



OUR FIFTH YARD SALE: A LITTLE EXTRA EFFORT AND A LOT OF FUN

This year marked the fifth anniversary of the Hollin Hills Yard Sale (*shown above*), so it was only fitting that it was, to date, our biggest (over twenty families took part), and our hottest (over 90 degrees in April!).

Though still relatively young, the yard sale has now become an established springtime activity of our community that I look forward to every year.

Many neighborhoods hold community yard sales, but ours is unique in that we all gather in the same spot to hawk our wares. Sure, it's more work to load your car up and haul everything down to the parking lot, but it soon becomes apparent that it is worth it. It's not because of the great location right by Fort Hunt Road that ensures a steady stream of customers (though that's nice, too, of course). The best part is hanging out with your

neighbors for a morning. We buy each others' stuff, enjoy the homemade cookies from the girls that live down the street, discover we went to the same college, or have the same addiction to Sriracha. Nothing makes better conversation starters than a box of LPs, your grandmother's old cuckoo clock, or a framed picture of a light-up waterfall with sound effects. Every year I meet new neighbors or get to know them better, and I go home with a renewed appreciation for living where I do—in a vibrant community like Hollin Hills.

—Friederike Ahrens

Editor's note: Although Friederike didn't mention it, she is the able organizer behind this happy event and has been since its start. She deserves a big thank you for her hard work.

FRIENDS OF HOLLIN HILLS 501(c)3 IS NOW OFFICIAL

We received official notification from the IRS in mid-May that they have determined that the Friends of Hollin Hills (FHH) is exempt from federal income tax under the IRS Section 501(c)(3).

Thanks go to David Shear, Brian Hooks, Martha Schumacher, and Gus Matson for their invaluable help in pulling together our successful application.

The purpose of the Friends of Hollin Hills, as adopted in the Articles of Incorporation and as accepted by the IRS is:

Organizing Purpose Statement

This organization is organized exclusively for charitable, educational and scientific purposes, under Section 501(c)(3) of the Internal Revenue Code, or the corresponding section of any future federal tax code (the "Code"). To this end, the corporation shall assist in educating the public about and protecting the Hollin Hills Historic District as a national historic resource. All funds, whether income or principal, [typo in our filed docs—so evermore—but it should read 'principle'] and whether acquired by gift of contribution or otherwise, shall be devoted to said purposes.

Governance

The Friends of Hollin Hills is governed by a five member Board of Directors, as defined in the corporation's bylaws. In addition to the Board, there is an Advisory Council composed of three to five members representing the CAHH Board and other residents.

The primary board has five members, comprised of three at-large positions and a representative from both the DRC and the Parks Committee. Initial Board members for the FHH Board of Directors include David Shear (At-large), Elisabeth Lardner (Parks Committee), John Nolan (DRC), and (*continued on page 2*)

CIVIC ASSOCIATION OF HOLLIN HILLS (CAHH)

CAHH OFFICERS

President	Gus Matson	768-3797
Vice-President	Chris McNamara	660-9536
Treasurer	(Open)	
Secretary	Frederike Ahrens	571-481-4628
Membership	Linda Benson	312-907-1797

DIRECTORS-AT-LARGE

Pool	Laura Kistler	768-4161
MVCCA	Kathy Seikel	768-2350
Social	Susmita Dastidar	660-5938
Parks	Bob Kinzer	768-4048

CAHH COMMITTEES

ARCHIVIST	Judy Riggan	765-3025
Historian	Scott Wilson	765-4471

(Also see Hollin Hills Archives below)

DESIGN REVIEW COMMITTEE (DRC)

Chair	Frank Collins	660-6525
Members	John Burns	660-9763
	John Nolan	231-2229
	Ginny Wallace	765-7116
	Ken Wilson	768-5838
CAHH-DRC Liaison	Chris McNamara	660-9536

HOLLIN HILLS POOL COMMITTEE

Chair	Barbara Bogue	571-257-9313
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PARKS COMMITTEE

Chair	Elisabeth Lardner	765-3023
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HOLLIN HILLS BULLETIN

Published monthly since 1951 by the CAHH. Material in this publication does not necessarily reflect the opinions of the CAHH Board or the editor.

