

NOVEMBER 2017

HOLLIN HILLS BULLETIN



**CIVIC
ASSOCIATION
MEETING
DECEMBER 7**

SAVE THE DATE

ANNOUNCING THE CAHH BOARD CANDIDATES

I am happy to report that we have a good group of candidates for all of the open officer and director positions on the Civic Association Board for the coming year. Here is the rundown:

- **VICE PRESIDENT:** Chris McNamara is running for a second term.
- **MEMBERSHIP CHAIR:** Marinka Tellier is a candidate to replace outgoing Linda Benson.
- **SOCIAL CHAIR:** Susmita Dastidar is running for another term.
- **PARKS LIAISON:** Bob Kinzer is running for another term.
- **TREASURER:** Scott Weidenfeller is running to finish the

current term of treasurer, which has been vacant for the past year.

In next month's Bulletin we will provide some further information about these fine folks.

In the meantime, if you are interested in running for any of these positions, it is not too late to become a candidate. If you indicate your interest to the CAHH Board and send a brief bio and photo to the Bulletin at barbshear@verizon.net by November 15, your candidacy will be published in next month's issue. You could also announce your interest at the membership meeting on December 7, the day of the election. We encourage community service. It is good for everybody.

—Gus Matson, President, Civic Association of Hollin Hills



John Nolan was an enthusiastic and convincing spokesman for Friends at the recent Oktoberfest.

FRIENDS OF HOLLIN HILLS IS UP AND RUNNING!

As many of you have heard, Friends of Hollin Hills is now official and busily planning its future projects. A new 501(c)(3) charitable organization, Friends is dedicated to preserving, enhancing, and educating the public about our historic neighborhood. You can find more details on page 7 of this Bulletin or in the recently distributed Friends flyer.

Friends had a successful debut at the CAHH Oktoberfest, where we offered engraved Friends of

Hollin Hills glasses to donors, distributed brochures, and began raising funds toward our December 31st goal of \$20,000.

The first Friends project is to build and install attachments for the Hollin Hills entrance signs indicating that this is a Historic District on the National Register of Historic Places. Friends board member John Nolan, who is also a member of the DRC, is leading the charge on the design.

Friends of Hollin Hills will host its first fundraising event—a cocktail party and silent auction—on November 11, at 6pm, at one of the community's iconic homes. You can make the suggested \$50 donation and RSVP online at friendsofhollinhills.org. Additional details will be provided by email after you reply.

This event will be a great opportunity for everyone to socialize with their neighbors, learn more about Friends of Hollin Hills, and support the preservation of our neighborhood—all at the same time.

Caroline Space, whose photos were featured in the 2016 House and Garden Tour brochure, has agreed to speak at the party about her thesis photography project, "Forest of Lorien," which features beautiful photographs of our neighbors, neighborhood, and architecture.

There are already some great items slated for the silent auction, but the more the better! If you have something to contribute to the auction, such as art, pottery, vintage collectibles, or services, please contact us at friendsofhollinhills@gmail.com.

All the Friends board members are excited about this new opportunity to support and preserve our neighborhood. We hope you'll join us by donating, volunteering, and attending our events.

—Christine Hooks, Chair, Friends of Hollin Hills

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 Riggin	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 Ellen Rydell at 703-768-3442.

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.hollin-hills.org

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

Quick Takes

WELCOME!

We say a warm hello to Joan Osgood, retired music teacher, who left Greenwich, Connecticut, to make a new home for herself and her dog at 7315 Rebecca Drive. As a musician and artist, Joan is looking forward to checking out local music events. —JJ Klein



NEWS OF OUR SCHOOLS

• **Veterans Day Ceremony:** Hollin Meadows Elementary School will honor Veterans Day with a ceremony to be held in front of the school on Friday, November 10, at 8:30am. As neighbors of the school, Hollin Hillers are welcome to attend this event.



