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The Pimmit Hills Citizen Association  
1927 Pimmit Drive  
Falls Church, VA 22043  
PimmitHills.org

PLEASE DELIVER BEFORE NOV 5

### 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

**December issue deadline: Nov 8**

### Pimmit Hills Citizens Association Meeting Dates:

Nov 5, 2002	Mar 4, 2003
Dec 3, 2002	Apr 1, 2003
Jan 7, 2003	May 6, 2003
Feb 4, 2003	Jun 3, 2003

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!*

November  
2002



The  
Pimmit  
Hills

# Dispatch

Our Neighborhood,  
Our Home

PimmitHills.org

Published since 1952  
Courtesy of the Pimmit Hills  
Citizens Association

PIMMIT HILLS, VIRGINIA ■ ESTABLISHED IN MAY 1950

## PHCA Membership Drive and Bake Sale



**Tuesday, Nov 5**  
**during Election Day,**  
**Pimmit Hills School**

# PIMMIT HILLS NEWS

The Pimmit Hills Citizens Association will be having their annual **Bake Sale and Membership Drive** during the voting on Tuesday, November 5 at the Pimmit Hills School on Lisle Avenue. After you vote, be sure to stop by and buy some goodies and drop off your membership dues (\$12 per person). If you would like to donate baked goods or would like to volunteer to help at the booth, please contact a PHCA officer. This event is a convenient way to remember to pay your dues and it helps show your support for the Association. We hope to see you there!

Friends and neighbors note the passing of long time Pimmit Hills resident, **Eugene Rogers**, after a long illness. We express deepest sympathy to his wife, Lois, and to his children.

Trashcans being left in the street after trash pickup has been an issue at the PHCA meetings. It would be helpful if everyone would call their disposal company and request that your trashcan be left on the grass median and not in the street, as it is a potential accident hazard. If you don't want to call the company, please remember to bring your trashcan off the street after trash pickup. Thank you!

Congratulations to Pimmit Hills resident **Diana Lee Johnson** whose third book, *Castle of Sorrows*, has

been published. She has also contributed to a new cookbook, *Winging It In the Kitchen*. These two books can be found on wing-press.com.

Upcoming PHCA Meeting Date:  
**Nov 5, 2002**

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 Meeting**  
Nov 5, 2002  
Dec 3, 2002  
Jan 7, 2003  
Feb 4, 2003  
Mar 4, 2003  
Apr 1, 2003  
May 6, 2003  
Jun 3, 2003

**Dispatch Deadline**  
Nov 8 for Dec  
Dec 6 for Jan  
Jan 10 for Feb  
Feb 7 for March  
March 7 for Apr  
April 4 for May  
May 9 for June  
July/Aug: *Dispatch* is not published

## Vote Nov 5



**Pimmit Hills**  
Our Neighborhood  
Our Home



# 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:

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

## WHO TO CALL:

PHCA Chairman for Volunteers *vacant*  
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  
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

### Classified Ad Rates:

\$10 per month; 40 words max

*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 Jim Scott, 53rd House Dist.**  
P.O. Box 359  
Merrifield, VA 22116-0359  
PHONE: 703-560-8338  
EMAIL: DelJScott@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!

**Mail this Membership Form with your YEARLY dues to:**

**Pimmit Hills Citizens Association  
1927 Pimmit Drive, Falls Church, VA 22043**

Name(s) of PHCA Members 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



**H**ello neighbors! It was great to see so many of you at the October meeting. We hope to see more of you at the November meeting, which also falls on Election Day, November 5. The Association is also holding a bake sale and membership drive during voting hours. So on your way to the voting booth, look out for the PCHA table offering yummy baked good and other tasty treats.

The main speaker at the October meeting was Peter Rosen, representing the developers of Tysons II. He spoke about the planned and proposed development of the Tysons II area. One of the stations for the Dulles Metro extension will be placed on the Tysons II property, with a pedestrian bridge to Tysons I. Development plans also include a park and a permanent amphitheatre structure for hosting groups such as Cirque du Soleil. If you missed the meeting, President Joe Baker has additional information about the development plans.

