The Pimmit Hills Citizen Association 927 Pimmit Drive

PLEASE DELIVER BEFORE JAN 7



#### How to Advertise in the Pimmit Hills Dispatch and reach 1,636 Pimmit Hills homes

- Display ads: \$30 for ¼ page per month: \$55 for ½ page per month: \$80 for entire page per month. Your ad designed for free.
- Classified ads: 40 words maximum: \$10 per month
- Write check to: PHCA
- Mail check to: Editor, Pimmit Hills Dispatch, 1925 Cherri Drive, Falls Church, VA 22043
- Send news Items, articles, ad copy, classified ads, etc to the Dispatch Editor via:
- email—dispatch@pimmithills.org
- fax—703-734-0779
- mail—above address

#### February issue deadline: Jan 10

#### Pimmit Hills Citizens Association Meeting Dates:

Jan 7, 2003

Feb 4, 2003 Mar 4, 2003 Apr 1, 2003

May 6, 2003 Jun 3, 2003 No July or August meetings PHCA community meetings are at 7:30 pm the first Tuesday of every month at the Pimmit Hills School, 7510 Lisle Avenue. ALL Pimmit Hills homeowners and renters are welcome and encouraged to attend!

Published since 1952 January Courtesy of the Pimmit Hills 2003 Citizens Association PimmitHills.org Our Neighborhood, Our Home

PIMMIT HILLS, VIRGINIA 

ESTABLISHED IN MAY 1950



PRAY: it is the greatest power on earth.

LOVE: it is a God-given privilege.

**READ**: it is the fountain of wisdom.

THINK: it is the source of power.

BE FRIENDLY: it is the road to happiness.

GIVE: it is too short a day to be selfish.

**PLAY**: it is the secret of perpetual youth.

LAUGH: it is the music of the soul.

**WORK**: it is the price of success.

SAVE: it is the secret of security.

Happy 2003!

#### PIMMIT HILLS NEWS

Happy New Year!

Many thanks to all who baked and brought cookies to the December PHCA meeting for the cookie swap.

The winners of the Pimmit Hills Holiday Decorating Contest will be announced during the January PHCA meeting and posted in the February Pimmit Hills Dispatch.

There are two notary services available in the area if you're ever in the need of a Notary Public. Martha Duggar of Tillman Drive can be contacted at 703-356-6508. And the Veterans of Foreign Wars Post 9274 and Ladies Auxiliary at 7118 Shreve Road in Falls Church can be reached at 703-790-8221. Leave a message with two preferred dates and time: after hours are available and it is offered free as a community service.

Upcoming PHCA Meeting Date:

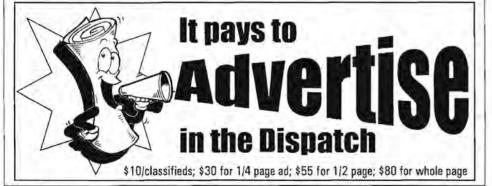
Jan 7, 2003

Pimmit Hills Our Neighborhood Our Home

Our meetings are at 7:30 pm on the first Tuesday of every month at the Pimmit Hills School on Lisle Ave. All homeowners and renters are encouraged and most welcome to attend meetings to meet your neighbors, learn more about your community, voice your concerns, and participate in votes.

Ads (classified and display), articles and other submissions for the Pimmit Hills Dispatch are due the Friday after the monthly PHCA meetings.

PHCA	Dispatch	
Meeting	Deadline	
Jan 7, 2003	Jan 10 for Feb	
Feb 4, 2003	Feb 7 for March	
Mar 4, 2003	March 7 for Apr	
Apr 1, 2003	April 4 for May	
May 6, 2003	May 9 for June	
Jun 3, 2003	July/Aug: Dispatch	
	is not published	





