

Pimmit Hills Dispatch

Pimmit Hills Citizens Association (PHCA)

Published Since 1952

www.PimmitHills.org

Please Welcome Our New PHCA Board!

President - Jeanne Hoffman (president@pimmithills.org)Acting Secretary - Bob Heilen (secretary@pimmithills.org)Vice President - Mauro D'Angelo (vp@pimmithills.org)Alexander Karst continues into his second term as director
(director@pimmithills.org)Treasurer - Laura Cheplak (treasurer@pimmithills.org)

We are still looking for a secretary for the board. Please email board@pimmithills.org if you are interested!

We all are excited to be part of this year's PHCA board!

Pimmit Hills Achieves Success in Traffic Calming Effort

***The first of the much needed speed humps now coming to Pimmit Hills!
Watch for Children Signs already installed!***

By mid-2014, the Pimmit Hills community had voiced its strong concerns over the growing number of non-residents using the streets of Pimmit Hills to bypass traffic on Routes 7, 123, I-66, and I-495, many of whom pass through at high speeds. As a result, the Pimmit Hills Citizens Association (PHCA) formed the PHCA Traffic Calming Committee to address the growing concerns of speeding, reckless driving, and a general increase in through-traffic that endangered community residents.

In an outstanding example of the incredible power of the direct involvement of individual community members in resolving difficult issues in their own community, the PHCA partnered with Fairfax County Supervisor John Foust and Pimmit Hills residents to develop a traffic calming action plan. The Traffic Calming Task force succeeded in the development of a conceptual plan, acquired the required votes from the community, and most recently was endorsed by the Fairfax County Board of Supervisors on October 6, 2015.

Over the course of the next few months, a conceptual plan was developed for the entire neighborhood. The plan was broken down into 4 phases—a development which allowed the PHCA to pursue the Traffic Calming effort for independent neighborhood streets instead of taking on the neighborhood as whole.

The Pimmit Dr. North (between Magarity Rd. and Friden Dr.) was selected to be the first among the 4 phases, because it is relatively short and has the smallest number of homes relative to the other Phases.



(continues on page 2)

Pimmit Hills Achieves Success in Traffic Calming Effort

(continued from page 1)

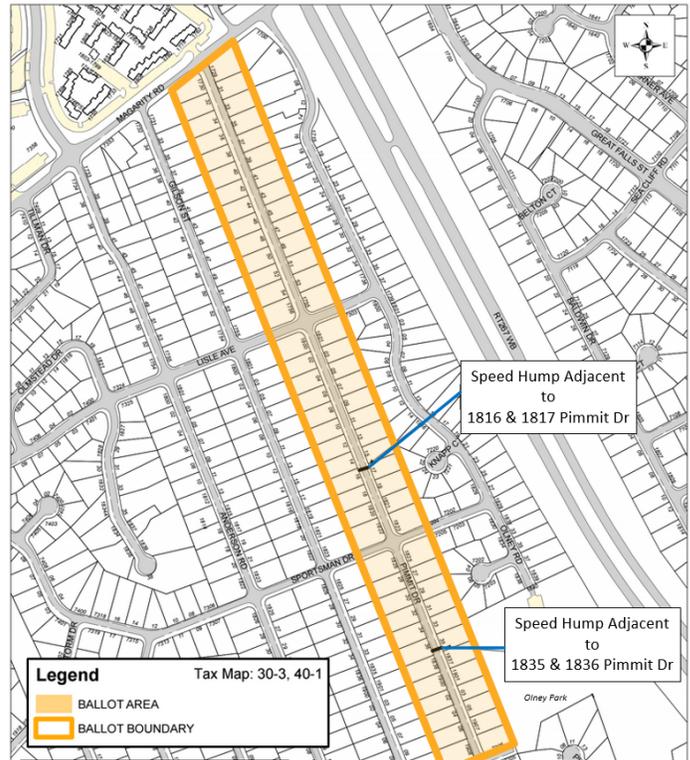
In accordance with the R-TAP requirements, the proposed traffic-calming plan for Pimmit Dr. North was discussed at a public community meeting at Pimmit Hills High School on May 19, 2015. A ballot was then conducted by the PHCA between July to August 2015. The ballot results were unquestionably in favor of the measures: 69.7% of the residents responded, with 73.6% in favor of the plan. As these far exceeded the ballot response requirements under R-TAP, the measures were proposed to the Fairfax County Board of Supervisors where it received formal endorsement.