Editor	Barbara Shear	660-6543
Editorial Assistance	Andrew Keegan	660-1004

Deadline is the 15th of the preceding month.
 Articles generally should not exceed 500 words. Send your submission in the body of an email or as an attachment to barbshear@verizon.net. If you cannot produce computerized copy, please find someone to submit it for you. No material will be accepted over the telephone.

Distribution problems:

- If you have not received your digital Bulletin, or to correct/change mail or email address, contact Linda Benson at 312-907-1797 or linda.benson@me.com.
- To replace a missing paper Bulletin, contact Eleanor Fina at 703-768-3174 or etfina@gmail.com.

HOLLIN HILLS ARCHIVES

The Hollin Hills Archives are part of the Special Collections and Archives of George Mason University. To contact the SC&A staff with research questions, use the following:

- For general description of HH Archives contents, go to http://sca.gmu.edu/finding_aids/hollinhills.html.
- For questions about collections, hours, usage, duplications, or directions go to http://sca.gmu.edu/using_sc&a.html.
- Other contacts: phone 703-993-2220, fax inquiries 703-993-8911, email speccoll@gmu.edu.

WWW.HOLLINHILLS.NET

Calendar of community events and information about our parks, the Design Review Committee, the National Historic Registry, and more.

Friends of Hollin Hills *from page 1*

Christine Hooks (At-large). We are searching for our fifth board member for FHH.

The Advisory Board has two current members: Gus Matson is representing the CAHH and Martha Schumacher is filling an at-large position.

If you are interested in serving on either board, please contact Elisabeth Lardner, ebldardner@aol.com or 703-765-3023.

Current Activities

The Friends of Hollin Hills is currently organizing itself into an active, volunteer-led charity and educational group that works on behalf of preserving and enhancing the Historic District of Hollin Hills and all of its resources. A primary focus of the Friends group is to educate the public about Mid-Century Modern architecture and the Hollin Hills buildings, uniquely sited within a natural Virginia Coastal Plain landscape. Another primary focus of the Friends group is the stewardship of the District's 30 plus acres of private parklands that are open and accessible to the general public.

What comes next?

- We are working on a Memorandum of Understanding between the Friends of FHH and the CAHH to ensure that both organizations clearly understand each other's roles and responsibilities.
- The FHH will begin to jump-start early activities, ranging from educational sessions on Mid-Century Modern design, to establishing a website, to funding invasive plant removal efforts in our parks.
- And yes, we will be opening a bank account to accept your tax-deductible contributions.

Best of all, we are up and running!

Tax deductible contributions in support of the Friends of Hollin Hills may be sent to 'Friends of Hollin Hills' 1600 Paul Spring Road, Alexandria, VA 22307. *(See more on FHH in the President's Message, page 5.)*

—Elisabeth Lardner,

IN MEMORIAM JUDITH ANN GILLESPIE

Hollin Hills friends and neighbors extend their deepest sympathy to King Gillespie of Martha's Road on the death of his beloved wife, Judi, on April 28, 2017.

Judith Ann Machala was born October 7, 1962, into a loving Catholic family. She had three brothers and was the second of three sisters—all proud Texans. Judi attended Vanderbilt University on a full academic scholarship, majoring in Russian and French with an archeology minor. After graduation, she moved to Rome, Italy, eventually returning to fly for Delta Airlines as a flight attendant.

While working on a flight in 1991, Judi was severely injured, putting a halt to her budding modeling career and her foray into sprint triathlons. By then fluent in five languages, she continued her adventure travels until the toll of countless surgeries over a ten-year period led her to withdraw from public life. Judi continued her studies of ancient Egypt, archaeology and astronomy. She became an active supporter of charities and environmental causes. Her passion to save the world's oceans from over fishing, pollution, and coral bleaching was always at the forefront of her mind.

Judi's physical beauty was matched by her inner beauty. Her warmth, intelligence, humor, and joy for life were apparent and appreciated by all who knew her.

QuickTakes



2017 BLUEFISH SEASON BEGINS: SWIM (AND PARTY) WITH THE FISHES

SWIM! Members of the Hollin Hills Pool who have children between the ages of 4 and 18 are encouraged to join the fun on the Hollin Hills Bluefish Swim Team.