#### Pimmit Hills Citizens **Association**

Pimmit Hills Citizens Association

1927 Pimmit Drive, Falls Church, VA 22043 EMAIL: PHCA@pimmithills.org, WEBSITE: PimmitHills.org

#### OFFICERS for September 2002 to June 2003:

President	Joe Baker	703-448-1394	
		president@pimmithills.org	
First Vice President	Bill Niland	703-356-8240	
		firstveep@pimmithills.org	
Second Vice President	Lee Rock	703-760-7181	
	secondveep@pimmithills.org		
Treasurer	Kim Rollen	703-761-7391	
		treasurer@pimmithills.org	
Secretary	Sarah Rock	703-760-7181	
		secretary@pimmithills.org	
Three Year Director	Martha Duggar	703-356-6508	
		director@pimmithills.org	

#### WHO TO CALL: DUCA Chairman for Voluntaors magast

FICA Chairman for volui	neers vucunt	
Neighborhood Watch	Bill Niland	703-356-8240
Fairfax County Police (non-emergency)		703-691-2131

The Dispatch Editor Cindy Kwitchoff 703-734-0402 Contact Information for Ads/Articles fax: 703-734-0779

email: dispatch@pimmithills.org

\$10 per month; 40 words max

Classified Ad Rates:

mail: 1925 Cherri Drive

Display Ad Rates:

\$30 for 1/4 page per month

\$55 for 1/2 page per month

\$80 for entire page per month

Ads designed for free, send copy via email, fax or mail

#### PH Citizen Contact Information

#### Supervisor Stu Mendelsohn

McLean Governmental Center 1437 Balls Hill Road McLean, VA 22101 PHONE: 703-356-0551; FAX: 703-821-4275 EMAIL: stuart.mendelsohn@co.fairfax.va.us

#### Delegate Iim Scott, 53rd House Dist.

P.O. Box 359 Merrifield, VA 22116-0359 PHONE: 703-560-8338 EMAIL: DellScott@aol.com

#### State Senator Janet D. Howell

P.O. Box 2608 Reston, VA 20195-0608 PHONE: 703-709-8283 EMAIL: SenHowell@aol.com

#### Congressman James P. Moran

5115 Franconia Road, Suite B Alexandria, VA 22310-1903 PHONE: 703-971-4700 WEBSITE: www.house.gov/moran

#### Jane K. Strauss, School Board

10700 Page Avenue Fairfax, VA 22030 PHONE: 703-246-4780 EMAIL: jane.strauss@fcps.edu

#### Pimmit Hills School

7510 Lisle Avenue FRONT OFFICE PHONE: 703-506-2344 FAX: 703-506-2397 To report safety, parking or behavioral concerns: 703-506-2318 Beverly R. Wilson, Principal PHONE: 703-506-2315 EMAIL: beverly.wilson@fcps.edu

#### Most Requested Numbers

Area Agency on Aging, 703-324-5411 Athletic Service, 703-324-5533 Animal Control, 703-830-3680 Audit Hotline, 703-876-0526 Cox Cable, 703-378-8422 Clerk-Board of Supr. 703-324-3151 Consumer Affairs, 703-222-8435 Dept of Health, 703-246-2411 Dept of Motor Vehicles, 703-761-8435 Disabilities Svc Board, 703-324-5421 Dept of Public Works Environmental Svcs, 703-324-5033 Site Inspections, 703-324-1950 Electoral Board, 703-222-0776 Fairfax County Public Schools, 703-246-2502 Gas Leaks, 888-223-9452 Human Services, 703-222-0880 Office for Children, 703-324-8100 Office for Women, 703-324-5730 Park Authority, 703-324-8700 Pimmit Senior Center, 703-734-3238 Planning Commission, 703-324-2865 Police (non-emer) 703-691-2131 Tax Administration, 703-324-8234 Trash Collection/Recycling, 703-324-5040 VDOT Maintenance, 703-383-VDOT Virginia Power, 888-667-3000

#### **Zoning Enforcement** Complaints,

703-324-1300

#### Joan Dubois

Fairfax County Planning Commission 12000 Govt Center Pkwy, Suite 330 Fairfax, VA 22035 PHONE: 703-324-2865 FAX: 703-324-3948 E-MAIL: plancom@co.fairfax.va.us



#### Pimmit Hills 2002-03 **Membership Drive**

The annual Pimmit Hills Citizens Association (PHCA) Membership Drive begins September 2002 and ends June 2003. Dues are only \$12 per person. Please show your support of your community by becoming a member!

