

HOLLIN HILLS BULLETIN

MAY 2019



A MESSAGE FROM THE CAHH PRESIDENT

Join! Renew! Here's how:

Spring has arrived—a time of beauty, hope, and renewal. And speaking of renewal, here's a shameless plug to renew your Civic Association membership! Springtime is membership time! Membership applications have been mailed to the entire community. You can also renew (and newcomers and non-members can join) online at our home page, under the "Civic Association" tab: <https://www.hollin-hills.org/civicaassociation/>. If you prefer to apply by mail but have misplaced the form, there's a printable one at that the same location.

A busy April—did you participate?

This past month we had an informative spring membership meeting (*minutes on page 5*). Also, the Friends of Hollin Hills held two more programs, "Working with the Design Review Committee" (*see page 5*) and "Understanding the Covenants." These events concluded their four-part spring education series. I hope you were able to attend at least one of them.

HOD study team formed

Meanwhile, the survey of Hollin Hills by the county's historic preservation planners

continues. It is part of the ongoing process for creating an Historic Overlay District (HOD) to preserve the unique architectural design of our community. The county staff is also forming an HOD study team that will include Hollin Hills members who will have an important imprint in the final HOD plan. We hope the study will be completed by late summer so a final proposal can be brought to the entire community for discussion and approval sometime this fall. Stay tuned!

Preparing for stream restoration

In May, Brickelmaier Park will be a primary focus in Hollin Hills. It is the wooded area between Popkins Lane and Paul Spring Road. A stormwater drainage survey by Fairfax County is in process there. There will be a resident walk-through with county staff on Saturday, May 18, followed by a public meeting on Monday, May 20, to get community feedback. See page 4 and future Bulletins for further information.

Make time for some fun

Both the Hollin Hills and Hollin Meadows Pools will open at the end of May—the first real signs of summer!

—Patrick Kelly, CAHH President

FEEDING THE FOXES? PLEASE DON'T!

It is not news to any Hollin Hills residents that foxes have become very common in our community. Hardly a day goes by that I don't see one, and often two, in my walks around the neighborhood. The good news is that they help to keep our rodent population in check. And, for the most part, they turn and run away when we approach them.

However, these handsome, cat-size, wild animals are being fed by some well-intentioned neighbors who seem to take pleasure in "close encounters" with the foxes—feeding them by hand in some instances, or leaving food out, in others. I have seen many whole egg shells left by the foxes, that had been provided by humans.

Wildlife management specialists in Fairfax County warn against feeding wild animals, as that practice can have "unintended negative consequences." One of the main concerns is that feeding the foxes causes them to lose their natural fear of us, and they become too comfortable in our presence. Furthermore, if they associate people (*continued on page 2*)

If you are not a Civic Association member, why did we send you this newsletter?

In May, everyone gets the Bulletin! It's our way to remind you of the CAHH membership drive.

MEMBERSHIP IN THE CIVIC ASSOCIATION BENEFITS ALL HOLLIN HILLS RESIDENTS

- Membership dues support administration of our architectural covenants, provide funds for maintenance of Hollin Hills' 30+ acres of parks and common areas, and pay for insurance and other CAHH business expenses.
- Membership benefits also include receiving the Hollin Hills Bulletin (emailed to you monthly), the Directory (published every two years, with periodic electronic updates), and the current HH Recommended List.
- In addition, our membership dues allow residents to enjoy popular CAHH community social events such as the Winter Potluck, the 4th of July Parade and Picnic, and the Oktoberfest.

CIVIC ASSOCIATION OF HOLLIN HILLS (CAHH)

CAHH OFFICERS

President Patrick Kelly	405-1763
Vice-President Chris McNamara	660-9536
Treasurer Scott Weidenfeller	725-7894
Secretary Mohra Gavankar	815-919-3513
Membership Marinka Tellier	401-9736

DIRECTORS-AT-LARGE

Alan Barak	240-888-5735
Gino Madrid (Social)	202-549-6723
Tony Morris (MVCCA)	571-431-9711
Sally Watkins (Parks)	837-9654

CAHH COMMITTEES

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

(Also see Hollin Hills Archives below)

DESIGN REVIEW COMMITTEE (DRC)

Chair Andy Hight	869-2639
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

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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.