• **Math Game Night at HMES:** The STEM Math Game Night in September attracted many Hollin Hills families. The PTA, along with the local Mathnasium Center, hosted this event in order to engage whole families by getting them to enjoy a STEM (Science, Technology, Engineering, Math) experience together. The night included math games, raffle prizes, and a delicious dinner provided by Noodles & Company.



—Jane Runnels

HH kids and their parents at Math Game Night (from top): Gavin Young and Sayla Runnels look like winners; Zak and Harris Lokmanhakim, Alyson Burgess, and Jovi and Eva Medic at the STEM dinner; Lalita Stromayer tackles a math problem with her mom, Susmita Dastidar; Zoe Runnels and Mavis Harrison smile for the camera while William Crooks checks out the prize table full of fun math games.



CALLING ALL GARDENERS

The Hollin Hills Garden Club has been on hiatus for a few years, but there's been a lot of interest in reactivating the group. We'll be having an organizational meeting on Wednesday, November 15, at the home of Kari Larson, 7316 Rebecca Drive, at 7pm. We'll make a plan for future meetings and accept nominations for leaders. Please bring your ideas for speakers, topics, and field trips.

—Paige Totaro

OH, PIONEERS!

A wide range of people call Hollin Hills their home—from newcomers to long-timers, young families to retirees—and this mix greatly enriches our community. It was wonderful to see many new faces (including lots and lots of children) at the Oktoberfest. At the other end of the spectrum is another noteworthy group. They are folks who became Hollin Hillers in the 1950s or, in a couple of cases, even earlier—in 1949 when the very first families arrived. Some came as suburban pioneers; some were born here and stayed; and some of that second generation grew up in Hollin Hills, moved away, and then returned.

A while back, Mary-Carroll Potter decided to compile a list of all those “longest-timers.” The list has since grown, thanks to the efforts (and good memory) of Wendy Montanari Kilpatarick, herself of that second generation.

It now includes (alphabetically): William Phillips Brown (1957), Arnold and Margaret Edelman (1957), Thomas and Eleanor Fina (1957), *(continued on page 3)*

Quick Takes *from page 2*

Marjorie Hemmendinger (1950), Tony Jordan (1950), Peter Keir (1953), Wendy Montanari Kilpatrick (1950), Peter Martz, Naomi Medvin (1953), Eric Merrifield, Roger Miller (1954), Judy Rosen (1953), Lee Salsbery (1959), Bobbie Seligmann (1952), Mark Shapiro (1952), Michael Stanges (1949), Eleanore Turpin (1952), Suzanne Vance (1952), Barbara Wade (nee Babb), and Virginia Wallace (1954).

Barbara Wade reminisces, "I moved in [on Rippon Road], with my parents and two older brothers, in January 1950. We were the third family to move in—on the day the water was turned on. Two families moved in without running water, but my mother, with three children, didn't want to do that!"

We're curious to know if there are others of you who qualify for the list. Or perhaps you have early days stories to share, or know of others who also qualify as longtimers. If so, the Bulletin would like to hear from you.

MAKE A DIFFERENCE: BE A VOLUNTEER TUTOR

The Volunteer Learning Program (VLP) of the Fairfax County Public Schools needs more volunteers to tutor individually or in classes in the Nontraditional Schools Programs, helping students to achieve their academic goals.

Daytime tutors are needed in schools to support their students; daytime, evening and weekend tutors are needed to meet with adult students at adult high school sites or public libraries. At least 60-90 minutes a week is requested in subjects including ESOL, reading, writing, science, and math. The VLP staff will find a day, time, and location convenient for each volunteer. Tutor training, materials, and professional support are also provided.

Teaching experience is not necessary, but a high school diploma is required, and college is preferred. The school system also requires a FCPS background check for all volunteers.

To become part of this program, call VLP at 703-503-6412, or email Michele Armstrong at marmstrong@fcps.edu.

A NEW BOOK FROM IAN ROBERTS

Congratulations to Ian Roberts of Rippon Road on the publication of another handsome book of photographs and commentary from his extensive travels. *Our Viet Nam: A 12-year-old Visits His Birthplace* contains 244 beautiful color photos depicting the unforgettable journey his family took with their son, Kevin, to his original homeland. Ian's first book, *Hidden in Plain Sight: Moments of Beauty* featured his photos taken around the world. He can be reached at templerian103@gmail.com if you'd like to take a look at the books or want more information about them.