Swimmers of all abilities are invited to join. This season, the team is adding a Bluefish Mini program for children ages 4 to 6. The season runs from May 30 through July 29. Lots more information about the team can be found at www.hollinhills.swimtopia.com.

PARTY! Save this date! All Hollin Hills Pool members are invited to the Bluefish Hawaiian Homecoming Luau on the evening of Saturday, June 17. Whether or not you have children on the swim team, come help the Bluefish celebrate the start of the swim meet season! The luau will feature a delicious dinner, festive decorations, music, and dancing. Party details will appear on the swim team website and in Hollin Hills Pool emails. We hope you'll join us!

CHEER THEM ON! The Bluefish welcome supporters from the Hollin Hills community at their home meets. Please check the swim team website for our full schedule. And as always, thank you, Hollin Hills Pool, for sharing your wonderful space with us!

—Saskia Jansen

WELCOME

We are pleased to welcome Suzanne Chis to Hollin Hills. Suzanne recently moved to 2206 Martha's Road. We are amazed at how quickly she has unpacked and settled into her new home! —Jane Runnels

THE POOL'S OPEN, FOOD TRUCKS ARE COMING

The Hollin Hills Pool is off to a great start, with a full house opening day to kick off the Memorial Day weekend. The board worked hard throughout the spring, and sturdy volunteers gathered two weekends before the opening to get the pool ready. Thanks to pool directors Gretchen Spencer (landscape), Kevin Yap (maintenance), and Laura Juricic (membership), who put in extra time to make sure the workdays were productive.

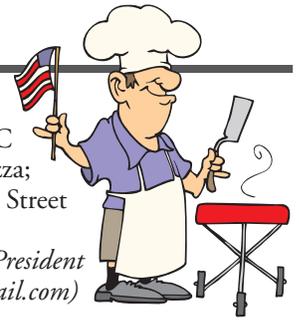
This year, the Pool will again host food trucks in the Paul Spring parking space by the pool (a shout out to Dennis Condon for coordinating). All dates start around 5pm and are on Thursdays, unless otherwise indicated. Food trucks scheduled so far are: 6/1, Turkish Kabob; 6/8, El Fuego (Peruvian); 6/15, Red

Our younger residents were well represented at the recent community yard sale. Among them, Henrik Ahrens ran a successful fishing game with the promise of "a prize every time!" Twins Emmie and Sofia Pereira, almost 12 years old, set up shop to sell their outgrown toys.



Hook Lobster Pound; 6/22, DC Empañadas; 6/24 (Sat.) Rollin' Pizza; 6/29, Crepe Love; and 7/6, Ricksha Street Side Indian.

—Barbara Bogue, HH Pool President
(hhpool.president@gmail.com)



GANGS IN FAIRFAX COUNTY

"Gangs in Fairfax County" was the timely topic of the May meeting of the Mt. Vernon District Police Department's Citizens Advisory Committee (CAC).

"When is it best for a police officer not to wear a uniform?" was the opening question of Detective Brian Storm's presentation. The answer: When talking with gang members, because they feel freer to talk to police who are out of uniform.

In 1998, the Fairfax County Gang Unit became a full-time unit with twelve members. They collect criminal street gang information and share it with patrol officers.

Fairfax County has over 100 gangs, with 20 to 25 that are very active. Some of the gangs are: MS 13, 18th Street, 41 Zone, Bloods, Crips, and Recci. In 2015 there were 1,338 gang-related cases; in 2016 there were 2,056 cases, a 65 percent increase.

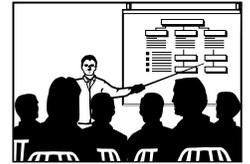
Gang identification can include graffiti, hand signs, drawings, and tattoos. Behavior indicating suspected gang involvement might include withdrawing from family, declining school attendance, staying out late, drastic changes in hair or dress style, and drug or alcohol use. Most Fairfax County gangs are not into drugs, although the gangs in Prince George County and DC are.