Bulletin Distribution problems:

• To add/correct/change your mail or email address, or if you have not received your digital Bulletin, contact Marinka Tellier, 703-768-8709 or tellim@hotmail.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 Register of Historic Places, and more.

Foxes *from page 1*

with food, they may become bold or aggressive towards us. This is particularly worrisome given the number of young children in our neighborhood who could potentially be approached by a fox expecting a handout.

Feeding wildlife, including foxes, has the potential for spreading diseases and infections and can also attract other animals that carry diseases. While it is rare for foxes to carry rabies, there have been reports of rabid foxes in Fairfax County. The wildlife specialists also point out that human food does not have the nutrients that wild animals need, and feeding them may impact their ability to get their food naturally through foraging and hunting. The best practice is to observe these animals from afar, frighten them off if they approach you, and refrain from feeding them for the health of the animals themselves and for the good of our community. *Please don't feed the foxes!*

For more information, see "Hunger Pains: Stop Feeding Wildlife" at fairfaxcounty.gov.

—Gretchen Spencer



Quick Takes

POPULAR ANNUAL POTTERY SALE COMING SOON

The annual Hollin Hills Pottery sale will take place on Saturday, May 11, from 10am to 12 noon. It will be held at 7616 Elba Road. Regulars know that this is always a good opportunity to buy unique, handcrafted items at a reasonable price.

THE HH YARD SALE MEANS FUN AND BARGAINS

The annual HH Community Yard Sale is a great place to hunt for bargains and treasures while enjoying a spring morning with friends and neighbors. It's held each year in the parking lot of the Hollin Hills Pool, on the corner of Paul Spring and Fort Hunt Roads. Be sure to stop by on Saturday, May 4, between 9am and noon.

NEWCOMERS ON BEECHWOOD

• Paul Feine and Amy Pelletier recently moved into 7212 Beechwood Road with their Australian shepherd, Rixi, and their cats, Skunk and Jimi, after renting in Falls Church for six months since coming from California. They have already met a lot of nice people on their walks around the 'hood, and absolutely love the Hollin Hills vibe. Often, new neighbors have found out about Hollin Hills through the House and Garden Tour or the HH website, but Paul and Amy told us that residents Brian and Christine Hooks, two of their oldest and dearest friends, suggested that they check out a home for sale on Beechwood. They swung by on a whim and made an offer that day.

• Welcome Travis Minyon and Meghan Smith to Beechwood Road. And here's another "source" for Hollin Hills: They found their rental on Craig's List! Travis has lived in Hawaii, Germany, England and, most recently, Pinehurst, North Carolina. Meghan grew up in Pittsburgh, moved to Naples, Italy, New York City, and finally Los Angeles. The two met in Tucson, Arizona, where Travis was working and she was on vacation. Travis is a video editor in the defense industry. Meghan is a television producer, who has worked in news and entertainment for nearly twenty years. Meghan loves mid-century-modern architecture, which was what drew them here. They are looking forward to joining the Hollin Hills Pool, Friends of Hollin Hills, and can't wait to meet their new neighbors.

—Julie Curtis and Wendy Montanari, Beechwood Greeters

MAKE A NOTE IN YOUR DIRECTORY

Officer Marvin Goodley is the new Community Liaison Officer assigned to our Mt. Vernon District Police Station. He can be reached at 703-360-8400 or at marvin.goodley@fairfaxcounty.gov.

CAC DISCUSSES INTERNET DANGERS FOR KIDS

“Online Exploitation of Children: What every parent should know about online usage” was the April topic of the Citizens Advisory Committee (CAC) of the Mt. Vernon Police. Speaker Blake Allbreton warned that people on the popular social media sites are often not who they say they are, and random web sites are advertised as places to meet new people, experience different cultures, and learn about the world. The truth is these new people often try to exploit children.

Parents should watch for warning signs including children’s isolation in their rooms, secretiveness about their devices, and changes in their behavior.

Parents should know log-on and passwords for all of their children’s accounts and devices. Don’t allow them to keep devices in their rooms after bedtime. Charge devices in a common area. It’s important to have a serious conversation with your kids about the potential dangers on the internet.