OCTOBER CAC MEETING

At the October meeting of the Citizens Advisory Committee of the Mt. Vernon District Police (CAC) the Police Department introduced our new Station Commander, Captain Matthew Owen. Captain Owen's goals include increasing citizen safety, dealing with the complexities of urban expansion, and of course, fighting crime. He supports the use of license plate readers to free officers from being on constant lookout for "wanted" plates so they can concentrate on other duties. Captain Owen also hopes to strengthen good police-community relations through programs such as "Coffee and a Cop" and by having more police patrolling communities on foot.

A pilot project for the use of body-worn cameras by police in the Mt Vernon and Mason Districts was discussed. This 90-day pro-

A LETTER TO THE BULLETIN



Dear Hollin Hills Neighbors,

As you know, we have a vibrant and diverse elementary school in our midst—Hollin Meadows. Our children have access to small classes, outdoor education, caring teachers, and a wonderfully diverse student body. However, elementary schools rely on fundraisers to supplement their available funds, and the capacity of our area schools for fundraising varies greatly.

To put it in perspective, my son attends Stratford Landing, and their fundraising goal is \$60,000. Last year they surpassed their goal and raised \$75,000. My daughter attends Hollin Meadows, which aims to raise just \$10,000 with their fundraiser this year, and will be lucky to get close to that goal. This then results in differences in resources, field trips, clubs, classroom activities, and more.

It would be wonderful if you would consider helping Hollin Meadows meet its goal this year. I know that every single dollar will be put to good use for our students. I just made a donation, and I hope you will join me! You can see more at:

<https://www.gofundme.com/score-for-hollin-meadows>

If you prefer, you can make out a check to **Hollin Meadows PTA** and drop it off at my house, 2209 Whiteoaks Drive.

—Katy Weidenfeller

gram will start as early as January 2018. Resulting data will be analyzed to determine the effectiveness of the cameras in reducing the use of force and in fighting crime.

Come join us to learn more about the Mt Vernon Police. CAC meetings are held at the Parker's Lane facility on the second Tuesday of each month, at 7pm. Community Liaison Monica Meeks will speak at the next meeting.

—Laura Wirkkala

WANTED: REPORTER WHO'LL WORK JUST FOR FUN

Many thanks to Mary-Carroll Potter who, in the past few months, has introduced us to some of our community's "Notable Neighbors" in a column of the same name. Unfortunately, Mary-Carroll can not continue this project, so we are looking for a person (or persons) who would enjoy taking on the assignment on a regular or occasional basis. The pay is non-existent, but your reward would be in the pleasure of meeting fellow Hollin Hillers and writing about their unique backgrounds and impressive accomplishments. If you don't aspire to be a writer, but can suggest a notable neighbor or two who would make good future subjects, we'd like to hear from you, too. Please send your replies to barbshear@verizon.net.

Emerson N. Pugh, physicist: "If the human brain were so simple we could understand it, we would be so simple we couldn't."

Design Review

The Design Review Committee (DRC) met on Wednesday, October 11, at Sherwood Regional Library. Members present included Frank Collins (Chair), John Burns, and Ginnie Wallace. The DRC reviewed, discussed, and approved the following homeowner projects during the meeting:

- **2400 Elba Court, Crowell residence:** The DRC reviewed plans for a new shed and provided guidance on several landscaping items with homeowner. The committee approved the plans as presented.
- **2321 Kimbro, Wilson residence:** The committee discussed the homeowner's plans for replacing a roof damaged by a fallen tree. The DRC approved in concept replacing the existing tar and gravel roof with a membrane roof pending the homeowner providing detailed photo documentation of the roof damage and roof sight-lines, and information about replacement roofing materials.
- **2311 Glasgow, Gorsuch residence:** The DRC reviewed homeowner plans to build a shed in the backyard of the property. The committee determined the shed design as presented is acceptable under harmony and conformity guidelines. However, the DRC has some concerns about whether the proposed siting of the shed will

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.](#)

comply with Fairfax County setback requirements for accessory structures over 8-1/2 feet tall. The committee conceptually approved the project pending proof from the homeowner that the shed placement is permissible under county regulations.