Everyone is welcome to attend the the CAC meetings at 7pm on the second Tuesday of the month at the Government Center on Parkers Lane. The CAC will not meet in July or August, but on June 13, the Mt. Vernon Police will host a cookout at the season's final meeting. If you plan to attend, a picnic dish to share will be appreciated. You may call me at 703-765-3709 with any questions about the picnic. —Laura Wirkkala

BULLETIN SUMMER SCHEDULE REMINDER

As usual, the July and August issues of the Bulletin will be combined into one summer issue, which will be sent out during the third week of July. The deadline for submissions to that summer issue will be July 10. Please make a note of these dates.

CAHH MEETING DISCUSSION: THE PROS & CONS OF A HISTORIC OVERLAY DISTRICT



The focus of this year's Spring Meeting was a discussion about obtaining a Fairfax County Historic Overlay District status (HOD) for Hollin Hills.

Christine Kelly, the chair of the Hollin Hills HOD Committee, explained that with an HOD designation, any demolition, new construction or remodeling that requires a building permit must be reviewed and approved by the county Architectural Review Board (ARB), adding a layer of protection in preserving the uniqueness of our neighborhood. Areas, sites, and buildings that meet recognized standards of architectural and historical significance may apply for this status through the Fairfax County Board of Supervisors. Supervisor Storck has indicated he is willing to proceed with the application if 70-80% of the Hollin Hills community are in support of it.

The HOD committee hopes to roll out a community-wide education forum in June, so that neighbors can get informed about the process and make a decision. (See *President's Message*, page 5.)

John Burns, a Hollin Hills resident who is also currently on the

ARB, then answered many questions, mostly about how the DRC and ARB would collaborate. With an HOD status, the DRC and the ARB would work together in developing the design guidelines, and the community, in collaboration with the County Department of Zoning and Planning, would enforce it. However it is important to note that changes that do not require a county building permit, for example, fences, sheds, or roof coverings, would not trigger an ARB review.

CAHH President Gus Matson stressed that regardless if HH decides to obtain HOD status or not, it is important to additionally strengthen the language of our covenants as well as to educate newcomers about the architectural restrictions and the history of our community in order to preserve it.

Also at the meeting, there was a review and brief discussion of the 2017 Civic Association budget, and Elisabeth Lardner announced that the Friends of Hollin Hills 501(c)3 has received IRS approval.

(See related articles on page 1 and 5.)

—Friederike Ahrens, CAHH Secretary

SOUTH FLOW ALLIANCE AIRPLANE NOISE MEETING

The newly-formed South Flow Alliance's (SFA) first community meeting about airplane noise was a great success. Over 150 people from Mount Vernon to Hollin Hills to Huntington to Old Town attended the meeting on Wednesday, May 10, 2017. Rep. Don Beyer's chief of staff was in the audience, as was State Delegate Paul Krizek, Supervisor Dan Storck, and staffers from the offices of Senator Tim Kaine and State Senator Scott Surovell. A WJLA (Channel 7) cameraman filmed the event.

The meeting's purpose was to organize community efforts to combat the major increase in noise as a consequence of the FAA's NextGen airplane tracking system. The implementation of NextGen in 2015 has resulted in a "noise super-highway" in which DCA's nearly four hundred departures and arrivals daily fly directly over us. SFA co-chairs Friederike Ahrens and Pamela Norton presented the goals of the SFA community effort to fight for Quiet Skies, Supervisor Dan Storck provided a comprehensive overview of the issues, and Mike Rioux, the Mt. Vernon representative on the MWAA Reagan National Community Noise Working Group (<http://www.flyreagan.com/dca/community-working-group>), gave an excellent description of the technical aspects of NextGen and its consequences to our community. After formal presentations, there was tremendous interest and lively discussion with presenters and the various SFA subgroups.

For those who missed the meeting, all the information can be found on the SFA Facebook page: www.facebook.com/southflowalliance. Supervisor Storck's office recorded the event and the link is on the Facebook: scroll down to the "Posts" tab on the left sidebar. Mike Rioux' slide presentation can be found in the tab "DCA Noise Presentation." Just above it, click on "SFA Info Packet" for all the materials that were distributed to attendees, including a template letter that you can print and send to Senators Kaine and Warner, and Representative Beyer.



Part of the large group who attended the South Flow Alliance's first meeting.

A group of SFA members kept up the momentum by attending Rep. Beyer's town hall meeting on May 15. The Congressman fielded a number of questions about airplane noise. In response, he said that his staff has been in touch weekly with the FAA about this issue. He will urge Senators Kaine and Warner to apply pressure to the FAA, and he will insist that the FAA commit to a timeline for making changes to the flight paths.