First Vice President Bill Niland reminded the group about the importance of posting street numbers on or in front of your house. With a displayed street number emergency personnel may have a hard time responding to police or medical

emergencies. He also indicated that the Post Office may be unable to deliver your mail. He also shared with us news of a National Night Out to promote neighborhood safety. This night occurs annually in August. Any Pimmit Hills resident interested in the Neighborhood Watch program should contact Bill.

The proposed community Halloween event on Storm Drive mentioned in the last *Dispatch* was discussed. It was determined that we didn't have sufficient time to properly plan this event this year. Another proposal for a community wide event to be held at the Pimmit Hills High School was discussed, but again further deliberations and planning are required. If you are interested in helping with a community wide Halloween event next year, please contact a PHCA board member

Hope to see you at the November meeting! ■

Sarah Rock  
secretary@pimmithills.org

# Vote Nov 5

Please call Jeff and Jane at 703-848-0742 or email [jstoltzfus@att.net](mailto:jstoltzfus@att.net).

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

**MOTHER'S DAY OUT**—Need a day to yourself? Spaces are now available for Tuesday's playgroup/childcare. Every Tuesday or drop in! \$30 DAY RATE. 7am-5:30pm. All

meals included. Other drop in days available upon request. Before/After school care for Westgate also available. Call Jenny: 703-821-3045

**MARY KAY**—When was the last time you played with colors? Why not try a new shade and a new look? Call Martha, your Pimmit Hills Mary Kay Beauty Representative, 703-442-8014 or [MLR1130@aol.com](mailto:MLR1130@aol.com). Se habla espanol.

**OFFICE HELP**—Part-time office help, data entry. Flexible hours, knowledge of computer necessary. Salary commensurate with experience. Call 703-847-9214.

**PHOTOGRAPHY**—Weddings, Family/Senior Portraits, Pets & Class Reunions - 10+ years experience. Enlargements in any quantity or buy negatives. Wedding Albums/Invitations available. Call Thomas Hayes for pricing and appointment to see portfolio ~ your home or mine: 703-893-9212.

**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  
**Nov 8**

[Dispatch@PimmitHills.org](mailto:Dispatch@PimmitHills.org)

Go to [PimmitHills.org](http://PimmitHills.org) website for an easy way to send in your classified ad!

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.

**AVON** for the Holidays! Start your holiday shopping today with AVON. We have gifts for anyone on your list. Call Julie today to get your FREE color brochure and with every order receive a FREE gift 703-790-5147, donjuliatiff@earthlink.net.

**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.

**COMPUTER SERVICE**—In your home, evenings and weekends. Repairs, hardware/software upgrades, cable/DSL connections,

home networking. PC's only (sorry Mac challenged). 30+ years experience, reasonable rates. Call Dave, 703-629-1337 4PM - 9PM weekdays, anytime weekends.

**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**—Home daycare with permit. Loving mom, experienced, will care for children 2 months to 13 years every day in my Pimmit Hills home. Please call Fariba at 703-448-1384.

**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.

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

**FOR SALE**—7-foot artificial Christmas tree. Very real-looking and in excellent condition. \$64 or best offer (this is half of what it cost new).

# CHINA KING



Authentic Hunan and Szechuan Cuisine  
 A Great Place for Lunch and Dinner  
*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**

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 China King • Falls Church  
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 Not valid with other offers  
 Offer expires 12-31-2002 PH

**\$2 OFF**

**Any purchase of 15 or more**

with this coupon  
 China King • Falls Church  
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 Not valid with other offers  
 Offer expires 12-31-2002 PH

**FREE**

**Chicken Fried Rice**

With any purchase of \$25 or more  
 China King • Falls Church  
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 Not valid with other offers  
 Offer expires 12-31-2002 PH



**Pimmit Hills  
 resident for over  
 30 years**

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# Curb Appeal

By Cynthia Bernat,  
Anderson Road

## Hello Neighbors!

Ah, Fall! It's my favorite time of year-bright sunny crisp cool days. Perfect for being outside! And what to do on those gorgeous fall days? Well, it's a perfect time to get your yard ready for the



winter! A little routine maintenance now, coupled with some future planning will boost your curb appeal in the coming spring.