#### Your membership dues go towards:

- Printing and delivery of the Pimmit Hills Dispatch (which costs about \$2 per house per month--10 month schedule equals \$20)
- PHCA Telephone Directory
- PHCA representing the community to Fairfax County and its officials
- Special community events like clean-up day, annual yard sale, holiday socials, picnics, holiday decorating contests, etc
- Projects like building Welcome to Pimmit Hills signs at the entrances to PH
- Sunshine fund--cheering up neighbors who are ill or who've lost loved ones
- Running monthly meetings where community business is conducted that affects. you; having special speakers come to our meetings like our elected leaders, transportation and development topics
- Participating in the McLean Citizens Association which helps give us an even stronger voice in the County
- Helping PH citizens with problems and complaints; working with Fairfax County on serious property concerns
- And more!

Please send in your dues or bring them to the next PHCA meeting and show how much you care about your community!

N	ail this Membership Form with your YEARLY dues to:
9	Pimmit Hills Citizens Association
	1927 Pimmit Drive, Falls Church, VA 22043

1927 Pimmit	Drive, Falls Church, VA 22043
Name(s) of PHCA Member	s in Household:
Street Address:	
	Falls Church, VA 22043
Home Phone:	
E-Mail Address:	
Dues Enclosed: \$12 per person	I'd like to volunteer for PHCA activities ☐ yes ☐ no



#### Pimmit Hills Citizens Association Meeting

## NOTES

By Sarah Rock, PHCA Secretary

Happy New Year neighbors!
Have you made your New
Year resolutions yet? If not I've got
a great, easy resolution for you.
Come out the first Tuesday of every
month and meet your neighbors at
the PHCA meetings. We would
love to meet you!

As I'm sitting here my yard is covered with snow. Did you know that the Virginia Department of Transportation clears about 15,000 miles of state roads in Northern Virginia alone during a single winter storm? You can call (703)383-VDOT for information about snow removal. Unlike other counties in the Washington D.C. area, Fairfax County does not require snow shoveling after a storm. However it is a great courtesy to your neighbors if you are able to clear a path.

We covered a lot of business in a short amount of time at the December meeting and we shared many tasty cookies. Thanks to all who baked and shared with us at the meeting.

In transportation news, the Metro Orange Line extension project is moving forward. The Locally Preferred Alternative (LPA) was submitted to the Virginia Secretary of Transportation in late November.

You can view the LPA and find updates on the project at www. dullestransit.com.

President Baker alerted the Association that the West Group has requested re-zoning for land off Colshire Drive so that they may build 1,354 apartments. While this land falls in the Providence District, it is merely a hop, a skip and a jump away from our neighborhood. Unlike other developers planning projects near our neighborhood, the West Group never approached PHCA to share news of their plans. After discussion, PHCA passed a motion to join the McLean Citizens Association in opposing this rezoning and development. PHCA feels that West Group is offering compensations that fall short of the burden on schools and other county services that this development will cause. Incidentally, the Planning Commission voted to approve the re-zoning at their November 21 meeting. Commissioner DuBois, who represents the Dranesville district, opposed the requests.

In other development news, Lerner Enterprises re-zoning hearing for Tysons II was deferred till January 16, 2003. Lerner Enterprises presented their plans to PHCA at

Continued on page 6

too small. Call Kenny Shrader at 703-506-4532 for free estimate. Long-time Pimmit Hills resident.

HANDYMAN – Roof and gutter repairs, hauling and general home maintenance. Gutter cleaning special \$30 (with gutter screens extra). Power washing fences, decks, siding. Call Steve at 703-475-9026 or via his pager, 703-393-3272. Free estimates. 24-hr emergency roof repairs.

KNITTING – Learn to knit or receive help on current projects. Individual or small group lessons available. \$30/hr private lessons, your home. For appointment call Lynne or Kristin at Neat Knots, Inc., 703-239-0114. You can be a skillful knitting fiend.

LOOKING FOR A WAY to feel better? Patented soy-based products—complete nutrition, perfectly balanced ingredients and bioavailable—all in one shake. Simple, safe and it works. Call Jeff and Jane Stoltzfus, Independent Reliv Distributors, 703-848-0742.