We encourage everyone to help restore peace and quiet to our Hollin Hills community. Here are some of the ways to participate:

- **Call or email your airplane noise complaints frequently.** The online complaint form is at: <https://complaints.bksv.com/dca>. Autofill on your browser makes it easy to send many complaints.
- **Write, call, or visit Representative Beyer and Senators Kaine and Warner** to insist that our elected officials keep pressure on the FAA to protest and remedy the excessive aircraft noise over Northern Mt Vernon. Explain that they have more influence with the FAA than local officials because it is a federal agency.
- **Join the South Flow Alliance.** Help us fight for Quiet Skies. The SFA will continue to keep members apprised of developments and will reach out with opportunities for member involvement.

Our community owes many thanks to Supervisor Storck and his staff (Allison Miessler) for their tremendous support in organizing the meeting, and to Delegate Paul Krizek for getting the word out.

—Bob Meier and Robin Terry

Our Parks: SUTTON POTTER WORK PARTY REALLY WORKED!

Fourteen trees stand taller and unbound.

Mary Ellen Gilman, the warden for Sutton Potter Park reports: "A week before our work party in Sutton Potter Park, I took Hayden Kirkley, 11, and Tristan Altman, 13, to pass out "Free the Trees" flyers to the Range Road homes nearest the park. They knocked on doors and talked to the residents about removing invasive vines while I waited on the sidewalk. How could you not love opening the door to two kids bearing smiles, balloons, and a soccer ball? The next Sunday, May 7, several volunteers joined us to pull off ivy, honeysuckle, and fox grape vines that were strangling the trees. Most of the grape vines were 40 ft high and the ivy and honeysuckle were so dense, you couldn't see the trees underneath. Many trees had already died under the weight. Two hours later, we had freed about 14 trees, and enjoyed a pleasant two hours. As we left, I looked back at the 200 plus trees that are still struggling under the vines and hoped to get to them before it is too late. I am grateful to our volunteers [see list at right]. If I omitted your name from this list, my apologies. You still gave a valuable service to our park."

Still two dates in June—come join us!

There are two more park work parties scheduled before the onset of summer. Experience not necessary—just a wish to help our parks.

- **SUNDAY, JUNE 4, 4PM, MCCALLEY PARK**

McCalley Park is located at the intersection of Paul Spring and Rippon Roads. Our work effort will include bamboo chopping in the southeast corner of the park, removing or repairing the park's rickety bench, redistributing the river rock salvaged from the parking space renovation at Voigt Park, and distributing mulch. Bring saws and loppers to tackle the bamboo, shovels and wheelbarrows to move rocks and mulch.

- **SATURDAY, JUNE 24, 9AM, VOIGT PARK**

Just in time for July 4th, a general clean-up will include raking

PARK HONOR ROLL, MAY 2017

Thanks to Hayden Kirkley and Tristan Altman, our young recruiters, and to these other stalwart volunteers: Susan Kuhbach from Rebecca Road, Nick Young from Range Road, Gail from Elba Road, Betsy and Mike Damitz from Kimbro Street, and of course, Park Warden Mary Ellen Gilman, who led her troops into battle against the invasive horde.



(mostly fallen gumballs), removing trash from the park and creek, spreading the mulch pile under swings and in beds, redistributing river rock salvaged from the parking space renovation, and a general spruce up and vine clearance of major pathways. Bring rakes, shovels, wheelbarrows, rakes, clip-pers, gloves, and wading boots.

Enjoy carpentry? Here's a job for you.

We are looking for a few good volunteers willing to build a simple ramp from the newly renovated pull-off space at Voigt Park. The Parks Committee will fund the cost of materials.

Even with the renovation, there is still a pretty big step down from the parking space. We would like to make a 3-4 foot wide ramp, modeled on the decking ramp that is already in the park at the corner of Paul Spring and Rippon Roads.

Timing: we need it completed by the 4th of July festivities. If you are interested, please let me know!