First and foremost, rake those leaves! It can be very tiring work, but it's great exercise, and a home looks tidy and well-kept when the leaves are cleared away, which is an important part of curb appeal! Got too many leaves to even think about raking? Try a leaf blower. Don't forget to clear the leaves out of your gutters too-clogged gutters only get worse, especially come spring when things start growing in there. Clean gutters aren't just a part of curb appeal, they're an important part of home maintenance. Gutters carry the rainwater AWAY from your house (which is where you want it!). If they're all clogged up, they can't do their job! But what to do with the leaves once you've

got a nice pile? Well, you don't have to bag them all-leaves make great mulch. Put your flower beds to sleep for the winter with a nice blanket of dry leaves. Got a garden patch? Turn some leaves into the soil and then cover with a layer of leaves. What-

ever you decide to do, don't ignore them. Over the winter, those leaves will flatten and kill your lawn, and you'll end up with bare patches in the spring-which will definitely detract from your curb appeal!

And now for my favorite-spring bulbs! Bulbs are by far the easiest and most reliable jolt of springtime curb appeal. It's still not too late to plant them, but get them in the ground soon so they can start their winter nap. Dig a hole, drop the bulb in (pointy side up!), cover it, and forget about it until spring, when those bright colors will wake up your curb appeal and shake off the winter doldrums! There are thousands of choices-color, shape, size-and you can buy them by the bagful for a reasonable price. Bulbs are incredibly easy-even if you're a beginner, or don't have a "green

*Continued on page 8*

# Boy Scout Troop 978 POPCORN SALES

## 3-Way Tin

26 oz. Gourmet Caramel Corn with Peanuts,  
7 oz. Gourmet White Cheddar Cheese Corn,  
7 oz. Gourmet Cheddar Cheese Corn

**\$30**



## 24 oz. Chocolate Caramel Crunch

Gourmet Caramel Corn drenched in 100% pure milk chocolate

**\$15**



## 28 oz. Gourmet Caramel Corn with Almonds & Pecans

Gourmet Caramel Corn with caramel-glazed almonds & pecans

**\$15**



12 oz. Caramel Corn with Peanuts

**\$7**

## 2.5 lb Popcorn Tin

Pops great...stove top, conventional or hot air popper!

**\$7**



12-Pack Unbelievable Butter Microwave **\$10**



24 Pack Microwave Popcorn

Six of each: Butter Light, Butter, Unbelievable Butter and new Kettle Corn

**\$25**

12-Pack Butter Light Microwave **\$10**

Gourmet popcorn with 50% less fat and 20% fewer calories per serving compared to our Butter Flavor

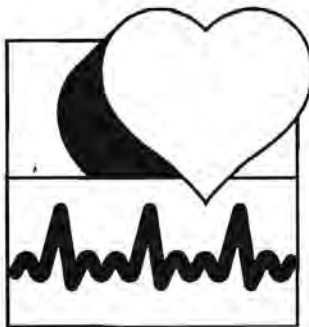
**\$10**

*Delivery is immediate because the popcorn is on hand!*

Support Your Local Boy Scout Troop  
**Call 703-356-8027**

## Church Sponsors Health Screening

St. Luke's United Methodist Church in Pimmit Hills is sponsoring a Health Screening on Saturday, November 2 at the church located on Leesburg Pike, across the street from Marshall High School.



Stroke is America's 3<sup>rd</sup> leading killer and the # 1 cause of nursing home admissions. Unfortunately, more than half of all stroke victims show no prior warning signs before the attack. Nearly 75% of strokes are due to carotid artery blockage and may be prevented if detected early. Risk factors for stroke include high blood pressure, high cholesterol, smoking, and having family history.

Life Line Screening will be performing ultrasound screenings for stroke, abdominal aneurysms, arte-

rial blockages in legs, and osteoporosis. Tests are painless, non-invasive, and cost \$35-40 individually. The vascular package (3 tests) is \$99. Take all 4 tests for \$125. Results will be sent to you within 3 weeks so that you can share them

with your own physician. Call 800-407-4557 to schedule your appointment, pre-registration is required.

Flu shots also will be available at St. Luke's UMC, for a fee, on Saturday, November 9. For flu shot hours, please call the church at 703-893-9220 the week before the scheduled date for shots. No pre-registration is necessary for flu shots but pre-registration is required for the health screening tests on November 2. ■



# VOTE NOV 5



## 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!

### Call 703-536-6400 today



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



# PimmitHills.org

Your Community Website



## Calton Painting Co.

Interior/Exterior Painting  
30 years experience  
Free estimates  
No job too big or small!

