays, 7:15 to 8 p.m., Feb. 28 to April 4. Taught by Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; \$90 for residents; \$95 for non-residents.

SOUND BOWL THERAPY

A 4-week session, Fridays, 1:15 to 1:45 p.m. to 8 p.m., Feb. 17 to March 10. Learn the healing and relaxing powers of crystal singing bowls

and breathing techniques with compassionate guide Dinah Simpson. \$65 for residents; \$75 for non-residents. See page 5 for details.

TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAY)

A 6-week session, Mondays, 10 to 10:30 a.m., Feb. 27 to April 3. Taught by internationally recognized Master Nick Gracenin, this class presents taolu (formal patterns) of traditional Taijiquan. Students will have the chance to try the more complex combined 42 Forms and the Tai Chi Fan. \$138 for residents; \$150 for non-residents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. Nurse consultations, Tuesdays, 2 to 4 p.m.

CANASTA

An informal group plays canasta on Wednesdays, 2 to 4 p.m. Call 301-656-2797 to register.

CHESS

An informal group plays chess on Wednesdays, 12:30 to 3 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to noon.

DROP-IN BONE BUILDERS

Taught by Gita Pancholy, Thursdays, 11 a.m. to noon, beginning Feb. 9. The cost is \$8. Story at right.

DROP-IN TAI CHI

Student-led sessions meet Fridays, 9:15 to 10:15 a.m. at the Village Center. Includes stretching, Tai Chi warm-up exercises, Tai Chi (24 Yang-style), self-massage, and ends with Qigong exercises.

EXPRESS YOURSELF

Susan Wranik leads an aphasia support group, by the NIH Suburban Hospital Stroke Program. Meets via Zoom on the second Tuesday of the month at 3 p.m.

Call Susan Wranik at 301-520-2332 or email susan@speakskill.com.

FRIDAY FIBER FRIENDS

Knitters, crocheters, weavers, and other fiber enthusiasts meet on Fridays, from 1 to 2:30 p.m. Call Joan Lewis at 301-452-4466 for details.

GREAT BOOKS GROUP

Meets Mondays at 10 a.m. Call Judith Abrahams at 301-215-6950 or Jean McNelis at 301-656-6695 for details.

TEA

Village residents and guests may enjoy refreshments and conversation, Tuesdays, 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday a month via Zoom. Contact Sheila Manes at manessheila@gmail.com.

WALKING CLUB

The club takes an hour-long, two-mile walk in Chevy Chase Village on Tuesdays, Thursdays, and Saturdays, at 8:15 a.m. Meets in front of the Village Center. Call Eniko Basa at 301-657-5759.

Building Better Bones

Beginning in February, the Village Center will offer a drop-in Bone Builders class, taught by Village resident and former Montgomery County Bone Builders instructor Gita Pancholy, on Thursdays, from 11 a.m. to 12 p.m. The first drop-in session will be **Thursday, Feb. 9.**

This class is designed to help improve balance and enhance energy. Sessions will include a warm-up, balance training, exercises for the upper and lower body, postural exercises and a stretching series.

The cost is \$8 for each drop-in session. The class is drop-in, but for the initial three weeks, we are asking potential participants to call us in advance at 301-656-2797 to let us know if you plan to attend the class that week.

CONCERTS



During the months of January, February and March, concerts are held on the second and fourth Wednesdays of the month from 7 to 8 p.m. in Huntley Hall in the Village Center. If you are arriving after the start of the performance, please wait until a break to enter. Please turn off phones prior to entering the auditorium. If you must leave early, please wait for a break in the performance.

Wednesday, Feb. 8 —Kristin Jepperson— Jepperson is a graduate of the California Institute of Art with a bachelor's of fine arts degree in harp performance with a voice minor. She has toured nationally with the New Christy Minstrels, and played with Ray Charles, Tony Bennett, Victor Borge and Shirley Jones. She is the resident harpist for High Tea at the historic Willard Intercontinental Hotel in Washington, D.C.

Wednesday, Feb. 22 —Salute to Duke Ellington with Karen Lovejoy—Vocalist Karen Lovejoy is joined by pianist Jerry Allen for a salute to the extraordinary composer Duke Ellington. In celebration of Black History Month, explore the man and the music that inspired a nation and changed the world. Duke, the originator of "Jazz Big Band," was a prolific composer whose music has defied time creating

new generations of fans.

Let your heart sing

Get sentimental with some of the most beautiful love songs ever written. Join us on **Monday, Feb. 6, at 2 p.m.** at the Village Center as we welcome Bernie Kellett back for an afternoon of some of your favorite songs for Valentine's Day. The program will include classics such as "You are my Sunshine" and "Blue Moon" to hits from film and Broadway like "As Time Goes By" to "If Ever I Would Leave You."

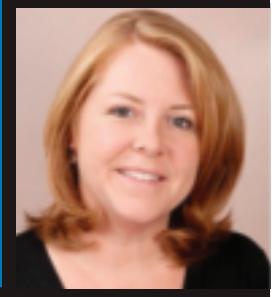
The program is free, but reservations are required. Please call the Village Center at 301-656-2797 to reserve a space.

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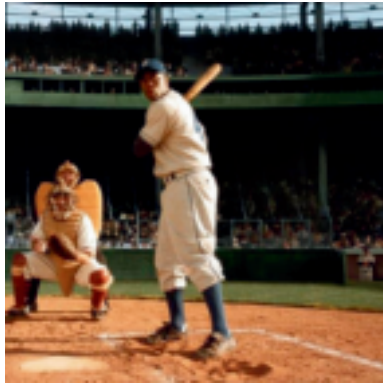
MOVIES



All movies begin at 7 p.m. Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language. Enjoy fresh popcorn during these presentations.