—*Elisabeth Lardner, Parks Chair*
703-765-3023, elardner@aol.com

President's Message

Exciting stuff going on in Hollin Hills:

- **The Friends of Hollin Hills** has been approved by the IRS as a 501(c)(3) organization. Here is what that means. The Friends were formed to educate the public about the Hollin Hills Historic District, and to help preserve it as a national historic resource. So, as of now, people can make tax-deductible contributions to the Friends of Hollin Hills, and those funds will be used to promote and protect Hollin Hills through education and preservation. The CAHH will still be responsible for the maintenance of the parks, because the CAHH owns them, so please don't give your annual membership dues to the Friends. That would cause a problem. But beyond that, you might consider putting the Friends on your annual list of charities with the assurance that your gift is completely tax deductible.

- **Meetings re: Restrictive Covenants and FFX HOD.** As you will see elsewhere in this Bulletin, we had our Spring general membership meeting at Sherwood Hall Library a few days ago. The main subject was to learn about The Fairfax County Historic Overlay District, of which Hollin Hills may qualify to become a part. The main point of such a designation would be to preserve the mid-century modern architecture for which Hollin Hills is known. Here's how it would work. An agreement would be reached between Hollin Hills and Fairfax County as to the architectural aspects to be preserved, and, upon designation of the Board of Supervisors, the Architectural Review Board (ARB) of the county would review and need to approve external changes to property that require a permit for construction or alteration. It does mean dealing with the ARB when *(continued on pg. 6)*

President's Message *from page 5*

a project requires a permit, but the need for permits exists right now. It would preserve a major asset for us, since we are unique in the size of the collection of mid-century modern homes on the east coast, and this would prevent destruction of the original architectural design intent of the community.

We have scheduled two more meetings on this subject, both at Whitman Middle School. The first will be on June 7 at 7:30pm to discuss changing the restrictive covenants which, we learned during the trial last year, are ambiguous in several respects and

which should be clarified. The meeting will deal with both the proposed changes and the process to achieve them. The second meeting, on June 21 at 7:30pm, will have Dan Storck, the Mount Vernon Supervisor, attending, as well as at least one representative from the county to help educate us on the HOD process. As at our meeting this past Monday, I intend to invite the entire neighborhood to attend, since this affects every home owner in Hollin Hills, not just the CAHH. Please plan to attend.

—Gus Matson, CAHH President

Design Review

About the DRC

The Civic Association of Hollin Hills DRC meets monthly to offer homeowners guidance about potential exterior property renovations and whether those desired renovations are in harmony and conformity with the association's Design Review Guidelines. All DRC-approved projects are subject to and must comply with Fairfax County building regulations, policies and codes. Homeowners should complete appropriate County permit processes prior to the start of any renovations.

DRC Activities in May 2017

The Design Review Committee (DRC) met on Wednesday, May 10, 2017, at Sherwood Regional Library. Members present included Frank Collins (Chair), John Burns, John Nolan, Ginnie Wallace and Ken Wilson

• **2100 Pickwick, Kinzer residence:** The DRC approved as presented plans for a screen porch facing Paul Spring Road. The porch is to use charcoal gray screening, with flashing, fascia, trim, and siding to match the existing home.

• **7401 Recard, Segura residence:**

The committee took a preliminary look at the homeowner's plans for a backyard shed. The DRC commented favorably on the various modern designs he presented and advised him to check with Fairfax County about regulations governing height/set-back requirements.

• **7507 Elba, Morris-Kropf residence:** Conceptual approval was given to a landscaping project presented by the homeowner's. Before moving to final approval, DRC asked the homeowners to provide additional information about the height of a proposed front yard wall and the amount of possible light spillover from overhead "moon" lights intended to illuminate the driveway.

Next meeting

The next DRC meeting will be on Wednesday, June 14, 2016, 7:30pm at the Sherwood Regional Library, Sherwood Meeting Room, (2501 Sherwood Hall Ln, Alexandria, VA 22306).

—Chris McNamara



Healthy Eating

As we move into the crucible that is a DC summer, let me offer some tips to help keep cool. Late spring/summer is marked by longer periods of daylight and increasing temperatures so qualities in the atmosphere begin moving more toward light, hot, sharp, and spreading. Think about July and how damp heat creates a stickiness in the air, or how thunderstorms tend to have a sharpness to them as they can come upon us quickly and move on in a literal flash.