Call 703-266-8794  
or 703-362-1622

*Continued from page 6*

thumb," give 'em a try. I'm sure you'll be pleased with the results-and on a cold winter day, as you walk past your sleeping bulbs, maybe



you'll smile to yourself, knowing the secret little promise of spring that's hidden there. I certainly do!

Now, this might give you the impression that there's nothing you can do to enhance your home's curb appeal until spring. Not so! While you're out there digging to plant your bulbs, put in some fall and winter hardy plants. For fall color, mums are a great choice. They add instant color and they last for weeks. Once their season is over, though, you'll be glad you planted winter hardy plants too. Hardy cabages are a popular choice-they come in a range of greens and purples, and are great for filling in those spots where your summer annuals were. If you want a little more color, hardy pansies are a great choice-they're cheap, they come in a rainbow of different colors, and the cold weather won't kill them-in fact, they'll hang around blooming until the hot weather knocks them out early next sum-

mer. If you're looking to dress up your curb appeal with something a little more permanent, try an evergreen shrub or tree-just make sure

you check the label, look it up in a book, or ask an expert about how big it will be when it's fully grown. That cute little shrub could outgrow your house and actually detract from your curb appeal! Yikes, wouldn't want that to happen! Once you've found the right evergreen and it's planted, make sure you water it well and regularly-after all, dead plants don't add curb appeal either!

Which brings us to...dead plants! Once the first frost has killed off all of your summer plants, get rid of the dead foliage. This might seem like boring housekeeping stuff, but when it comes to curb appeal, neatness counts. If you don't believe me, take a photo of the front of your home before and after you do this "boring" work. Cleaning up miscellaneous debris and dead foliage makes a difference!■

*Cynthia Bernat is a licensed realtor*



**PimmitHills.org**

## 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

☪

**Our Lady of Good Counsel  
Catholic Parish**  
8601 Wolftrap Rd, Vienna  
703-938-2828; [www.olgcva.org](http://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

☪

**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

☪

**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 Baha'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."*



Continued from page 18

- Stretching by Bob Anderson and also [http://www.shelterpub.com/\\_fitness/\\_stretching/stg\\_book.html](http://www.shelterpub.com/_fitness/_stretching/stg_book.html)
- Sport Stretch by Alter
- Stretching for Fitness, Health & Performance by Oswald & Bacso
- <http://www.enteract.com/~bradapp/docs/rec/stretching/>
- <http://www.stretching.com/>
- <http://www.rice.edu/~jenky/stretch.html>

Are you interested in obtaining FREE coached exercise and stretching? 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 complimentary Stroll For The Soul t-shirt!

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](http://www.runwalklive.com). Please register by calling 703-790-8452 or email [TishN@runwalklive.com](mailto:TishN@runwalklive.com). ■

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# Harvest Dinner

Pimmit Hills residents are invited to the annual Harvest Dinner, Bake Sale and Craft Sale held at St. Luke's United Methodist Church on Saturday, November 9 from 4:00 pm to 7:00 pm  
*Turkey, ham, stuffing and all the trimmings including pumpkin pie and desserts!*

St. Luke's United Methodist Church  
7628 Leesburg Pike in Pimmit Hills  
(On Rt 7 across the street from Marshall High School)  
Cost: \$12 per person  
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# Tysons Pimmit Regional Library News

By Chris LaMarca  
Associate Branch Manager

Tysons-Pimmit is one of many Fairfax County libraries enriched by its Friends Group. These "friends" are volunteers supporting, assisting and promoting library activities for the entire community.

Friends' activities vary, depending on the needs of the library neighborhood. At Tysons-Pimmit, a crucial operation is the monthly book sale, organized and run by the Friends. Books and magazines donated to the library are selected, sorted and priced. They are then organized and displayed for buyers in the library's meeting and conference rooms. Friends' volunteers staff the sale, assist customers, and channel the proceeds into a host of benefits not covered in the library budget.

The Tysons Friends subsidize library programs and contribute heavily to the FCPL Foundation's Friends Scholarship Fund. Friends dollars have purchased replacements for aging furniture and the library's old glass display case. Friends are especially eager to support activities which encourage children and families to make full



use of the library's services.