All area residents are invited to the next CAC meeting on Tuesday, May 14, 7pm, at the Mt. Vernon District Police Station.

—*Laura Wirkkala*

THE BROWNIES CLEAN UP

As part of the annual watershed-wide cleanup held by the Friends of Little Hunting Creek, the Hollin Meadows Brownie Troop tackled a big job along Paul Spring Branch. Starting at Voigt Park, they headed along stream all the way to Devonshire Road, picking up lots and lots of plastic bottles, bags, and other trash all along their route. Thanks, girls, you make us very proud!

HMS CELEBRATES AT MULTICULTURAL FAIR

Several of our Hollin Hills neighbors took part in the annual Hollin Meadows Multicultural Fair held at the school on March 16. You



can watch a video of the event that celebrated the diversity of HMS students and families, at <https://spark.adobe.com/video/MBJ1qDL6mwcZG>. Near the end, there is a rendition of “America” by the kids that is especially touching and makes a good antidote to watching the daily news.

SPEED & STYLE FESTIVAL: DOES YOUR CAR QUALIFY?

A group of car enthusiasts, including myself, have been given permission by the city of Alexandria to stage a Speed and Style Festival on the 100 through 300 blocks of King Street on May 19, 10am-3pm. It will consist of many unique cars from the 50s



Tom and his vintage 1972 Pantera

through the 80s as well as fashion models, younger than the cars, representing Alexandria boutiques. These three blocks of King Street will be cleared for the festival events, with proceeds going to the charity organization Act for Alexandria. The day will be filled with fashion, style presentations, live music, and of course fabulous Alexandria food and shopping.

I will be entering a 1972 Pantera that I’ve owned for 40 years and invite owners of other cars from makes that have raced at Le Mans. Unique cars not fitting this category may also be allowed to enter if judged to be of special interest. Such cars will include a fanciful creation or two, designed by local car enthusiast Eric Zausner. Admission for the public is free. There is a \$85 fee to enter a car. You may contact tom@austinkuester.com or festivalspeedstylealex.com for additional information or to enter your car.

—*Tom Kuester*

GET READY, GET SET—SWIM!

The Hollin Hills Pool will open on Saturday, May 25 at 8am. Enjoy the first day of the season with an ice-cream social at 1pm and the opening of the pool’s movie season on the pool lawn at sunset on June 1. The pool social calendar will feature movie nights, special dinner nights, party nights, food truck nights, a treasure hunt for the youngest members, and many more activities organized by the social committee. Keep an eye on your pool newsletter and calendar for more information about these events.

Volunteers hit the the pool for two work days: Saturdays April 27, 9 am-noon, and May 11. Donuts and coffee will be available as we work to get the pool ready for opening day. All members are welcome!

—*Jovi Medic, Membership Chair*

Left: Brownies Eva Medic, Lennon Schiffer and Serenity Bokini with their troop leader, Nancy Engle, show some of the results of their hard work.

Right: Zach Lokmanbakim and his parents, Harris and Rebecca, dressed in traditional Malaysian clothing for the Hollin Meadows Multicultural Fair.



Thanks, park volunteers!

Two recent park parties brought out the best in our neighborhood. A big thank you to Mary Ellen Gilman, Barbara Liggett, Gail Kropf, Ben Jesup, Mary Tracy, Scott Wilson, Peter Martz, Jamie Agnew, Gus Matson, Bob Blandford, and a terrific group of Brownie Girl Scouts cleaning trash out of Paul Spring Creek near Rebecca. The trails were scrubbed of mud, trash was collected, ivy removed from trees, and garlic mustard pulled.

Pretty, but also pretty bad

Although our bottomland parks are carpeted in its bright yellow flowers right now, lesser celandine [*ficaria verna*,] beautiful when in bloom, is not a good gift to our native plants. Wildflowers such as twin flower, spring beauty, toothwort, and May apples are unable to compete successfully against its matting growth.

Lesser celandine is one of the most noxious (meaning highly adaptive, sturdy and aggressive) invasive plants found in our area. Although it can be sprayed with herbicide or carefully pulled up by hand, the Parks Committee is *not* doing such, because when the next flood event occurs, it will again layer new little bulblets ready to race across our floodplain/parkland. Talk about Groundhog Day!