MARY KAY – The weather outside might be frightful, but with Mary Kay cosmetics you'll look delightful....so let it snow, let is snow, let it snow. Call Martha Royce, your Pimmit Hills MK Beauty Representative at 703-442-8014 or MLR1130@aol. com.

YOUR AD HERE—Only \$10 per month with a 40 word maximum. Easy way to get the word out to 1,636 Pimmit Hills homes!.

## Ads and Articles due Jan 10

Dispatch@PimmitHills.org

Go to PimmitHills.org website for an easy way to send in your classified ad!



## ADVERTISING in the Dispatch

CLASSIFIEDS;

\$10 per month; 40 words max

#### DISPLAY:

1/4 page = \$30 per month

1/2 page = \$55 per month 1 page = \$80 per month Ad designed for free

Write checks to:

PHCA

Send checks to:

1925 Cherri Drive

Send ad copy to:

email: Dispatch@PimmitHills.org fax: 703-734-0779 mail: Editor, 1925 Cherri Drive

#### THE PIMMIT HILLS DISPATCH CLASSIFIED ADVERTISING



ARCHITECT—Quick, affordable computer design. I have already designed 25 additions in Pimmit Hills. Come and see my house with 2500 sq ft addition. I'll give you ideas and client reference list. Call Peter Boric at 703-790-8396 or 301-770-8595 ext. 206.

AVON – Independent Sales Representative Margaret "Maggie" McConchie, 703-356-6058. Request brochure, place order(s), leave message any time.

CARPET CLEANING — 5 rooms only \$65. 7 rooms only \$88. Furniture cleaning experts. Nationally certified. Quality service since 1975. Pet problems and carpet protection treatments. Carpet stretching. Call Mike or Bill at 703-978-2270 or 703-847-9741.

DAYCARE—Loving mom will care for infants and toddlers in my Pimmit Hills home. Experienced, with good references and licensed by the state. Near 495, 7 and 66. Call Malee for more information, 703-848-2371.

DAYCARE—Will provide lots of TLC for your child in my home. Meals and snacks provided. Full or part-time. Ages: infants to 5 yrs. Hours: 7:30a-5:30p, M-F. Reasonable rates, lots of reference. Call

Nancy at 703-761-4008.

FOR SALE – CAPEL BRAIDED WOOL RUGS-Blue multi-color, \$450 OBO, VG condition, oval-11ft4in x 14ft4in, runner-9ft x 27in, 2 small ovals-38in x 24in. HARDEN SOLID CHERRY QUEEN ANNE FURNITURE-VG condition, Highboy, 2 Rect. End Tables, Oval End Table, Tea Table, glass tops. All for \$1,250 OBO. Call 703-356-2235 or palemoon@erols.com.

FOR SALE—Treadmill "Weslo" brand, pulse monitor, adjustable incline and pace controls. Very little use by 80 year old woman for walking only. Perfect condition, \$100. Call 703-356-4460, no calls after 9:00 pm.

FOR SALE—Two steel filing cabinets (business standard), 4-drawer, full suspension, lockable w/keys. Excellent condition. \$80 each or both for \$140. Call 703-790-8221.

FREE wood chip mulch delivered. Also free unsplit firewood. Call Mark at 703-790-0651.

HANDYMAN – Kenny's Handyman Service: Kitchen, bathroom remodeling, painting, tile, drywall repair, decks power washed and repaired, minor plumbing. No job

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Authentic Hunan and Szechuan Cuisine

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Nice Food • Low Price • No Tipping Fast and Friendly Service

#### CHINESE FAST FOOD

Chicken/Pork . . . \$4.25

Beef . . . \$4.50

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Fried Rice/Lo Mein . . . \$3.95-\$4.50

Chef Specialties . . . \$6.50-\$7.95

Location: 7500 Leesburg Pike, Falls Church, VA We are on Route 7 at Tyson's Station Shopping Center (1/2 mile inside Beltway) next to Trader Joe's

Phone: 703-288-6588

#### FREE

#### Egg Roll or Choice of Soup

Wonton, Egg Drop or Hot & Sour with this coupon or any entrée purchase China King - Falls Church 703-288-6588 Not valid with other offers