Another Friends venture is the small book sale room, located near the library's meeting rooms. The book sale room is open during the library's regular hours.

You can become a part of this small, active and enthusiastic group by applying online at

<http://www.co.fairfax.va.us/library/ty/tyfriends.htm>, or preferably by visiting the library and leaving your name and telephone number at the checkout desk. Here's an opportunity to have fun and make a meaningful contribution to the Tysons-Pimmit community. ■

**Tysons Pimmit Regional Library**  
7584 Leesburg Pike, Falls Church

**HOURS:**  
Sunday, Noon to 6:00 pm  
Mon-Thurs, 10:00 am to 9:00 pm  
Friday, 10:00 am to 6:00 pm  
Saturday, 10:00 am to 5:00 pm

**PHONE:** 703-790-8088

**WEBSITE:**  
[www.co.fairfax.va.us/library](http://www.co.fairfax.va.us/library)



# MY CLIENTS WANT TO BUY YOUR HOME!

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

Do you realize how HOT the real estate market is in our neighborhood? There are more qualified buyers than there are houses available for them to buy! What does that mean for you as a seller? Well, when supply is low and demand is high, prices go UP. You just might be amazed to know how much your little rambler is worth. Even the smallest Pimmit Hills homes are selling for over \$200K, and at a breathtaking pace—usually in just a few days!

Our neighbors homes are not only selling fast, they're selling *above* list price. There are so many buyers that there are often multiple offers on the same home—and often, the buyers will offer more than list price in the hopes of "winning" the contract and having a home to call their own. But of course, only one buyer will "win"—the others are still looking for a home to buy! Have you considered selling your home? *Please give me a call, I would love the opportunity to answer your questions.*



[longandfoster.com](http://longandfoster.com)

## Cynthia Bernat

OFFICE: 703-437-3800 ext.3065

CELL: 703-598-0399

EMAIL: [cynthia@longandfoster.com](mailto:cynthia@longandfoster.com)

WEB: [www.2hdb.com/cynthiabernat](http://www.2hdb.com/cynthiabernat)



# Pimmit Hills Wellness



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

## Performance Enhancing Stretching

*New Dispatch column for all those walkers and joggers in Pimmit Hills:*

Have you ever been driving, talking on the phone, or typing at your computer when you suddenly realize that your shoulders are tight and your low back hurts? I am betting that 99% of all Northern Virginia and Pimmit Hills residents have experienced this, some more often than we would like! With a little bit of awareness and practice these ailments can be relieved with stretching. Based upon the American College of Sports Medicine, one should follow these basic stretching guidelines:

**Always precede stretching exercises with some type of warm up.** A warm up is defined as an activity that prepares the body for exercise or motion and will reduce the risk of injury. Such basic activities could include: shoulder rolls, ankle rolls, knee to chest.

**Stretch smoothly and never bounce.** Stretches should be sustained in a supportive position which allows the muscle being stretched to relax and elongate. Stretching is most effective and safe if done slowly and gently with your



breathing controlling the stretch. Even if your just rolling your ankles, try and make the entire letter O and do it slow and controlled. It's better to do quality than quantity.

**Do not stretch a joint beyond its pain-free range of motion.** A stretch should not be painful. Pain when

stretching is the body's automatic protective mechanism against sudden changes in muscle length, severe injury and abuse. Start gradual and with time range of motion will increase. See exciting results by just by adding three stretching times into your week.

**Gradually ease into a stretch, and hold it only as long as it feels comfortable (10-30 seconds).** Allow breathing to control the time in each stretch. For example: slowly take your right ear to your right shoulder as the shoulder girdle is pressed down. Hold this for at least three breath cycles of inhalation and exhalation.

Excellent resources can be found at any of the Fairfax County libraries and online. Suggestions include:

*Continued on page 20*

# Take the High Cost Out of Selling Your Home: The 6% bite vs the 4.5% nibble



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# The Pimmit Hills Gardener

By Deanne Eversmeyer,  
Horticulturalist

After the summer of '02, who's to blame you if you're thinking about giving up on the garden. The annuals that looked so fresh and promising early in the gardening season were pretty ragged by the time the weather cooled down. And many of the perennials hung on just by the skin of their teeth. It was a rough summer on all of us. And there's not much to lure us into the garden now ... unless you're into seasonal spot color.