Update on Stream Restoration in Goodman and Brickelmaier Parks

The 35% construction documents for Brickelmaier Park are scheduled for release in late April. Meghan Fellows, the County's Project Manager has scheduled two public events:

Saturday, May 18, 11am

Walk in Brickelmaier Park with County staff to review the proposed actions within the 35% plans. Trees targeted for removal will be flagged and the centerline of the new stream alignment marked. It will last about two hours, and will be a good time to ask hard questions and listen carefully to the County staff and to your neighbors. Based on the Goodman Park version, it will be a productive way to spend a couple of hours. Meet at the Popkins Lane entrance, just west of Stafford Road.

Monday, May 20, 8pm, at the Hollin Meadows Elementary School Library

Meet with County staff to discuss the proposal for stream restoration in Brickelmaier Park.

December 2019

Still the targeted date for final plan delivery for both projects. Construction, if approved by the Board of Supervisors, will be likely in the summer of 2020 or 2021.

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

SCHEDULE FOR PARK WORK PARTIES

May 4, Saturday, 10am - 12 noon

McCalley Park with
Warden Jamie Agnew

Remove ivy from a large old tree, plant some plugs (tiny versions) of desired plants in the park, and help the ongoing bamboo removal process in the park's southwestern corner. Bring shovels, trowels, gloves and clippers. Meet at the park, at the corner of Paul Spring Road and Rippon Lane.

June (date TBD), 10am-noon

Voigt Park with
Warden Peter Martz

Get ready for the picnic! For new and old to the neighborhood, this is *the* event of the year: a parade, ponies, games, a live band, cold beer and soft drinks, ice cream, grilled hot dogs and veggie burgers—and getting the grounds in shape ahead of time depends on park volunteers. Come fill holes, rake sweet gum balls, pull poison ivy (only very special people get this task), clean playground equipment, picnic tables and benches, and help make sure the park is ready to host hundreds of neighbors. Bring rakes, clippers, newspaper bags (poison ivy capturing), and gloves. Meet at the park on the corner of Rippon Lane and Paul Spring Road.

Design Review

About the DRC

The Civic Association of Hollin Hills Design Review Committee (DRC) meets monthly to offer guidance to homeowners about potential exterior property renovations and to determine whether those desired renovations are in harmony and conformity with the association's Design Review Guidelines.

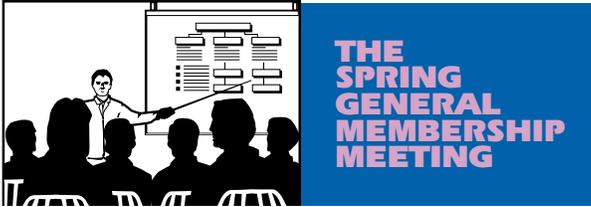
All DRC-approved projects are subject to and must comply with Fairfax County building regulations, policies, and codes. Please note that homeowners should complete appropriate County permit processes prior to the start of any renovations.

DRC meeting schedule

The next meeting of the DRC will be held at 7:30pm, on Wednesday, May 8,

2019, in the Sherwood Regional Library, Sherwood Meeting Room, 2501 Sherwood Hall Lane, Alexandria.

The projects that were discussed and decided upon at both the April 10 meeting and the May 8 meeting, will be included in the DRC report that appears in the next (June) issue of the Bulletin.



CAHH President Patrick Kelly opened the Civic Association's spring membership meeting at 7:30pm, on April 3, 2019, by welcoming everyone.

Secretary's Minutes

A motion to approve the minutes of the Fall 2018 Membership Meeting was made by Sally Watkins, seconded by Chris McNamara, and carried.

Treasurer's Report

1. The close-out budget for 2018 as well as the current 2019 budget was presented. There were no questions or concerns about the 2019 budget.
2. The 2018 House & Garden Tour income netted \$55,400. Expenses were \$9,800, which left a healthy balance in the CAHH account to cover all 2019 budgeted items.