Offer expires 1-31-2003 PH

#### \$2 OFF

#### Any purchase of 15 or more

with this coupon
China King + Falls Church
703-288-6588
Not valid with other offers
Offer expires 1-31-2003 PH

#### FREE

#### Chicken Fried Rice

With any purchase of \$25 or more China King + Falls Church 703-28-6588 Nat valid with other offers Offer expires 1-31-2003 PH



Pimmit Hills resident for over 30 years

#### M.R. STRIDE, Inc.

Plumbing, Heating, Air Conditioning Repairs and Installations, Disposals, Water Heaters, Drains

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REMOVAL & FEEDING & TOPPING

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Free Estimates

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BAILEY'S TREE SERVICE, Inc.

A Full-Service Tree Company

LICENSED AND INSURED . EXPERIENCED AND RELIABLE

#### Continued from page 4

the October meeting. Their plans include many improvements that benefit the community and county at large. Lerner plans to donate land for Metro expansion, build pedestrian bridges from the proposed Tysons Metro to all Tysons II buildings and across Rt 123 to Tysons Corner Center, and build a park and permanent amphitheatre near the Ritz Carlton. After discussion, PHCA passed a motion to support Lerner's re-zoning request for the Tysons II land.

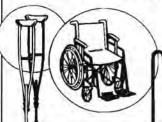
The issue of Pimmit Hills welcome signs was raised at the meeting. Kathy Devine, Joan Naleppa and John Quick volunteered to form a sign committee. Do you have suggestions or resources that might help with the welcome sign effort? Join us at the Pimmit Hills School January 7. Your participation in neighborhood and civic organizations is more important now than ever.

secretary@pimmithills.org

Next PHCA Meeting: Tuesday, January 7 7:30 pm Pimmit Hills School



## **Personal Injury Cash**



Injured in an accident? Is your lawsuit still pending? Need money now? Call 703-448-1019 for help!

#### SpyCruise to Hawaii or London

(NAPS)--Travelers can set sail for espionage and intrigue on the high seas, making exciting trans-Atlantic and/ or Pacific voyages on luxurious and historic cruise ships, while learni

cruise ships, while learning secrets in the art of espionage from the experts.

It's all part of SpyCruise™, an exciting way to sail to two of the world's most popular vacation destinations-Hawaii and London. Created by The Centre for Counterintelligence and Security Studies (cicentre.com), these once-in-alifetime vacations offer many fabulous features:

Set out to sea from San Diego, California, to Hawaii on board the Royal Caribbean *Legend of the Seas* ship and be part of the exclusive "Denial, Deception and Illusion" SpyCruise group.

You'll find out how foreign intelligence services used age-old espionage techniques to change the course of history. In addition to the popular SpyCruise professors, you'll hear from special guest lecturers Tony and Jonna Mendez, both former chiefs of disguise at the CIA.

Other onboard experts include retired intelligence officers from the FBI, DOD, KGB and more. In the ship's lounges each night after din-



ner, you'll be able to ask about their careers and experiences. Upon arrival at the Hawaiian Islands, the ship will make stops at Hilo, Maui, Kona, Kauai and

Honolulu. The cruise begins March 27, 2003.

Sail on the renowned QE2 from New York to England while listening to top intelligence experts lecture on British espionage cases. It's all part of "British Traitors and Espionage." Special guest lecturers: Intelligence historian Christopher Andrew and SpyCruise professor Nigel West. After your fascinating days at sea, stay at a first class hotel and spend time touring London's famous sites, such as Tower of London, Westminster, Buckingham Palace, Churchill's War Cabinet Room, London Eye Ferris Wheel, Imperial War Museum and Bletchley Park. The voyage begins September 1, 2003.

Because you won't need to make your own inter-Hawaii and London travel and accommodation arrangements, you save time and money. What's more, if you book passage on both cruises, the cruise company will upgrade your cabin for free.