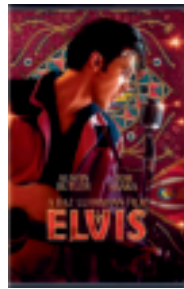
Thursday, Feb. 2, 7 p.m.—Movie—The First Wives Club—Goldie Hawn, Bette Midler and Diane Keaton lead an all-star cast in the Oscar-nominated comedy, *The First Wives Club*, in which three divorcees seek revenge on the husbands who left them for younger women. **Rated PG. Running Time: 103 minutes.**

Thursday, Feb. 9, 7 p.m.—Movie—42: The Story of an American Legend—*42: The Story of an American Legend* chronicles Jackie Robinson's poise and fury as the first African American to play in major league baseball. Facing unrelenting racism, Jackie eventually finds solace from



people he least expected. Starring Chadwick Boseman and Harrison Ford. **Rated PG-13. Running Time: 128 minutes.**

Thursday, Feb. 16, 7 p.m.—Movie—Tár—*Tár*, which stars Cate Blanchett in the title role, tells the fictional story of one of the world's greatest living classical composers/conductors, who happens to be a woman—a first for a major German orchestra. With Nina Hoss and Noémie Merlant. **Rated R. Running Time: 158 minutes.**



Thursday, Feb. 23, 7 p.m.—Movie—Elvis—*Elvis* focuses attention on the singer's rise to stardom and his 20-year parasitic relationship with his manager, Colonel Tom Parker. Starring Austin Butler and Tom Hanks. **Rated PG-13. Running Time: 159 minutes.**

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ART AND CULTURE

Celebrating Black History Month with powerful images



"Your Majesty" by Michael Anthony Brown



"Ziaro Hiyo" by Percy B. Martin



"We Are Family" by T.H. Gomillion

This month the Friendship Gallery celebrates the historic contributions of African Americans that originally led to the establishment of Black History Month, celebrated annually during the month of February.

Historian Carter G. Woodson is credited with spearheading the effort to establish Black History Month. The contributions to the arts will be celebrated through the exhibit, Common Bond. Curated by Llewellyn Berry, this year's exhibit presents 19 extraordinary and prolific artists in the Friendship Heights area and beyond whose exceptional artistic talents exemplify the vision of Woodson.

Meet the local artists at a reception on **Sunday, Feb. 5, from 11:30 a.m. to 1 p.m. at the Village Center.**

The exhibit runs from Monday, Jan. 30 though Satur-

day, March 4. The Village Center is open 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. Please check with the front desk upon arrival. All sales are final.

Dr. Michael Gittleson
 Podiatrist
 The Barlow Building

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TO YOUR HEALTH

Learn about long COVID and how to treat it

What is long COVID and how can it be treated? Post-COVID conditions or “long COVID” are a wide range of new, returning, or ongoing health problems that people experience after being infected with COVID-19. Join Matthew L. Mintz, MD, FACP, as he explains long COVID-19 and possible treatment options during this month’s Suburban Lecture on **Wednesday, Feb. 8, at 1 p.m. via Zoom.**

To register, please call 301-656-2797 or email info@friendshipheightsmd.gov. Please note the Zoom link will be sent about 24 hours prior to the lecture.

Low Vision Support Meeting

**Thursday, Feb. 23,
at 12 p.m.**

Join the Prevention of Blindness Society’s (POB) Low Vision Support Group meeting on **Thursday, Feb. 23, at 12 p.m.** at the Friendship Heights Village Center as we learn about the POB and its services. This month’s topic is “Lighting and Contrast: Can it boost your vision?”

All are welcome to participate in this monthly meeting (fourth Thursday of the month at noon) facilitated by the Prevention of Blindness Society of Metropolitan Washington.

Learn from experts who understand the challenges of transportation, reading, and enjoying cultural opportunities when you have diminished vision. Discuss what helps you live with vision challenges or ask others for suggestions about doing things that have you frustrated and flustered.

Drop in, meet your neighbors who are finding ways to enjoy a safe and independent life. Feel free to bring your lunch. To register, please call 301-656-2797.

For more information, email Sean Curry at scurry@youreyes.org or Sandy Neuzil at sneuzil@youreyes.org.



Independence Plus Friendship Heights

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The Independence Plus program from SmithLife Homecare provides flexible assistance you need with two hour minimum, no long-term commitment, no hidden charges, and at very reasonable rates. We accept long-term care insurance.

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Our Friendship Heights pilot program is available only for the residents in the Friendship Heights community from 7am to 10pm, 7 days a week.

In addition to providing short hours, SmithLife Homecare can provide longer hours, overnight care and 24/7 support.

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What's New in Friendship Heights



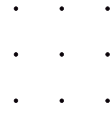
The Carleton

For Rent - Apt 305
\$4,000 Per Month
2BR/2.5 BA - Nearly 1800 Sq Ft
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The Willoughby

For Sale - Investor Special!
\$279,000 - Rented at \$1950/Mo
Conveys w/Long Term Tenancy
1BR/1BA - Nearly 900 Sq Ft
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The Sam Solovey Group currently has buyers looking for 1, 2, and 3 Bedroom condos in The Village of Friendship Heights. If you are looking to sell, please reach out.

COMPASS

Compass is a licensed real estate brokerage that abides by Equal Housing Opportunity laws. Information is compiled from sources deemed reliable but is not guaranteed. Compass is licensed as Compass Real Estate in DC and as Compass in Virginia and Maryland. 5471 Wisconsin Ave Suite 300 Chevy Chase, MD 20815



Friendship Heights

VILLAGE NEWS

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



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February 2023 events calendar