President's Report

1. Kelly commended the Parks Committee leadership on doing a terrific job maintaining the parks and encouraged more residents to volunteer to help clean up the parks.
2. Kelly asked for nominations from the floor to fill the vacated board position of MVCCA liaison. Chris McNamara nominated Tony Morris and Gus Matson seconded the nomination. Hearing no further nominations from the floor, the vote was unanimous to elect Tony Morris as the new MVCCA liaison.
3. Kelly thanked the new CAHH board for their willingness to work and share their talents.

4. He mentioned that the 2019 Hollin Hills Directory had been delivered.

5. He commented on the great working relationship the board has with the Friends of Hollin Hills and praised them for their well attended outreach programs and suggested members support them with tax deductible contributions.

6. Kelly announced that the Hollin Meadows school was celebrating Earth Day and encouraged members to support our neighborhood school.

Presentation

President Kelly introduced Maria Harwood, of the Fairfax County Northern Virginia Soil and Water Conversation District (NVSWCD). Ms. Harwood gave a detailed power point presentation on how to manage storm water drainage called "Soak it Up." She discussed several best management practices and resources Hollin Hills residents could use to help with drainage problems in their yards and also suggested googling NVSWCD for further information.

Mr. Kelly thanked Ms. Harwood for her presentation and spoke of the leadership role Alan Barak will play in heading a committee to research solutions to the stormwater drainage issues in Hollin Hills.

Old Business

Mr. Kelly spoke of his goal to re-energize the greeter program and opened the floor for questions. He was asked how many homeowner members there were. Currently there are 278 members out of 478 homes.

Adjournment

A motion to adjourn the meeting was made and seconded. The meeting was adjourned at 8:56pm.

—*Mohra Gavankar, CAHH Secretary*

FRIENDS OF HOLLIN HILLS EDUCATIONAL SERIES: WORKING WITH THE DRC

This winter and spring, Friends of Hollin Hills, the neighborhood's 501(c)(3) charitable organization, has been continuing its efforts to help preserve the Hollin Hills Historic District through educational programs and awareness raising. Programs in February and early March focused on ecological history, drainage, and erosion, with the aim of bringing the community together to address drainage issues in ways that are both respectful to our neighbors and less detrimental to the long term health of our streams.

Most recently, on March 31, Friends hosted a panel discussion with the members of the Design Review Committee (DRC). The DRC is a volunteer committee of the Civic Association of Hollin Hills (CAHH) tasked with interpreting the Design Review Guidelines in conjunction with the needs of the individual homeowner. The committee is currently staffed by three architects and two non-architects, along with a liaison from the CAHH. It is not the intent of the DRC to tell any individual what to do.

Rather it is a means of helping neighbors make good design decisions for their home and for the community. And, it's actually free design advice from seasoned professionals, all of whom have experience in Hollin Hills-related issues. With our open landscape and natural siting, each home affects its neighbor in some way, but it is also the shared nature of the space between the homes that make our neighborhood noteworthy.

As an introduction, Andy Hight, current DRC chair, briefly reviewed the guidelines and proposed some questions to get things started. There was lively discussion of fences, a topic that is capturing a lot of our attention at the moment. While fences are generally discouraged in order to preserve the neighborhood's distinctive open landscape and shared space, the DRC recognizes that some families need fenced areas in their yards. If you hope to install a fence, here are some factors that will make it more likely to be approved: (1) it is not in the *(continued on page 6)*

Friends of Hollin Hills *from page 5*

front yard; (2) it is not situated along the lot line; and (3) it is made of material that blends into the landscape, such as that used for the fence around Hollin Hills Pool on Paul Spring Road.

Also discussed were ways that the community can help to raise awareness of the DRC and the guidelines. While the CAHH and Friends of Hollin Hills both try to raise awareness through the greater program and educational programs, one idea that can be even more effective is to simply start conversations with our neighbors about the benefits of design review. The features that draw people to our neighborhood and that have been recognized by the National Register of Historic Places have been preserved for almost 70 years due to an active design review process. We can look at other Goodman communities that have not fared as well as Hollin Hills and know what happens if we don't hold true to the notion that what we have is very special. By making sure our neighbors are aware that there are guidelines and a review process, and that this is a tremendous benefit to the neighborhood, we can each do

our part to preserve our Historic District for years to come.

A lightly edited video of the March 31 program, "Working with the DRC," is available on the Friends Facebook page and on the Friends website, www.friendsofhollin hills.org/events.