Even though most of us are in and out of air conditioning, we can still be affected by the heat of summer. Spend too much time outside in the middle of the day and we become tired or irritable, get rashes or hives, and possibly feel dizzy from dehydration. Making sure you have enough liquids is essential. Water is great, but you can also integrate a little (2-4 oz at most) aloe juice in the morning or a coconut water or iced tea later in the day. The aloe has gentle cleansing properties, the coconut has potassium, and iced tea provides bitter and astringent qualities from the tea leaves.

Focusing on cool, bitter, sweet, and astringent tastes in our food can help, too. If you like fruit, it's probably the most excit-

ing time of the year. Berries come out in full force—

blueberries, strawberries, and blackberries. They are the definition of cool, sweet and astringent! Maybe melons are your thing – grab some watermelon, honeydew or something fun like a Canary melon. Just remember to eat your fruit about 30 minutes before anything else. Fresh fruit is digested faster than other foods and can create digestive discomfort if mixed with other things, especially milk products. Speaking of digestion, while the fire of summer is high, our digestive fires are higher than usual and, as a result, eating more fresh, raw foods is tolerable this time of year, so bring on the salads.

It's also time for summer veggies like tomatoes, cucumbers, zucchini, green beans, and corn. If you're a gardener and have these handy, pick and eat them fresh. If you're more of a grocery store or farmer's market forager, that's fine too—just opt for the freshest choice you can find. Even asking when the tomatoes came in, or looking at country of origin can help you suss out freshness at the grocery store (e.g. tomatoes from New Jersey are probably fresher than those from Mexico. *(continued on pg. 6)*



Healthy Eating *from page 5*

Cucumber and Tomato Salad (serves 2)

With a mandoline or very sharp knife, thinly slice a cucumber into rounds, skin on. Slice a tomato in half, and then slice each half into thin crescents. Lightly season with a tsp. each of salt and pepper and a healthy dousing of good quality olive oil and white wine vinegar. Allow approx. 30 minutes to marinate in the fridge and it's ready to go. Add some crumbled feta, cooked orzo, and sliced kalamata olives for a more complete meal.

—Claudia Crowder

Claudia Crowder is a certified Ayurvedic health counselor. Ayurveda is the traditional system of medicine of India.

A RECYCLING "DID YOU KNOW?"

Did you know that recycling or composting those paper cash register receipts is *not* a good idea? Most are printed on thermal paper using heat, not ink. This requires a fairly large infusion of BPA, which is considered an endocrine disruptor, especially harmful to

children and developing fetuses. When those receipts accumulate in the recycling with other kinds of paper, they potentially end up in products like shopping bags—or even toilet paper—a more intimate contact with the chemical than you want. Granted, these receipts make up a small percentage of our waste paper, but we might as well do it right—throw them in the regular trash.

POETRY MONTH AT THE BOOK CLUB

The May meeting, held at the home of Louise Wiener, focused on poetry reading, from Shakespeare to A.E. Housman. The highlight, however, was the poems written by book club member Elisabeth Egghart and recited by her from memory. We have at least one talented poet in our midst.

The next meeting will be at 2pm, on June 7, at the home of Bea Bobotek, 2102 Mason Hill Drove. We will discuss a new book by Kati Marton, *True Believer: Stalin's Last American Spy*. All are welcome to attend.

—Bea Bobotek



OUR BIG HOLLIN HILLS CELEBRATION IS COMING!

THE PARADE

Decorate your bikes and wagons in red, white, and blue or put on your walking shoes and join our festive community parade down Paul Spring Road. If you don't plan to be in the parade, please come out along the parade route and cheer the participants.

The parade starts at 11am, on July 4, at the corner of Rebecca and Paul Spring Roads and ends at Voigt Park, the picnic site. Please note that parts of Paul Spring Road will be closed to cars between 11am and noon to accommodate the parade.

The picnic starts at 11am, on July 4, at the corner of Paul Spring and Rippon Roads, for our Fourth of July Picnic, a long-standing Hollin Hills tradition. The Civic Association provides hot dogs, beer, and soda. Attendees are asked to bring salads, side dishes, or desserts to share. Please make enough for eight people.