To learn more, or to book a cruise, call All Aboard Travel (AAT) at 1-800-741-1770; or visit www.SpyCruise.com.■

## Visit a Place of Worship

Garfield Memorial Church (Disciples of Christ) 1731 Great Falls St. McLean Pastor Kenneth W. Collins 703-356-7878 Church school 9:30 am Worship service 10:30 am

McLean Presbyterian Church 1020 Balls Hill Rd, McLean Pastor John Hutchinson 703-821-0800 Worship at 9:15 am and 11:00 am; Sunday school for children and Adult Education classes at 9:15 and 11:00 am

8008

Our Lady of Good Counsel Catholic Parish 8601 Wolftrap Rd, Vienna 703-938-2828; www.olgcva.org Mass: Mon-Fri 8:00am & 12 noon: Saturday 8:00 am, Vigil 5:00 pm; Sunday 7:00, 8:00, 9:30, 11:00 am and 12:30 pm. 6:00 pm service is in Spanish

8008

Redeemer Lutheran Church 1545 Chain Bridge Road, McLean 703-356-3346 Pastor George Evans Asst. Pastor Jeffrey Wilson Sunday school 9:45 am Sunday services 8:30 am, 11:00 am

St. Luke's United Methodist Church "The Church on the Hill" 7628 Leesburg Pike (Pimmit Hills) Rev. Gretchen A. Miller 703-893-9220 Sunday school 9:30 am Worship service 11:00 am

8008

The Baha'i Faith 703-556-3400 Embraces the Oneness of God. Religion and Humanity as the foundation of the truth of all religions. The Bahai'is of McLean and Falls Church hold gatherings, called "firesides," open to all at 8 pm every Friday.

#### Excerpt from President George Washington's prayer for the United States:

"Almighty God, we make our earnest prayer that you will keep the United States in your holy protection, that you will incline the hearts of the citizens to cultivate a spirit of subordination and obedience to government; and entertain a brotherly affection and love for one another and for their fellow citizens of the United States at large."



#### Your home improvement is just a phone call away!

Citizens Contracting Company, Inc. is your community contractor. We offer complete remodeling services. CCC serves Pimmit Hills and Northern Virginia. Free estimates. Financing is available. Check any bureau or bank about our reliability. We want your business!

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5072 North 27th Street, Arlington, VA 22207 703-536-6400 VA REG# 36527



Open Saturdays 10 am to 4:30 pm Weekdays 8:00 am to 6:30 pm For help with any of your computing

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Expert support for all PC, printer and laptop makes and all models

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Protect and save your valuable data Friendly, fast, expert service

Your neighborhood computer support center

Rx Pc, inc., 2190 Pimmit Drive, #212, Falls Church, VA 703-893-0034 or email rxpc@itoas.net Serving Falls Church and Pimmit Hills since 1992



#### English as a Second Language (ESL)

CLASSES for 2003/Clases de Ingles 2003:

#### Registration/Inscripction:

Saturday, January 18, 2003, 10am—Noon Sabado 18 de Enero, de 10am—12 del Mediodia

#### Classes/Clases:

January 25-March 22, 2003, Saturdays 10am—Noon Sabados de 10am—12 del Mediodia Desde el 25 de Enero al 22 de Marzo 2003

#### Cost/Costo:

\$15 for the semester \$15 al registrarse, valido por todo el semestre

#### Location/Localización :

St. Luke's United Methodist Church 7628 Leesburg Pike, Falls Church, VA 22043

703-841-0292



## United We Stand

## PimmitHills.org



Hello Neighbor! My name is Cynthia Bernat, and I'm a realtor with Long & Foster Realtors. I'm also a Pimmit Hills resident!

#### Thinking of Buying or Selling a Home?

You owe it to yourself to compare Realtors and their services.

If you are thinking of selling, when you talk to me you can expect an honest evaluation of your home.

Speaking of being honest, you need to know that I do not cut my commission. I welcome the opportunity to show you the value you'll receive by hiring me. I don't offer discount services—I only offer first-class service. One question you might ask yourself is this—if a Realtor is willing to cut his profits, what's stopping him from cutting yours? When you hire me, you're getting a trusted advisor, a master marketer, a skillful negotiator, and an expert facilitator. You're not just getting a Realtor, you're getting a worry-free transaction.