Final program of the 2019 series

In next month's Bulletin, look for a summary of Friends' final Spring educational program, "An Informational Session on Our Covenants." Following up on the Civic Association's exploration of ways to strengthen protections for our Historic District, Friends, in conjunction with the Civic Association, engaged Scott Surovell to provide advice regarding the covenants that require all lot owners in Hollin Hills to submit plans to the DRC. Surovell is an attorney and state senator with experience litigating and trying to amend local architectural covenants. He and representatives from his firm will present their advice at this Friends event on April 28.

—John Nolan and Christine Hooks

LIFE IN THE 70s THE BED: TO SLEEP, PERCHANCE...TO SLEEP

So, you're 75. Well, you may not be, but I am. To younger people, it seems as if it would be a great time to catch up on all the sleep you missed while working. Sadly, Mother (Father?) Nature has conspired (with someone) to play a cruel trick on older people, making it almost impossible to get a good night's sleep just when you have time for one. Always up for a challenge, my wife and I thought we might outwit Mother/Father (surely there must be a politically correct word) Nature. What follows is a true story for the most part, except for the parts I made up.

For perspective, and because I remember the past better than the present, I need to start the story 9 years and 3 months ago or, precisely, six months before I retired. While looking forward to sleeping in every morning I didn't have a doctor or physical therapy appointment, I started waking up at 5am every day. I did not understand this; I still do not. For 8 years and 9 months, I have been happily retired. My days are full but less stressful than my work days. Dinners are earlier and so is bedtime. With fewer activities and less to do (other than the aforementioned appointments), it's the perfect time to catch up on all the sleep I missed when working.

But I can't. Google tells me the reasons are biological. Something about circadian rhythms, although I thought they were an issue only every 17 years. Well, you have to get up pretty early to fool me and, since I was already up at 5, I decided to fool good old Something or Other Nature. The plan was to buy a new mattress. It was a plan that just happened to fit with our need for a new mattress.



So, after awakening my wife at 9am (she apparently is immune to

the circadians), off we went to buy a new mattress. Several stores sell mattresses. No two sell the same brand and model, making comparison shopping more than nearly impossible (maybe old Joe Biden-run-for-the-presidency close to impossible). Not only are the brands and models different, but I counted at least 72 different kinds of mattresses. Mattresses with coils. Mattresses with foam. Mattresses with little elves' hands supporting you.

We finally decided to go with the same brand and type of mattress we had been sleeping on for the past 14 years (only seven beyond what today's "experts," no doubt companies that sell mattresses, tell the public is the useful life of a mattress). To make sure we got an even better sleep, we went with a 16 inch mattress, about 4 inches higher than our last mattress. The idea of adding that much height was to accommodate all the additional coils that would make us sleep like babies. Therein lies the rub.

I am now about 3 inches shorter than I was when we bought the last mattress (thanks, arthritis), making my wife and me the same height or roughly 3 inches short of being able to comfortably climb onto our new mattress. This reality hit us the first night we were ready to sleep on it. Using my longer legs and superior math skills, on the third try I was able to push up backwards on the side rail into the bed. My wife, who is math and lower torso-challenged, struggled to get in. She made several attempts to jump or dive onto the bed. After the third failure, she decided not to risk serious injury any longer and announced she would spend the first night of our new mattress in the guest room.

The next day, Ginny spent the better part of 8 hours practicing getting into bed. She finally found a way that had a high success rate. So, on the second night, we both carefully and successfully, got into bed. This led to the second challenge: older people have to get up during the night to go to the bathroom (the reason for this apparently has nothing to do with cicadas or any other bugs, to the best of my knowledge). To avoid having to *(continued on page 7)*

Life in the 70s *from page 6*

get up, I decided to try to fall back to sleep when I awoke by remembering all the girls I had kissed in tenth grade. Unfortunately, a list of one was insufficient to help me get back to sleep. But another few tries and Ginny and I were both able to negotiate our way onto and off the new mattress.

Alas, the taller mattress with more coils lost out to the circadian rhythms. We don't sleep any better than before. In fact, we may sleep less well because of the added safety concerns associated with getting on and off our new, higher mattress. One of the salesman's claims did prove accurate—we do sleep like babies. Well, more like newborns that get up several times during the night.