Next Meeting

The next DRC meeting will be on Wednesday, November 8, 2017, 7pm, at the Sherwood Regional Library, Sherwood Conference Room 1, (2501 Sherwood Hall Ln, Alexandria, VA 22306).

—Chris McNamara

Looking Back

TRANSPORTATION STORIES: PART I - BEACON FIELD AIRPORT

You're all familiar with Beacon Center Mall and Hybla Valley Mall, right? They thrive on lots of flat land. So did something else: an airport. At one time we had not one, but two airports arrayed along Route One, just west of Hollin Hills, and north and south along the highway. This article recounts one of them—Beacon Field Airport.

The Beacon Field story began in 1848, when Benjamin Barton II, an Alexandria jeweler, bought a 74 acre tract of land on a high point along then-called "Richmond Road" and built his country estate. His grandson, W.F.P. Reid, enlarged the estate to 204 acres (Richmond Highway on the east, Memorial Street on the south, Lenclair Street and South King's Highway on the west, and just below Franklin Street on the north.) The antebellum building burned in 1914, so Reid constructed a stately, 25-room "antebellum" mansion to replace it. With its high-elevation (240 feet asl) panoramic view of Alexandria and the Federal City beyond, its name "City View" was aptly chosen.



Richmond Highway, now named U.S. Route 1, was by 1920 the major north-south highway on the East Coast, carrying traffic from New York and Philadelphia to Richmond and on south. Commercial establishments thrived on both sides of the highway to cater to this traffic—motels, restaurants, gas stations. But outside this developed strip, the area was undeveloped and mostly dairy farms. Reid and two others decided to develop a large-scale dairy farm on the estate—one big "cow pasture." Mount Vernon Dairy served the area for years.

Reid was also an aviation enthusiast, and in the mid-1920s he opened part of his "cow pasture" to other flyers. This sod field was first known as Groveton Flying Field, and was a hangout for local and junketing pilots and their planes. At last three flying service groups leased space for pilot training, rides, aerial photography, acrobatic shows, plane leasing and servicing, and plane storage.

The field took on a more formal role when the U.S. Department of Commerce in 1928 selected it for locating a navigational beacon, useful both for guiding ships plying the Potomac River and air mail pilots on night flights along the Washington to Atlanta corridor. Airway Rotating Light Beacon, Marker 55 had a unique signal so observers would know exactly where they were along their routes.

W.F.P. Reid, chaired the Fairfax County Board of Supervisors from 1927 to 1939. From this position he advocated for an international regional airport to be located in Fairfax County. The existing Hoover and Washington Fields, located roughly where the Pentagon sits today, were too small to handle next generation airliners. In 1931 Reid oversaw the creation of Beacon Field on his land, *(continued on page 5)*

This undated photo of Beacon Field Airport and the one above are taken from a website for Paul Freeman's book, "Abandoned and Little-Known Airfields: Virginia, Southeastern Fairfax County." Other information was gleaned from the Fairfax Library's Virginia Room.

Beacon Field Airport *from page 4*

and it was licensed by the State in 1932. It contained two sod runways, a north/south one 1,200 feet long and an east/west one 1,500 feet in length. The City View mansion was utilized as a hotel and restaurant. Flying services stressed civilian pilot training and storing and servicing private planes. Among the notables who learned to fly and stored their planes here was Arthur Godfrey, then a local radio personality and later an early TV icon.