Seasonal spot color involves concentrating your efforts and resources in smaller areas that are replanted with each season to create a focal point of fresh flora. Spring Tulips and winter Pansies are replaced by summer bedding plants, which are pulled out at the start of autumn to make room for Chrysanthemums. Once the mums have finished, they are yanked out to make room for another round of Tulips and Pansies, and the cycle continues. By discarding each crop just



before the end of its season, you save yourself from the "uglies" of tired, worn-out plants. And each season is a opportunity to choose a new color, try a new variety. Public gardens and institutions have been doing this on a grand scale for years, but the homeowner can achieve similar results without having to mortgage the house or hire a crew of horticulturists. The trick is to limit the size of the area that will be reserved for the seasonal plants.

Part of an existing perennial bed or shrub border can be converted to seasonal display. A flower bed of a

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*continued from page 16*

The finished Mums can be tossed on the compost pile or set into another bed (a good layer of mulch will increase their odds of surviving the winter), clearing the area for another season of Tulips and Pansies. Ornamental Cabbage and Kale can also be set in over the Tulip bulbs. Try grouping five or six bulbs polka-dot style under each of the Cabbages with the Pansies in between -- just be sure to cut off the old Cabbages come early spring before the Tulips come poking up through their rootballs.

This seasonal spot color can also be applied to pots. Large pots filled with a few flowers can often make a bigger impact and cost less and require less effort than a bed full flowers. And if one pot looks rather forlorn, try grouping pots together. I use six large terra cotta pots on the deck and fill these with seasonal color. Good, peat-based soil mixes, time-release fertilizers, and water-retaining polymers (the same stuff that's in baby diapers) make care a breeze. The only difference is that the Tulip bulbs must be stashed in a

cool garage or well insulated in a protected, sunless spot outside. They can take the cold but not the temperature fluctuations a pot goes through during our schizophrenic winters. A few warm days in January -- remember how last January ended? -- can cause premature sprouting (not a good thing). Once early spring arrives, these pots can be brought out into a shady spot, planted with pansies and left to grow slowly. Once buds form, move the pots into more sun. So while there's still time, run out and pick up a bag of Tulip bulbs and a flat or two of Pansies, and clear out a spot for a spot of color. In these uncertain economic times it'll be one of the best returns on your money and your time. ■

*Horticulturalist Deanne Eversmeyer lives on Leonard Road*



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dozen square feet can get lost in the expanse of the lawn, but that same size area backed by some meaty perennials (Peonies, Summer Phlox, Ornamental Grasses, etc.) or by a mass of shrubs will become the focal point with its constant color. And a dozen square feet will take about 50 Tulip bulbs, plus a flat or so of Pansies -- not a huge investment especially when the bulbs are purchased in bulk bags. The bulbs need to be planted in the fall, as cold is necessary to form a flower bud for spring. The Pansies get planted right over top of the Tulips and blooming through the winter, ready to provide the Tulips with a colorful carpet under foot in spring. Try the almost black Tulip, 'Queen of the Night', with a lavender or pink Pansy or the always lovely 'Apricot Beauty' Tulip with a blue Pansy.

Once the Tulips have dropped their petals (by mid-May), pull the plants out. If the bulbs remain in the ground, leave them -- they'll probably bloom again next spring, just not as big (but big enough to cull out and fill a vase). Summer's annuals can be planted among the Pansies, letting these cool weather



lovers stay until the summer heat starts to stew them, or they can be pulled with the Tulips. Choose one or two varieties of bedding plants to fill the spot -- the impact is greater when the components are fewer. One of my favorites for sun is the new Zinnia series called 'Profusion'. They've crossed the delightful little species, *Zinnia lin-*

*earis*, with the big hybrids and came out with a low-growing, mildew-resistant mound covered with orange, rose-pink or white single flowers about two inches across. Also for sun, the tough, drought-tolerant Vincas come in an array of fabulous colors now, including a deep coral that is to die for!

When the kids head back to school it's time to think about Chrysanthemums. The summer annuals may still look good, but they'll start to decline as the days shorten. Go ahead and pull them out in September and set in your Mums. Try to get tightly budded plants, as these will still expand as they near full bloom in October. A 3-foot by 4-foot area will need only six or eight large potted Mums -- a small investment for a wonderful season.

continued on page 17

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