Oh, yes, about the Shakespearean reference in the title. We've given up on Hamlet's desire to sleep and dream. All we perchance now is a good night's sleep.

—Peter Kinzler

A POTOMAC SAMPLER AN HISTORICAL INDEX TO THE MOUNT VERNON AREA

In the 1960s, Hollin Hills resident Edith Moore Sprouse wrote a series of articles about local history that appeared in the Bulletin. From her writings, Scott Wilson, our present Hollin Hills historian, has selected a list of familiar names and places that we will dip into from time to time. Here are a few of them:

BELLE HAVEN. The original name for Alexandria was Belhaven, given by Scots factors (property managers) of the area in honor of their patron John Hamilton, Baron of Belhaven.

BELVOIR. Literally meaning “beautiful to see,” the estate of William Fairfax, was—after the Governor's Palace in Williamsburg—the most important house in Virginia socially and politically. George Washington found his closest friendships and most happy times there with the Fairfax family. The mansion was named for the English seat of the Duke of Rutland, a relative, and pronounced “Beever.”

Built around 1741, the house burned in 1783 after the Fairfaxes had returned to England. In the War of 1812, the walls were shelled by the British, and cannonballs are still occasionally unearthed by the Corps of Engineers on the post [Fort Belvoir]. The 3,600 acre estate, almost entirely surrounded by water, was narrowly saved from being a reformatory site in 1910 by its purchase as an army engineer post.

The mansion foundations were excavated in 1917 and 1932, when a bill was introduced in Congress for its restoration during the Washington Bicentennial. This was not carried out, but the ruins remain on the bluff above the river, as beautiful a spot for a “gentleman's seat” as it was in the 18th century. [The site is now off-limits by being within Fort Belvoir acreage].

FAIRFAX, FAIRFAX COUNTY. Formed in 1742 from a section of Prince William County, the county was named for Lord Fairfax, proprietor of the Northern Neck. Fairfax means “fair hair,” and this noted family goes back to William the Conqueror. The third Thomas Fairfax, the Lord General of Cromwell's army, was the subject of one of Milton's sonnets. In the 18th century the family was influential in colonial policies until the revolution.

The county covered 967 square miles and included the present Loudon, Fairfax, and Arlington Counties. The oldest records were kept at Colchester, but in 1743 the first courthouse was near Vienna at Freedom Hill. In 1754 it was moved to Alexandria. When Alexandria became part of the District of Columbia in 1799 the courthouse was moved to Fairfax City.

NORTHERN NECK. The region between the Potomac and Rappahannock Rivers was first granted by Charles II to six noblemen in 1649. Lord Culpeper acquired the grant, and through him, by inheritance, Thomas, Lord Fairfax. The boundaries took in 23 counties in Virginia and West Virginia, a total of 5,282,000 acres. Not until the Revolution did this domain pass entirely into private hands.



Many of the species that pollinate our plants are in dangerous decline. The Xerces Society, a non-profit environmental organization focused on conserving invertebrates, is conducting a campaign to bring back vital pollinators. It is based on four principles:

- Grow a variety of pollinator-friendly flowers.
- Protect and provide bee nest sites and caterpillar host plants.
- Avoid using pesticides (insecticides).
- Spread the word.

Our Mid-Atlantic region features many native plants that are highly attractive to pollinators and well suited for our home gardens. These plants support native bees and honey bees, butterflies, moths, and hummingbirds. Some are host plants for butterfly and moth caterpillars, too.

Recommended native plants

- **Forbs (herbaceous plants)**
Lanceleaf coreopsis, smooth penstemon (foxglove), wild indigo, butterfly milkweed, great blue lobelia, Joe Pye weed, mountain mint, purple coneflower, wild bergamot, New England aster, New York ironweed, seaside goldenrod, sneezeweed, and wrinkleleaf goldenrod.

- **Shrubs and Trees**
Cockspur hawthorn, eastern redbud, highbush blueberry, pussy willow, basswood, New Jersey Tea.

Note: I have condensed this from an article by the Xerces Society.

Go to www.bringbackthepollinators.org for the full details.

—Mary Ellen Gilman