Why do I work so hard for my clients? My business is almost entirely by referral. I work hard and give my clients superior service so that they will want to refer me to their friends and family. That way, I can spend my time giving my clients the service they deserve instead of looking for the next client. Working by referral also gives me time to help my clients even AFTER the transaction. Whether they need the name of a good electrician, a loan officer to refinance, or information on paying down their mortgage early—my clients know they can turn to me.

If you are thinking of buying, then buy your new home with me. You'll get the same first-class service and it doesn't cost you a penny. Call me and I'll explain why.

Oh, by the way...if you were buying or selling a home, or had a friend or family member who was, do you have a Realtor you'd refer them to?



longandfoster.com

### Cynthia Bernat

OFFICE: 703-437-3800 ext.3065

CELL: 703-598-0399

EMAIL: cynthia@longandfoster.com WEB: www.2hdb.com/cynthiabernat





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The commonplace White Pine (Pinus strobus) is anything but commonplace when it reaches adulthood. This long needled pine is known for it's almost perfect cone shape in youth, but, as it reaches it's ultimate height, it develops a strong asymmetry to its branching pattern. When I was a student at Virginia Tech (Go Hokies!) there were a number of very tall White Pines on campus, each branching with an artistic air that reminded me of a Japanese watercolor. Some of our older White Pines in the neighborhood are just beginning to grow out of their youthful symmetry and take on this lovely, uneven form. Unfortunately, too often these pines are planted as screens, a poor choice since these guys lose their lower branches at a fairly early age, thereby losing their landscape value. But when planted as a specimen with plenty of space and time, these common conifers become uncommonly beauty.

While great age is easily recognized when it is accompanied by great size, sometimes the oldest trees are hiding inside less than awesome trunks. The Bristlecone Pine (Pinus aristata) of the arid Southwest is considered to be one of the oldest living plants on the planet with trees as old as 4 to 5 thousand years of age being documented. Yet the largest Bristlecone Pines are less than 80 feet tall. (By comparison, the tallest Redwood tree on record was 378 feet tall.) An Eastern Red Cedar (Juniperus virgin-

iana) that used to stand in front of the country club where I work, not far from the street, is a good example of age without spectacular size. This scraggily old tree managed to survive numerous road renovations, and, no doubt, was a good-size tree when the first automobile rumbled by. When it fell a few years ago, the base of the tree was a good foot below ground level. Rot resistant as cedar wood is, it's amazing that it stood for so long with years of road construction piling so much earth around its trunk.

A few years back I acquired a rare conifer that had been on my "gotta have" list for quite some time: the Japanese Umbrella Pine (Sciadopitys verticillata). The prime reason for the rarity of this handsome evergreen tree is its positively snail-like growth rate. Mine has been in the ground for just shy of five years and stands no more than two feet tall. But its large, stiff, flat needles arranged in spoke-like fashion around its twigs and its neat, conical shape, make it a wonderful addition to the landscape at any size.

So now, during these not-sogreen months, while the deciduous trees take time off, notice the evergreens, especially the old ones that have managed to survive all these years. This is their time of the year to shine and to remind us that life is not gone from the landscape. Have you hugged your conifer today?

Horticulturalist Deanne Eversmeyer lives on Leonard Road



## PAYING TOO MUCH FOR TRASH REMOVAL?

Convenient same day pick-up for trash, recycling and yard waste for ONLY \$20 per month for once a week.
ONLY \$22 per month for twice a week!

No tricks, no gimmicks, no hidden charges. The other guys' free months actually mean higher prices and guaranteed rate increases!

#### Offering special pick-ups for:

Garage and rental cleanouts
Appliances
Furniture and more!

Senior citizen discount: Receive \$1 off your monthly fee Home pick-ups for the physically disabled Free estimates for townhome/condo associations

## Castaway Recycling and Trash Removal

540-786-5995 or 800-785-7797

GREAT SERVICE AT A REASONABLE PRICE Serving all of Northern Virginia

## Wellness Mills

Leticia Nordvall, Pimmit Hills Wellness Coordinator TishN@runwalklive.com

#### Road Map to Health

This check list will lead to a well-balanced diet! Controlling portion sizes is the best diet for weight control and overall health. Often people find calorie restriction is not completely necessary once whole foods are incorporated into the diet and processed foods are taken out. Any weight loss program that is undertaken should not be just restricting diet, but modifying behavior as well. Once this plan is put into practice your energy level is sure to double!