THE PICNIC

The Mount Vernon Community Band, which was unfortunately rained out last year, will provide rousing patriotic music. We also will have the traditional pony rides, and lots of games and races.

Newcomers who have not yet joined the Civic Association and residents who need to renew their membership can do so at the membership table at the picnic.

Please note that there will be no rain date for the picnic.

BEFORE, DURING, AND AFTER

Lots of volunteers are needed to make this event a success. Jobs include but are not limited to: set-up, clean-up, judging contests, organizing games, and cooking hotdogs. If you are able to help please contact Susmita Dastidar, Social Chair, at 703-660-5938 or dustbin114@gmail.com.



Scenes from past 4th of July festivities. The cast of characters might change a bit from year to year, but the fun remains the same.

Classifieds

HELP WANTED: Volunteer(s) to take over as Recommendations List coordinator(s). Barbara Bogue and Kathy Siekel, who currently do this job, need to move on to other activities, but will be glad to show you the ropes. Contact Barbara Bogue, barbarabogue@gmail.com, to learn more about what's involved.

HH HOUSE WANTED: Megan Barnett, original resident of Beechwood Road (1953) wants to move back to Hollin Hills after travelling the world. She is looking for a house that she can renovate. Please email meganelene@gmail.com or call her 202-341-4606 if you're interested in selling your house in the next 6 months. —Submitted by *Wendy Kilpatrick*

HOUSESITTER AVAILABLE: Neighbors, My sister, Liz Weaver Casazza, a former Hollin Hiller, would love to house sit with her family in July or August. She is happy to tend plants, take in mail, feed kitty, and keep your home lived in while you relax on holiday. You can get in touch with her directly and talk over any needs or concerns you may have. Her email is lcasazza204@gmail.com, and her cell is 1-315-440-1971 —*Sally Collins*

RECOMMENDED

LANDSCAPE, YARD MAINTENANCE: Lopez Landscape & Lawns (571-220-8979 or lopez-landscape@hotmail.com). Luis Lopez and his crew have taken care of our yard for more than 20 years. Their work is always beautiful and prices are competitive. Services have included everything from weekly mowing to leaf raking and everything in between. When we want to make a change in the yard, Luis is often the first person we talk with. He has helped design our gardens, maintain and improve our lawn, and recover from disasters big and small. When a clogged/broken sewer pipe resulted in the digging up of our back yard, Luis came and helped move precious maple trees and azaleas so that we didn't lose any

plants. After the sewer pipe was fixed and the yard had been destroyed by the plumbers, Luis and his crew worked long and hard to recover the yard, which is now beautiful again. When we needed trenching for electrical work, they worked with the electrician and one week after the work was completed you could not tell the lawn had ever been dug up. For any lawn or landscaping work, from weekly mowing to garden planning and leaf raking, and much more, we whole-heartedly recommend Lopez Landscape & Lawns.—*John & Patricia Toner*

TREE SERVICE: Moore&Wright (service@mooreandwright.com or 703-619-9070), did an excellent, very professional job of removing an enormous triple-trunked oak from a very hard to reach part of our yard. Their extra-tall crane (equipment that many tree companies do not have) was operated in an amazingly skillful way by Mr. Wright himself. Large tree removal is expensive, but their price was in line with two other estimates and considerably less than another company's price. Their expertise was evident as they safely and efficiently cut, lifted, and removed huge tree parts without damaging a single bush. Afterward, their crew cleaned up every bit of debris. —*David & Barbara Shear*

FURNITURE RESTORATION: David Rickard and Jeremy Fair turn potential 50-year-old curbside pickups into mid-century modern treasures that match the furnishings in their new homes. We acquired a shabby, dirty MCM Milos Baughman chair that the children cleaning out their parents' house wouldn't even touch. David and Jeremy to the rescue! They cleaned the wood legs, re-webbed the bottom, re-covered with burgundy resilient upholstery fabric, and transformed the now-our chair into a functional part of our living room that matched the rugs, other furniture AND our mid-century modern house! You can reach David Rickard (D&R Restoration and Upholstery) at drefinishing79@gmail.com or 571-437-9255 and Jeremy Fair (grandson of the Weiners on Lisbon Ln.), at jfair@fairauctionco.com or 703-347-5088. —*Michael & Wendy Kilpatrick*