The speed humps are now expected to be installed by VDOT on Pimmit Dr. North within 60-90 days, and will be located between 1835 and 1836 Pimmit Drive, and between 1816 and 1817 Pimmit Drive.

The PHCA Traffic Calming Committee will now focus on three other areas in Pimmit Hills requiring traffic and speed abatements: Pimmit Dr. South, Griffith Rd., and Lisle Ave.

Please see pimmithills.org/traffic-calming-2014 for details.

Please support your community by getting directly involved! Without community members' support, the above traffic calming efforts would likely have failed. Please join the Pimmit Hills Citizens Association and become an important and active part of the future of our community! ☺





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What Else We Talk About

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PHCA New Membership/Renewal Form

Pimmit Hills Office Renovation

In 1964, the Fairfax County Park Authority gave the Pimmit Hills Citizens Association permission to use an office at 1927 Pimmit Dr. in perpetuity. For many years, this building served as a home to the organization—a base of operations where the PHCA conducted its important work for the community.

However, the years have gone by and the building has suffered from gradual neglect. Eventually, due to its poor condition, the utility lines to this office were disconnected. This, unfortunately, accelerated the deterioration of the structure.

The Pimmit Hills Citizens Association still currently uses 1927 Pimmit Drive, but only as a place for storage of non-valuables. It can no longer be used as an office due to its dilapidated and uninhabitable state.

Due to the renewed interest of the neighborhood and growing activism among residents, the PHCA has recognized that there is a need to restore this space for use by the PHCA and the community at large. If 1927 Pimmit Drive is restored to a usable office space, the organization will be able to operate efficiently and effectively. In addition, the lot could be used for small events, as it has been used in the past (flea markets, small gatherings, etc.).

In November 2014, the PHCA submitted a formal request to have the FCPA renovate the house. The FCPA finally responded in April 2015, indicating it was not in a position to make any renovations due to budgetary constraints and the poor condition of the house.

In particular, they noted that a number of renovations would be needed to bring the building up to code, including accommodations for the disabled. While they were not willing to renovate the house, they assured that we could continue to use the house for storage and the surrounding land for community events.

Since then, we have sought help from various sources that have expressed the possibility of lending support—the Friends of Tysons-Pimmit Regional Library may be willing to lend us a hand in exchange for being able to use the space temporarily, and Supervisor Foust's office have expressed their willingness to investigate how they may be able to provide support.

That being said, there is a lot more work that needs doing and the PHCA has thought up ideas of how we can get the community involved in restoring the space. A popular idea is a "Fix up 1927 Volunteer Day" where we will be enlisting the community's support in assisting with some of the many tasks involved in renovating the structure.

(continues on page 4)

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Pimmit Hills Office Renovation

(continued from page 3)

We will be needing help with everything—from sorting documents, to cleaning, to pounding up drywall, and repairs for the roofing. Together, we can do this!

We turn to you for support on this effort. We know that by working together, we can accomplish so much more for our community, through our community. And thank you so much for how involved you have been in the past! ☺

**“Rainbow Over Tysons”
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Located in Pimmit Hills
703-400-9782

Place for happy kids!
Nurturing environment,
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Enriched curriculum
and more!

Please Come and play with us!



Rake by Hand; Help Your Brain

Source: Dr. Charles Masarsky, Chiropractor, Vienna



This time of year, we are often greeted by the sound of motorized leaf-blowers. Basically, “leaf-blower belch” is like second-hand smoke on steroids. According to one study, the engine of a leaf blower emits 299 times the hydrocarbon pollutant load of a typical pickup truck (see article on page 6). In addition, soil particles blown into the air may be accompanied by mold spores, pesticide residue, feces of small animals, insect eggs, and other substances you really don’t want to inhale (or chew).

Anything that has this type of impact on your breathing not only makes it harder for you to hold your adjustments, but is also bad news for your brain. Reduction of lung capacity impairs cognitive function. Add to this the effect of noise pollution on your hearing and your thought processes, and you can understand our concern.

If at all possible, we suggest you rake by hand. Unlike the blower experience, raking can become a mindfulness exercise—a moving meditation.