- ✓ Eat plenty of fruits and vegetables, preferably fresh or steamed. Fruits and vegetables travel/pack well for snacks!
- ✓ Follow the Food Guide Pyramid.
- ✓ Pay attention to portion sizes.
- ✓ Record, Record, Record! This will make you aware of what you are eating. Many times people are not aware of what they actually eat in a day. Also, this is a motivational tool once you get that good streak going!
- ✓ When you feel a craving, do something other than eating for at least ten minutes. Frequently this will be enough time for the craving to pass. Why are you eating? Bored? Tired and trying to stay awake? Think before you eat!
- ✓ Adopt a regular exercise pro-

- gram. The Stroll For The Soul walking group is a great opportunity to get these healthy habits started! See below for our free walking club information.
- ✓ Eat slowly. Talk while eating or lay your silverware down between each bite. This will allow you to eat less before the feeling of fullness (satiety) kicks in.
- ✓Drink plenty of water. Add a squeeze of lemon, lime or orange if you do not like plain water. Avoid flavored waters, these often contain sugar and may be high in calories.

You are invited to participate in the Stroll For The Soul Walking Club hosted by Metro Run & Walk, Just show your Pimmit Hills Dispatch when you participate in Stroll For The Soul and receive a complementary Stroll For The Soul tshirt! Our walking schedule start times are as follows: Monday-7:30 & 9:00 AM; Tuesday-6:30 PM; Wednesday-7:30 AM. Metro Run & Walk is located next to Trader Joes in The Tyson's Station Plaza. For directions and additional information please visit: www.runwalklive. com. Please register by calling 703-790-8452 or email TishN@runwalklive.com.■



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## Pimmit<sub>Hills</sub> Gardener

By Deanne Eversmeyer, Horticulturalist

t was a late fall -- so late that piles of fallen leaves were covered with the first snow before they were picked up. (Well, it was an early winter too.) And it was a spectacular fall with the usually-early Tulip Poplars · still hanging onto some of their yellow-gold foliage as the perpetually-late oaks rapidly took on earthy shades of russet-red, orange-tan and umber. But, as beautiful as our autumn is, it always passes much too quickly and then we're left without much evidence of life in the landscape. Thank goodness for conifers! And now starts the season to appreciate these needled evergreens, espe-

Recently I had the pleasure of meeting a very large, very elegant old Deodar Cedar (Cedrus deodara) growing in the yard of a grand, mid-19th century house in Falls Church. I'm not sure how old the Cedar was, but it was in the company of a number of rather large boxwood shrubs, a very large Tulip Poplar, and the remains of the big-

cially those that have managed to

survive for decades and grow into

elegant additions to the landscape.

gest Sweet Gum tree that I'd ever seen. About 35 years ago my parents planted a Deodar Cedar in our front yard, and it grew into a gorgeous specimen, with its gray-green needled branches traveling out with an upward curve then drooping earthward nearing the tips. Every

Christmas Dad strung the multicolored lights on it's branches. In the spring a Mockingbird would build a nest near the trunk, then use the supporting branch as a runway in and out of its spiny hide-away. And each Easter we posed in front of the Cedar while Dad took our picture with a Polaroid camera. As the tree grew, so did the family. Unfortunately, this Deodar Cedar didn't live long enough to see all of us leave home. And it seems that most Deodar Cedars in this area are not in the habit of living very long: 10 to 20 years is a good run according to Michael Dirr in his Manual of Woody Landscape Plants (the plant nut's bible). So, you see why coming upon this graceful old Deodar Cedar in the middle of Falls Church really got my chlorophyll racing.

continued on page 16

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# Best wishes from the Bolinger family to yours for a great holiday and a blessed New Year!



Bill Bolinger, Please of interests analysis analysis Real Estate Expert 703-229-1300

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Did you know that the average price of Pimmit Hills homes has now reached OVER \$200,000? Please contact me if you're interested in a free market analysis of your home.