From their beginnings, air fields in the region were private ventures. The Air Commerce Act of 1926 formalized restrictions on government financial involvement in the development of airports. From the late 1920s to 1938 Congress had debated change in this through the formation and location of a national airport for the DC area. There were multiple committee reports but no legislative action. Reid's was one of 49 proposals to Congress by local fields for consideration as the national airport. Nine fields made the final cut, five in Maryland and



four in Virginia, including Beacon Field. Chafing under Congressional inaction, FDR used a Congressional recess to push the Civil Aeronautics Administration (CAA) to make a decision, along with his recommendation. Gravelly Point, was the winner and became the site of the new Washington National

Airport, and Beacon Field returned to its private pursuits. (Part of Gravelly Point remains along GW Parkway, just north of what is now Reagan National, as an area where plane spotters gather for *very* closeup views of take offs and landings.)

By 1938, the Civilian Pilot Training Program was an important component, preparing pilots for military air service given the likelihood of US entry into WWII (the Air Force required prospective pilots to have attained a private pilot license before enlisting). In 1942 the Navy took over the field as a locations for training of Naval Aviation Cadets.

After WWII, and through the Korean War, the again private field catered to military pilots using the GI Bill to further their flying skills. Many found jobs with commercial and passenger airlines. In 1946, the CAA located its Region One Aviation Safety District Office at Beacon Field, where they ran flight certification exams.

With the end of the GI Bill and encroaching suburban development, Beacon Field faced Groveton community opposition over safety concerns (for instance, several accidents occurred and an elementary school was located near the end of one of the runways). The Airway Beacon was removed by the US Government in 1957, then the community won its battle, and the Reids closed the field in October 1959. It took a Virginia Supreme Court decision to allow a commercial mall to be the new land use, but once approved, a Giant Supermarket was built alongside the runways, and the rest of Beacon Mall Center followed. A state historical marker (*shown at left*) was installed in 2009 at the south end of the mall.

—Scott Wilson, *Hollin Hills Historian*

Notable Neighbors

Changes are underway outside the house on Martha's Road opposite the Charles Goodman Park entrance. Walking by, I wondered what those new neighbors on the hill were doing to the front garden beds. I decided to investigate, and this is what I found out.

Last year, when Simon Malcomber and his wife, Claire Hemingway, bought that house, they were attracted by the mid-century modern architecture and the floor-to ceiling windows, but the thing that clinched their decision to move to Hollin Hills was its feeling of calm serenity. As Simon explained, "As soon as you turn the corner onto Paul Spring Road and are surrounded by tall trees, you feel a million miles away from DC and the rest of Northern Virginia."

This year, Simon and Claire are busy preparing their garden beds and planting native plants such as big-leafed magnolia (*magnolia macrophylla*), Carolina allspice (*calycanthus floridus*) and sensitive fern (*onoclea sensibilis*). They both admit they are not fond of mowing lawns, but that's not the reason they chose native plants. They are in the process of establishing a woodland garden, one that will enhance the local ecosystem and encourage more wildlife to their property. They are already seeing the benefits: the perennial cardinal flower (*lobelia cardinalis*), they discovered, is a magnet for ruby-throated hummingbirds (*Archilochus colubris*) in July and August, and the red fox (*Vulpes vulpes*) enjoys the juicy worms and small rodents found in their rich soil.

It is appropriate that this article contains a smattering of Latin names for flora and fauna, since Simon and Claire

are both trained biologists, and both are Program Directors at the National Science Foundation. Simon helps manage programs that fund research for documenting the diversity of life on this planet and how

this biodiversity is related. Claire works in the Office of International Science and Engineering, where she helps facilitate new international partnerships between the United States and science-funding agencies abroad.

Simon was born in the U.K. in Stockbridge, not far from Highclere Castle (aka Downton Abbey). He has a PhD in Evolutionary and Population Biology from Washington University in St. Louis. Claire, who was born in Michigan, later lived with her family to Melbourne, Australia, for six years. and then moved to Alexandria, Louisiana. She received her PhD in Biological Anthropology and Anatomy from Duke University. The couple met and were married in Madagascar, in 1994.

We welcome Simon and Claire and hope this pair of biologists will advise us on what to plant to enhance the ecosystem—we already know it is definitely *not* ivy!