If you must use a blower, wear a particle mask and hearing protection. Consider using an electric leaf blower, which will at least take care of the hydrocarbon problem. If you use a lawn care service, see if you can convince them to take at least some steps in this direction, not only for your own sake but for that of the lawn workers and the planet as well. ☺



News, Advice, and Travel Tales

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Call for Pimmit Hills Historical Documents

The Pimmit Hills Citizens Association is interested in collecting and digitizing any historic documents anyone has. This can be anything from newspaper articles about previous events, copies of old issues of the Dispatch, or anything surrounding decisions made for our neighborhood.

Not only would this preserve and important part of our community's history, it would also help us make better decisions moving forward.

In addition, if anyone has any photos of previous events, board members, or anything else from the neighborhood, we would be interested in digitizing that as well!

If you have anything you would like to submit, please contact president@pimmithills.org, stop by the next meeting, or leave it in the mailbox of 1927 Pimmit Drive, Pimmit Hills, VA 22043.

If you would like your documents returned, please leave instructions on where to return the material. 📍



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PHCA FACTOID

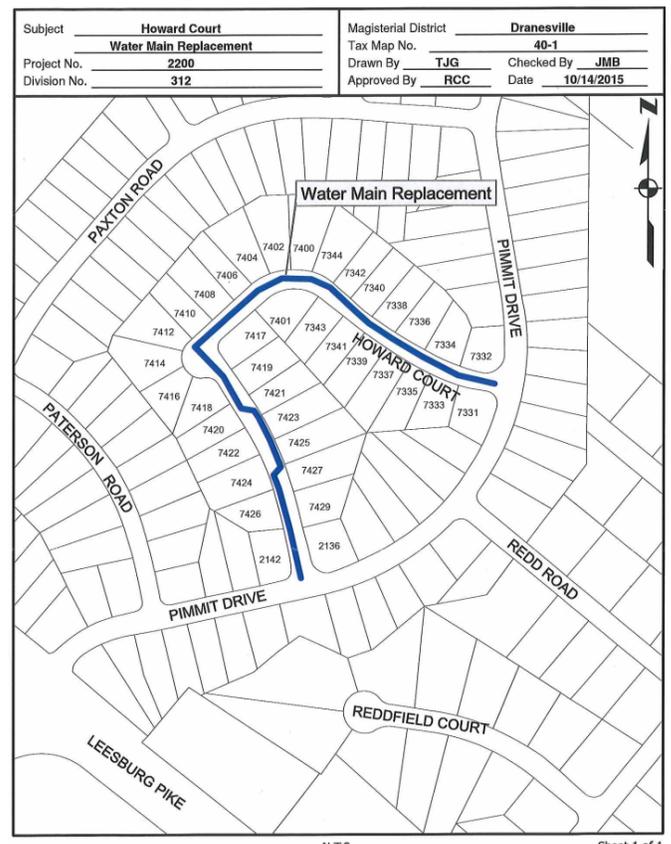
Dispatch History from Pat Donahue

From 1952 through 1956, TWO local weekly newspapers ran a Pimmit Hills column (in addition to the PHCA putting out a monthly newsletter). The column reported all kinds of news about residential life, and the activities of local organization - like a '50s version of Facebook. Correspondents provided their phone number and asked neighbors to call with social or organizations news they wanted to report.

Fairfax Water Notice

Fairfax Water is going to be replacing the water main at Howard Court starting in the next few weeks. According to Fairfax Water, this is the area that would be affected.

Questions concerning this project should be directed to Jerry Scott, P.E., Chief Construction Engineer, at 703-289-6351 or via email at jscott@fairfaxwater.org. For reference, Fairfax Water's after-hours emergency number is 703-698-5613.



UPCOMING EVENTS IN THE AREA



Mark your calendar for **November 14, 10am - 12:30pm** for the Pimmit Barn Park Harvest Festival. It's the annual Fall event at the Pimmit Barn at 1845 Cherri Drive that includes games, face painting, story telling, crafts and, of course, the famous Cakewalk. We are inviting children of all ages to come and enjoy the entertainment and your neighbors and light refreshments.

We are looking for volunteers to bake for the Cakewalk. To help out with the event, email CordyNova@gmail.com or call 703-283-0483.

Upcoming PHCA Community Meetings

Join the new board at our upcoming community meetings!

The PHCA Community Meetings are held at the Pimmit Hills Center, 7510 Lisle Avenue. The meetings start at 7:30pm and all residents and homeowners are welcome to attend.

Meeting Schedule:

- Tuesday, November 10
- Tuesday, January 12
- Tuesday, February 9
- Tuesday, March 15 (3rd Tuesday)
- