



Friendship Heights

VILLAGE NEWS

JANUARY 2024

VOLUME 41, NO. 1

www.friendshipheightsmd.gov

301-656-2797



Remembering
Paula Durbin,
see page 3.

Delight in the beauty of the Philadelphia Flower Show

Take time to stop and smell the flowers when we travel to Philadelphia on **Wednesday, March 6**, for the city's spectacular flower show. Now in its 195th year, the award-winning Philadelphia Flower Show is a one-of-a-kind event known for its exquisite and immersive floral exhibits, world-class plant competitions, family-friendly activities, educational offerings, and shopping.

This gathering of all levels of gardeners and "flower flirts" delights



in the traditions and connections that are made each year.

We'll depart from the Center at 7:30 a.m. and should arrive at the Pennsylvania Convention Center mid-morning. You'll have time to visit exhibits, attend demonstrations, purchase flowers and garden

equipment and enjoy lunch, on your own, at one of the concessions in the convention center or at the Reading Terminal Market, across the street. We should return to the Village Center by 7:30 p.m.

The cost of the trip is \$139 for residents who sign up by Jan. 31. The cost increases to \$149 on Feb. 1. Residents may sign up immediately; nonresidents pay \$155 and may sign up beginning Feb. 5. Sign up at the Village Center only.

Exploring India with Nick Glakas



India is one of the oldest civilizations in the world, a vast sub-continent of tremendous complexity, contradiction and dazzling natural, architectural and artistic beauty.

Join us on **Thursday, Jan. 25, at 3 p.m.**, at the Village Center as Nick Glakas takes us on an armchair tour of this extraordinary country. As the birthplace of two major religions—Hinduism and Buddhism—and the present day site of several others, including Jainism, Sikhism and Zoroastrianism, India remains a predominantly religious society with myriad places of worship and eye-catching architectural wonders. Within its geographical confines,

stretching from the great, snow-capped Himalayas in the north to the lush tropical peninsula in the south, there is a dizzying variety of languages, cultures, ethnic groups, religious beliefs and lifestyles. Much of India's fascination lies in that it is both an ancient land and a young democracy rolled into one, where the past and the present constantly collide. Its 5,000 years of recorded history provide a rich mosaic of its people, languages, religions and cultures.

Glakas is a former naval officer, international lawyer, corporate executive, college association president and retired cruise ship lecturer.

To register, go to our website www.friendshipheightsmd.gov, then to What's New, and click on Signup for Programs.



Mark your calendars for the morning of **Saturday, Feb. 3, 10:30 a.m. to 12 p.m.** as we take time to warm up with a special community event during the winter months.

Gather with Village neighbors and friends to enjoy food, music and dance during this annual event. We'll have breakfast treats and performances by the Ballet Theatre of Maryland and by harpist Kristen Jepperson.

Watch the February *Village News* for more details.

Dr. Arthur Schwartz discusses glaucoma, see page 11.

A chance to learn Latin dance during these Saturday classes

Merengue classes start in January; Bacchata classes begin in February; and Salsa starts in March

Learn the basic moves of the Latin dance during three series of three-week classes taught by LindaRose Piccolo, on Saturdays, from 11 a.m. to 12 p.m., this winter and spring at the Village Center. Students will develop foundations in musical timing, rhythm, body movement and lead-follow connections. No experience or partner needed.

The first series, Merengue runs Saturdays, Jan. 6 to Jan. 20. Each class begins with a short 5- to 10-minute warm-up, followed by 20 to 30 minutes of footwork instruction. Each class lasts 20 to 30 minutes and will be devoted to partner work.

The second series, Bachata, runs Saturdays, Feb. 10 to Feb. 24, and the final series, Salsa, runs March 23 to April 6. The cost per three-week session is \$50 for residents and \$55 for nonresidents.

Registration is required. To reserve a space, sign up by going to our website www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page.

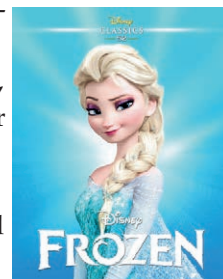


Kids, come see a special Monday matinee of "Frozen"

Village parents, grandparents and caregivers looking for a fun activity when the schools are closed **Monday, Jan. 29**, can bring children to the Village Center for a special screening of Disney's "Frozen" at **2:30 p.m.**

We'll have winter-themed crafts and refreshments. We'll set up chairs but children are welcome to bring sleeping bags and blankets to stretch out on the floor.

The event is free, but reservations are required. To reserve a space, sign up by going to our website www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page. Children must be accompanied by a parent or caregiver.



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 February issue is January 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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Village Council Update

Remembering Paula Durbin

At the beginning of the December 11 Village Council meeting, the Council held a remembrance ceremony for Council member Paula Durbin, who passed away suddenly in late November. Council members reflected on Paula's contributions to the community and accomplishments throughout her life and career. Paula called the Village of Friendship Heights her home for over 22 years. She was first elected to the Village Council in 2015, and she had a particular interest in the protection and improvement of



Page Park. As a Council member, she played an active role in a number of other issues, fighting to preserve the Village's green space, enforcing height and density limits per the Friendship Heights Sector Plan, and redesigning the Village website and improving communications with residents. In her eight years on the Council, Paula served as Council Secretary, Treasurer, and Chair of the Communications Committee. She also represented the Village on the Board of Directors of the Bethesda Fire Department. Our deepest condolences to Paula's family and friends. We will miss her greatly.

Council seeks candidates to fill vacant seat

The Village Council unanimously agreed at its December 11 meeting to fill the vacant Council seat and announced it is seeking applications from residents. Please note the following requirements for residents to apply:

- Applicants must be registered voters and reside in the Village of Friendship Heights.
- Submit a cover letter indicating your interest in the vacant Council position and your willingness to serve. If you so wish, please describe why you would like to serve and what your priorities would be as a Council member.
- If you wish, submit a résumé or other supplemental documentation describing your personal and professional background and accomplishments.
- The cover letter and any supplemental documentation shall not exceed five (5) pages.

Candidates can submit their application materials to the Village Manager, Julian Mansfield, at jmansfield@friendshipheightsmd.gov, or by dropping materials off at the Village Center front desk. Please visit the Village website for additional information regarding the Council's process to fill the vacant Village Council seat. **Please note the deadline for candidates to submit application materials is 5 p.m., January 8, 2024.**

Update on Page Park permit review

As part of the County's review of the Page Park permit application, the Zoning reviewer commented that two lots in Page Park need to be consolidated into one lot under a single tax account number, since the pergola structure crosses the property line. The Village's land use attorney has filed the required paperwork with the Maryland Department of Assessments and Taxation (MDAT) to request the lot consolidation, following the Village Council's approval to designate the Mayor as the signer on the application. As this goes to press, we are still waiting for additional information and clarification from the County regarding other aspects of the permit review.

Update on Urban Design study

Atara Margolies, Planner with the Montgomery County Planning Department, will be at the next Council meeting on January 8 to provide a preliminary summary presentation on the Friendship Heights Urban Design Study, which will include a summary of the engagement with the Friendship Heights community.

Shuttle bus Metro stop temporarily relocated

Due to a repavement project by the Friendship Heights Metro Station, the Village bus stop at the Metro has been temporarily relocated to Western Avenue, very close to the regular stop. Please visit the following link for additional information: <https://www.wmata.com/service/status/details/Friendship-Heights-Bus-Loop-Repavement-Project.cfm>.

Shredding service returns on January 20

The next shredding event will be held on Saturday, January 20, 2024, from 10 a.m. to 12 p.m. The Village provides free shredding service to residents four times a year—rain or shine! A truck from Shred-it parks on Friendship Boulevard adjacent to the Village Center. Village residents are invited to bring their materials for shredding.

Other actions taken at the Dec. 11 Council meeting:

- Adopted documentation for Ad Hoc Advisory Committee on Climate Change and Environment.
- Adopted documentation for Ad Hoc Committee on Development.
- Approved proposal from Securitas for a billing increase to provide a pay increase for contracted security guard. Also directed the Village Manager to issue a request for proposal for the contracted security service.

The next scheduled Village Council meeting will be held on Monday, January 8, 2024, at 7 p.m., and will be open to the public at the Village Center and livestreamed. Please visit our website for additional details.

Enjoy an afternoon with one-man band Jesse Palidofsky

Beat the winter blues with a rousing performance from one-man band sensation Jesse Palidofsky on **Friday, Jan. 12, at 3 p.m.** at the Village Center.

From the music of Hoagy Carmichael to Ray Charles, from Rodgers & Hammerstein to Lennon & McCartney, from James Taylor to Frank Sinatra, from Harry Belafonte to John Denver to Smokey Robinson to his own original compositions, Jesse Palidofsky plays and sings them all. His performances include musical accents from New Orleans, Latin America, and the Yiddish theater. Palidofsky accompanies his soulful vocals with tasteful piano, guitar and harmonica arrangements for an afternoon guaranteed to get your toes tapping.

Sign up at www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page. You may also call the Village Center no later than Jan. 10 at 301-656-2797 to reserve a seat. *We cannot guarantee seats for those who have not pre-registered.*



Go with the flow art

Weekend workshop lets you play with poured paint



Come explore the wonders of fluid painting during a two-hour workshop with Rachael Rice on **Saturday, Jan. 20, from 11 a.m. to 1 p.m.**

No experience is needed to learn how to paint with fluid acrylic paints that are poured onto canvas. No brushes are used in this class. We will create on two 8-by 10-inch canvases an abstract painting using various pouring techniques. The teacher will demonstrate several options for pouring and will provide canvases and paints for the class.

Anyone can use this technique without prior painting experience. It is a great way to explore hidden creativity and have a lot of fun. Painting will need to be left to dry for a week.

The cost is \$60 for residents; \$65 for nonresidents. Early sign-up discount extended—sign up by Jan. 11 and pay \$50 (residents); \$55 nonresidents. Participants must be 18 or older. Sign up by going to our website at www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page. The deadline to sign up is Jan. 16.

Learn how to play mah jongg

Learn to play American mah jongg using the National Mah Jongg League rules. You will learn how to read the card, the names of the tiles, and the many rules of the game. Mahj is a wonderful game to keep your brain active while making new friendships.



Nancy Kay, who has been teaching at senior centers and religious institutions for many years, will offer a 5-week class on **Fridays from 2 to 4 p.m. at the Village Center, Jan. 19 through Feb. 16.**

The cost of the 5-week class, which includes the card, is \$145 for residents and \$155 for nonresidents. Residents may sign up beginning Jan. 2; nonresidents may sign up beginning Jan. 5. The minimum number of students is eight. To sign up, go to our website www.friendshipheightsmd.gov, click Sign Up for Programs on the home page.

Registration for programs is now online for your convenience. Sign up by going to our website at www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page. Those who need assistance with creating an online account may call the Village Center at 301-656-2797.



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Learn to play canasta!

Canasta is a game that challenges your brain, but is not so complex as bridge. If you would like to learn how to play or

want to brush up on your skills, we have a class for you!

Beryl Blecher will teach a 2-week beginner class, just right for beginners or players returning to the game, **1 to 2 p.m. on Wednesday, Jan. 10 and Jan. 17**, at the Village Center. Play will follow from 2 to 4 p.m. Handouts will also be provided. A minimum of four is needed for the class to proceed.

The cost is \$25 for the 2-class session. Registration for the class is required. Go to our website www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page.



The Village Book Club will meet on **Tuesday, Jan. 16, at 11:30 a.m., via Zoom**. The book selection is "Afterlives" by Abdulah Gurnah. The February book will be "Trust" by Hernan Diaz.

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CLASSES AND CLUBS

To register, please go to our website www.friendshipheightsmd.gov and sign up through ActiveNet at least 48 hours before the start of the session. A class may be canceled if the minimum number of students is not met. Participants must pay for the full series. No refunds after the 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. In the event a class is canceled, a make-up class will be held following the last class of the session.

ART AND LANGUAGES

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Thursdays, 1 to 3 p.m., Jan. 11 to Feb. 15. 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. \$95 for residents; \$105 for nonresidents.

ENGLISH CONVERSATION

(Free)

Mallory Starr leads a conversational English roundtable for adults on Tuesdays, 5 to 6 p.m. This class is free to Village residents. Nonresidents pay \$5. A minimum of 2; maximum of 12.

BEGINNING SPANISH

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a beginning Spanish class, with an emphasis on grammar and vocabulary. Tuesdays, Feb. 6 to March 12, 4 to 5:30 p.m. \$225. Minimum of four participants; maximum of eight.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, Feb. 8 to March 14, 5:30 p.m. \$15. Minimum of four participants; maximum of eight.

EXERCISE AND DANCE

BALANCE AND STRENGTH

A 6-week class taught by Tonya Walton, Mondays, Jan. 15 to Feb. 26, 11 to 11:50 a.m. This class will improve the communication between your brain and

your muscles. It will consist of routines to strengthen your core, enhance overall mobility, balance and coordination. All exercises are performed while standing or sitting. The cost is \$94 for residents; \$99 for nonresidents.

BALANCE BASICS

A 4-week class, Wednesdays, 11 to 11:45 a.m., Jan. 10 to Jan. 31, taught by Cheryl Clark. This class teaches strategies for basic balance and aid in developing fall prevention techniques and improving your ability to perform daily activities safely. The class will help to build confidence while maintaining balance and strengthening key muscle groups. The cost is \$54 for residents; \$58 for nonresidents.

GENTLE YOGA WITH ROBIN (SUNDAYS)

A 6-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Sundays, Jan. 7 to Feb. 11, 9:10 to 10:30 a.m. This class is especially good for seniors, with particular attention to countering the effects of aging. The cost is \$99 for residents; \$109 for nonresidents.

GENTLE YOGA WITH ROBIN (WEDNESDAYS) NEW!

A 6-week Hatha Yoga class for beginning and continuing students, taught by Robin Dinerman, host of TV's "Cherryblossom Yoga." Wednesdays, Jan. 10 to Feb. 14, 9:10 to 10:30 a.m. This class is especially good for seniors, with particular attention to countering the effects of aging. The cost is \$99 for residents; \$109 for nonresidents. Minimum of five students.

CHAIR YOGA WITH LOUISA

Louisa Klein teaches a 6-week session, Thursdays, 10:30 a.m. to noon, Jan. 4 to Feb. 15. Class will not meet Feb. 8. Students are seated in chairs or use chairs for support. Learn how to incorporate chair yoga practices into your life for enhanced mind/body awareness. This class includes techniques to safely stretch, strengthen and balance your body and mind. Chair Yoga is non-competitive, accessible and fun. Klein, a member of the International Yoga Teachers Association, has taught for more than 40 years. \$83 for residents; \$90 for nonresidents.

MERENGUE NEW!

A 3-week class, Saturdays, Jan. 6 to Jan. 20, 11 a.m. to 12 p.m., taught by LindaRose Piccolo. Learn basic steps of this Latin dance. No experience necessary; no partner necessary. The cost is \$50 for residents; \$55 for nonresidents.

BEGINNING PILATES (FRIDAYS)

A 6-week class, Fridays, 12 to 1 p.m., Feb. 9 to March 15, taught by Dawn Maynard. 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. The cost is \$150 for residents; \$160 for nonresidents. Students may bring mat and Pilates props.

PILATES MINI-CAMP (TUESDAYS)

A 2-week class, Tuesdays, 6 to 7 p.m., Jan. 9 and Jan. 16, taught by Dawn Maynard. The cost is \$50.

BEGINNING PILATES MINI-CAMP

A 2-week class, Fridays, 12 to 1 p.m., Jan. 12 and Jan. 19, taught by Dawn Maynard. The cost is \$50.

PILATES MINI-CAMP (SATURDAYS)

A 2-week class, Saturdays, 9 to 10 a.m., Jan. 13 and Jan. 20, taught by Dawn Maynard. The cost is \$50.

PILATES FOR EVERYONE (TUESDAYS)

A 6-week class, Tuesdays, 6 to 7 p.m., Feb. 6 to March 12, taught by Dawn Maynard. The cost is \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and any Pilates props.

PILATES FOR EVERYONE (SATURDAY MORNINGS)

A 6-week class, Saturdays, 9 to 10 a.m., Feb. 10 to March 16, taught by Dawn Maynard. The cost is \$150 for residents; \$160 for nonresidents. Students may bring a towel, mat and Pilates props.

STRENGTH AND CORE (EVENINGS)

A 6-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., Feb 6 to March 12. The cost is \$59 for residents; \$69 for nonresidents.

STRENGTH AND CORE (FRIDAYS) NEW!

A 6-week class, taught by Chad Ashley, Tuesdays, 11:30 a.m. to noon, Feb. 9 to March 15. The cost is \$59 for residents; \$69 for nonresidents.

STRENGTH AND CORE MINI-CAMP (FRIDAYS) NEW!

A 2-week class, taught by Chad Ashley, Fridays, 11:30 a.m. to 12 p.m., Jan. 12 and Jan. 19. The cost is \$25.

STRENGTH AND CORE MINI-CAMP(TUESDAYS) NEW!

A 2-week class, taught by Chad Ashley, Tuesdays, 5:30 to 6 p.m., Jan. 9 and Jan. 16. The cost is \$25.

QIGONG AND TAI CHI (MONDAYS)

A 6-week session, Mondays, 9:30 to 10:15 a.m., Dec. 4 to Jan. 22. 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 nonresidents.

QIGONG AND TAI CHI (EVENINGS)

A 6-week session, Tuesdays, 7:15 to 8 p.m., Dec. 5 to Jan. 23. 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 nonresidents.

TAI CHI FORMS AND TRADITIONAL ROUTINES (MONDAYS)

A 6-week session, Mondays, 10:15 to 10:45 a.m., Dec. 4 to Jan. 22. Taught by Nick Gracenin, this class presents taolu (formal patterns) of traditional Taijiquan. Students can try the more complex combined 42 Forms Tai Chi Fan. \$70 for residents; \$80 for nonresidents.

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. A two-week class will be offered Jan. 10 and Jan. 17 from 1 to 2 p.m.

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 12 p.m.

DROP-IN BUILDING BETTER BONES

Taught by Gita Pancholy, Thursdays, 11 a.m. to 12 p.m. The cost is \$4. Participants who attend regularly may store small weights at the Village Center.

DROP-IN OPEN ART STUDIO

Artists and aspiring artists are invited to bring their art and art supplies and join and support other artists at our open arts studio at the Village Center on Fridays, from 1 to 4 p.m. No storage space is available, the room is filled with light.

DROP-IN TAI CHI

Student-led sessions meet Fridays, 9:15 to 10:15 a.m. Includes stretching, Tai Chi warm-up exercises, Tai Chi (24 Yang-style), self-massage, and ends with Qigong exercises. The cost is \$5.

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.

VILLAGE STORYTIME

Village toddlers and preschoolers, their family and friends are invited to listen to stories and do an activity on the second Tuesday of the month from 10 to 11 a.m.

WALKING CLUB

The club takes a two-mile walk in Chevy Chase Village, every day, at 8:15 a.m. Meets in front of the Village Center. Call Eniko Basa at 301-657-4759.

CONCERTS



Free concerts are held every second, fourth and, if applicable, the fifth Wednesday of the month during January, February and March, from 7 to 8 p.m., in Huntley Hall in the Village Center. Please silence all electronic devices and put away reading materials prior to entering the auditorium. If you are arriving late, please wait for a pause in the performance before entering.

Wednesday, Jan. 10—Dapogny Duo—James Dapogny, pianist, a young rising star on the Washington/Baltimore jazz scene, has grown up around live jazz and jazz musicians in the Washington, D.C., metropolitan area and began playing piano at the age of 5. At the ages of 11 and 12, James was invited to perform at Blues Alley as a guest of The Redd Brothers. At 12, he also performed with The Redd Brothers at the Kennedy Center. James has performed locally in duet with his father and with jazz quintets and vocalists. John Dapogny, bassist, has performed with jazz groups as a leader and sideman in the Washington/Baltimore area over the last 30 years. John, as winner of the 2017 Lifetime Achievement for Volunteering in Fairfax, and his group Stolen Moments, performed many years at fundraising events for non-profits in Northern Virginia.

Wednesday, Jan. 24—Broads of Broadway—Broads of Broadway is a cabaret-type show, highlighting many familiar Broadway tunes that will please all audiences. Ginny Carr plays the piano, sings duet parts and performs some solos. Holly Shockley sings



duets and solos. During their performance, they portray various characters, wear hats, use props and tell stories. Included in their repertoire are songs like "Bosom Buddies," "On My Own," "Good Night My Someone" and "I Can't Say No."

Wednesday, Jan. 31—Chad Bowles—Chad Bowles is an American pianist who has performed hundreds of solo recitals across the United States, in Canada and Europe. Commanding and, with an unusually vast repertoire and an effortless technique, Bowles' performances of the standard, as well as forgotten, repertoire have brought him respect and admiration from both critics and the public. As a recording artist, he has received critical praise for his work for JRI Recordings. He is Chair of Piano at Peabody Preparatory and the Co-Director of the Peabody Piano Academy.



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MOVIES



All movies begin at 7 p.m. Movies that run longer than 130 minutes will begin at 6:45 p.m. as noted. Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language. Enjoy fresh popcorn during the movies.

Thursday, Jan. 4, 7 p.m.—Tick Tick Boom—Lin-Manuel Miranda’s directorial movie musical debut focuses on the semi-autobiographical story of playwright Jonathan Larson (“Rent”). Turning 30 and frustrated that he’s yet to realize his artistic dreams, Larson is fiercely determined to achieve them, even as his closest friends abandon theirs for mundane jobs. Starring Andrew Garfield, Robin de Jesús, Alexandra Shipp, Joshua Henry, Judith Light and Vanessa Hudgens. **Rated PG-13. Running Time: 1 hour, 55 minutes.**

Thursday, Jan. 11, 7 p.m. —Emily the Criminal—A bright college student with a minor criminal record and deep school debt can’t land a job. She desperately takes one that leads her into the Los Angeles criminal underworld. This taut thriller stars Aubrey Plaza, Theo Rossi and Gina Gershon. **Rated R. Running Time: 1 hour, 37 minutes.**

Thursday, Jan. 18, 6:45 p.m. —Maestro—Chronicling the complex relationship between Leonard Bernstein and his wife, actress Felicia Cohn Montealegre Bernstein, with glorious cinematic depth, details, and of course, wonderful musical excerpts by the composer/conductor, “Maestro” stars Bradley Cooper, Carrie Mulligan and Matt Bomer. **Rated R. Running Time: 2 hours, 9 minutes.**

Thursday, Jan. 25, 7 p.m. —The Wonderful Story of Henry Sugar—Based on the 1977 short story, “The Wonderful Story of Henry Sugar” by Roald Dahl, Benedict Cumberbatch stars in the lead role of a wealthy bachelor who takes a spiritual journey to learn clairvoyant techniques so that he can see without using his eyes. This benefits his gambling habits, the fruits of which he uses to serve the greater good. Also starring Ralph Fiennes, Dev Patel and Ben Kingsley. **Rated PG. Running Time: 37 minutes.**

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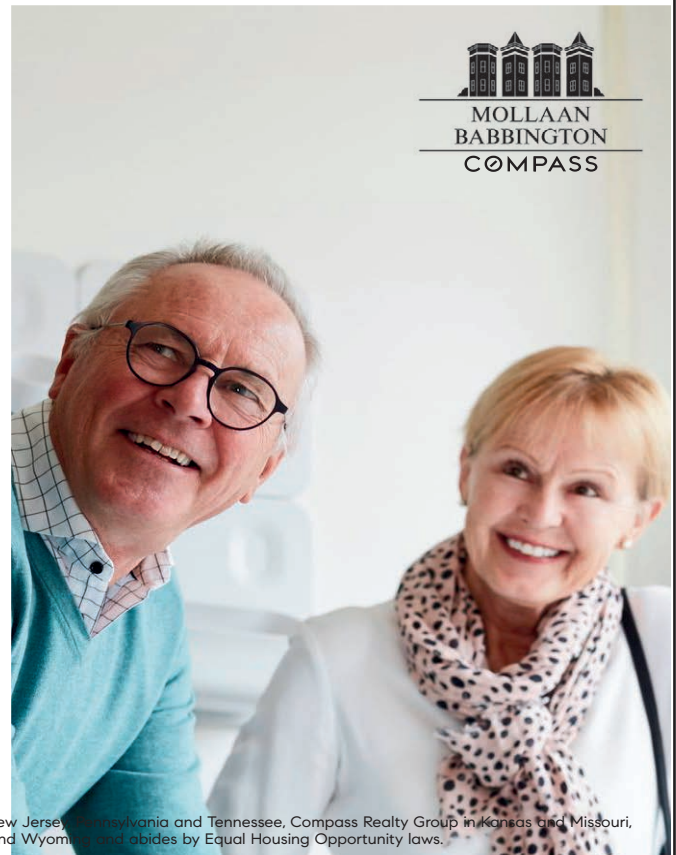
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ART AND CULTURE

Printmakers return for an encore in January



"Papa Will" by Pamela Harris Lawton

"Printmaking is one of the oldest forms of creating art in our collective worldwide culture. It allows the artist to take an image from the imagination or nature and then apply it to a surface, and replicate it to provide an opportunity for many people to see and own that image," said guest curator

Lewellyn Berry of the Kin-

dalew Collective. "Artistically, not much more is so basic in its concept. Printmakers Part 1 astounded viewers and Printmakers Part 2 is no different," said Berry.

Village Center welcomes new art curators

The Village Center is excited to announce that local artists Jan Rowland and Judy Benderson have been selected as the new curators for Friendship Gallery. Each artist brings a wealth of experience in art and art education and a dedication to the local arts community and to Friendship Heights.

Rowland is a member of CityLine Studios, which has shown annually in Friendship Gallery. She is also the facilitator of our weekly Open Arts Studio and curated the studio's show at the Village Center last July. She has held numerous art workshops and assisted in a number of art-related activities at the Village Center. Rowland is a graduate of the Canberra School of Arts, the Newcastle School of Art and Newcastle University. She has more than 20 years teaching experience and an Artist in Residence at Glen Echo Park.

Benderson has fine arts degrees from George Washington University and the Corcoran School. She was co-president of Rockville Arts Place (now VisArts), managing director of the Washington Women's Art Center, panelist of the Maryland State Arts Council and has been exhibiting in the Washington area for more than 50 years.



Judy Benderson and Jan Rowland

The show runs from Monday, Jan. 8, through Saturday, Feb. 3.

Meet the artists during a reception on Sunday, Jan. 21, from 11:30 a.m. to 2 p.m.

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.



"Wanderlust" by Suzanne Maggi

It's a Sunday collage workshop you're going to love

Collage—For a reason or a season!

Join us on **Sunday, Feb. 4, from 11 a.m. to 1 p.m.** as Heather Paul, City Line Studio artist, conducts a Sunday collage workshop you're bound to love!



Collage has fun and interesting practical applications. In this session we will decorate wrapping paper, create bookmarks or refashion notecards. With paint and paper, we will be exploring themes—including upcoming Valentine's Day!

All art supplies and materials will be provided, including plain wrapping paper, blank bookmarks and sample notecards. Participants are welcome to bring their own notecards that can be personalized or "retrofitted" thru collage.

The cost is \$55 for residents; \$65 for nonresidents. Sign up by Jan. 15 and pay \$50 (residents); \$55 nonresidents.

Sign up at our website at www.friendshpheightsmd.gov, click on Sign Up for Programs on the home page. The deadline to sign up is Jan. 31.



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03/23

TO YOUR HEALTH

Dr. Arthur Schwartz to offer insight into glaucoma

Free screenings follow the talk

As we step into the new year, it is important to focus on one crucial aspect of eye health—January is Glaucoma Awareness Month!

Join the Prevention of Blindness Society on **Saturday, Jan. 27, at 10 a.m.** for a presentation by glaucoma specialist Arthur L. Schwartz, M.D., followed by the option of a glaucoma screening from 11 a.m. to 1:30 p.m.

This is a great opportunity to learn more about eye health and stay on top of necessary health screenings.

Glaucoma is a group of eye conditions that damage the optic nerve, leading to gradual vision loss. What makes glaucoma particularly difficult is its subtle onset, often without noticeable symptoms until it is in advanced stages. This month provides a significant opportunity to raise awareness about glaucoma, its risk factors, and the importance of regular eye exams. Anyone can get glaucoma, but some people are at higher risk, including people who are over age 60, are Black / African American and over age 40, are Hispanic / Latino, or people who have a family history of glaucoma.

Space is limited. To register for a screening, call the Village Center at 301-656-2797.

To sign up for the talk, register through ActiveNet. Go to our website www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page.

Learn how to reduce your risk of developing diabetes

Excess weight, obesity and morbid obesity are all risk factors for developing type 2 diabetes. Often times, individuals are not aware of the health risk of excess weight until they are diagnosed with pre-diabetes or type 2 diabetes. Camille Stanback, M.D., endocrinologist from Sibley Memorial Hospital, will discuss the role that obesity plays in increasing one's risk of developing diabetes on **Wednesday, Jan. 10, at 1 p.m., via Zoom.**

This talk offered by Suburban Hospital is in partnership with the Friendship Heights Village Center. To sign up for the talk, register through ActiveNet. Go to our website www.friendshipheightsmd.gov, click on Sign Up for Programs on the home page.

Happy New Year!

What Can We Expect for the 2024 Real Estate Market?



1. Interest Rates may drop to the 6.5% range
2. Condo Inventory should rise, creating more opportunities for buyers
3. Continued demand for larger condos as retirees downsize from their suburban homes
4. Strong preference for renovated properties due to increased project costs
5. Investors may re-enter the condo market due to lower returns on money market accounts

Contact me today for the rest of my 2024 real estate predictions!



Sam Solovey



**Vice President, Compass
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Friendship Heights

VILLAGE NEWS

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January 2024 events calendar