—Mary-Carroll Potter



Claire Hemingway and Simon Malcomber

News from Our Parks



What are those ribbons and tags in our parks and what should we do about them?

This fall, Fairfax County's contractors have been working in our northern parks, namely Paul Spring, Voigt, McCalley and Goodman. They have been flagging drainage ways, streams, and trees with a variety of colored ribbons and tags. **PLEASE DO NOT REMOVE THEM!**

This data, once it is captured by surveyors and integrated into their maps, will greatly inform the concept design(s) for improvements proposed for the Goodman Park erosion and hillside slippage.

The photo above illustrates one of the types of tree tags, the number corresponding to a survey data entry as to the size and species of the tree. The County's intent is to minimize removal or damage to trees in and adjacent to our parks. However, to do so, the contractor needs to know where those trees are located.

Our ivy trimming is paying off!

Wardens Lee Ann Kinzer and Barbara Liggett hosted a successful work party in Paul Spring Park on October 14 that was focused on removing ivy from the trees in that park. Some new volunteers joined park regulars in their efforts to remove the vines. A big thank you to Lee Ann and Barbara and their crew (Mary Ellen Gilman, Jamie Agnew, Bobbie Godwin, Andrew Keegan, Susan Kuhbach, Barry Pearson, Mary Tracy, Cory English, and Bob Kinzer) for all their hard work!

More opportunities to steward our parks

- Ongoing work parties will continue in Sutton Potter Park on two more Saturdays, from 10am to noon. The highest priority in this park, as in others, is freeing trees from vines, with the goal of freeing fifty trees this fall. The remaining fall work dates are November 11 and December 2.
- The focus will be on trail maintenance at the work party that will be held in Brickelmaier Park on Saturday, November 4, at 9am. Robert Fina, an experienced trail volunteer on the Appalachian Trail, has volunteered to teach us how to improve the park trail and with luck, solve the soggy trail conditions mid-park.

Looking for community service hours?

If you know anyone who needs community service hours for school or youth groups, please encourage them to join us in the parks.

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

AYURVEDIC EATING CHOICES TO MATCH THE SEASON

Claudia Crowder is a certified Ayurvedic health counselor. Ayurveda is a traditional system of alternative medicine from India. It seeks to treat body, mind, and spirit holistically, emphasizing diet, herbal remedies, exercise, meditation, breathing, and physical therapy.

The signs of autumn are here—shorter days, leaves turning color, chill to the air. Autumn signals the end of summer fire as windy, cool fall begins. From an ayurvedic perspective, a favorite way to consider the change is to watch the leaves. The residual fire from summer pushes heat out, rendering them brilliant shades of fire, drying and lightening them so the wind can knock them down.

Similarly, if we have excess heat in us from summer, as autumn winds settle in we can feel the effects. It can lead to increased dryness throughout the body, particularly in mucous membranes and skin. Oiling pre-shower can help retain moisture in the skin. As the amount of sunlight begins to dwindle, there is an increase in digestive fire as our bodies prepare for winter. As we move from fall into early winter the harvest becomes heartier. Our ancestors upped their intake of meat and fats which needed more fire to digest.

Focusing on warm foods and those that are sweet, sour, and salty can help balance the cold and dry qualities of what's happening in nature. Moving from iced beverages to their warm counterparts will help the transition. Teas can be astringent, so include sweetness and warmth from honey to balance that. Similarly, if you are a coffee drinker add some milk (dairy or non-dairy) and a dash of cinnamon. Those little changes can go a long way. Using good quality oils

like toasted sesame and olive will help combat dryness. Meat (if you don't eat it, consider mushrooms as an alternative) is a great way to get a quality of heaviness into the body to balance the lightness of wind. Farmer's market finds this time of year will bring many varieties of apples, root vegetables, and squashes. That adage about an apple a day is one to consider seriously in autumn. Some apples are sweet and juicy and some are a little sour and tart. Both are optimal. Soups are also a great choice for autumn meals. They are a good way to get warm veggies and oil into your diet.

Butternut Squash Apple Soup Serves 4

- 1 medium butternut squash (buying precut will save time)
- 1 medium apple (try a Pink Lady)
- 1 medium onion
- 3 cloves of garlic, skin removed, slightly crushed
- 1 can coconut milk
- 1 tsp each: ground ginger, ground cinnamon, ground cardamom

Preheat oven to 400 degrees. Slice apple and onion into thin wedges. Toss the cut butternut squash, apple, and onion with olive oil, salt and pepper. Roast 20 minutes until the flesh is fork tender. During the last 10 minutes, add garlic cloves to the baking sheet. Remove from oven, let cool. In a blender, combine squash, onion, apple, garlic, coconut milk, spices and salt. Puree until smooth. Taste and adjust seasonings if necessary.

—*Claudia Crowder*

INTRODUCING Friends OF HOLLIN HILLS

What is Friends of Hollin Hills?

Friends of Hollin Hills (Friends) is a new 501(c)(3) charitable non-profit organization dedicated to preserving, enhancing, and educating the public about our unique neighborhood, recognized by the National Register of Historic Places in 2013 as the Hollin Hills Historic District.

Friends is separate from and independent of the Civic Association of Hollin Hills (CAHH). Friends was formed by a group of concerned Hollin Hillers in order to ensure that there are sufficient resources to preserve the neighborhood for years to come.

Hollin Hills Historic District? What's that?

The National Register of Historic Places and Virginia Landmarks Register recognized our neighborhood as a nationally significant historic district for the pioneering modern architecture, natural siting, and landscape design of the original 326-acre Hollin Hills residential development, begun in 1949. These elements endure today in the 483 houses and 31 acres of parkland that currently comprise the Hollin Hills Historic District.

How does Friends differ from the Civic Association?

CAHH is a membership-based social organization, formed in 1965 to promote the common good and welfare of the people in the community of Hollin Hills. CAHH is responsible for the maintenance and upkeep of common property on behalf of our neighborhood through the CAHH Board and Officers. CAHH continues to rely on your membership dues to meet these responsibilities.

Both CAHH and Friends share the common goal of preserving and enhancing the Hollin Hills Historic District; but there is a key difference between the two organizations. Because Friends is devoted entirely to charitable and educational purposes, it has been granted 501(c)(3) status by the IRS. Contributions to Friends, which are separate from CAHH membership dues, are therefore tax deductible.

Friends' initial goals are to help raise funds to go towards community supported projects that help to preserve and enhance our Historic District.

To start, CAHH and Friends have signed an agreement defining roles and responsibilities and helping to ensure that both continue to serve the neighborhood and preserve and enhance the Historic District. With donations already in hand, Friends has set a goal to raise \$20,000 by December 31.

How will Friends spend the donated funds?

Many ideas have been suggested that will help preserve and enhance the Hollin Hills Historic District. Friends has established four initiatives that capture many of these ideas:

- Education of the Public
- Architectural Preservation
- Parks Preservation
- Neighborhood Amenities

If you have ideas for ways Friends can help preserve, enhance, or promote our historic neighborhood, please let us know!

How can you help?

In addition to paying your annual membership dues to the CAHH, please consider giving to Friends. Contributions to Friends are tax deductible. Use the donation form below or donate on line at friendsofhollinhills.org.

Look for fundraising and educational events in the coming months. Please join us (and help us plan as well).

Board

*Christine Hooks
Elisabeth Lardner
John Nolan
David Shear*

Advisory Board

*Brian Hooks
Gus Matson
David Rivera
Martha Schumacher*

PLEASE DONATE TO Friends

Join your neighbors and help Friends meet its goal of raising \$20,000 by December 31st!

Name _____

Address _____

Email _____

Amount \$ _____

Check enclosed, made out to **Friends of Hollin Hills**.

Credit card

No. _____

Exp. Date _____ Code _____

Signature _____

Please return to: Friends of Hollin Hills
1600 Paul Spring Road
Alexandria, VA 22307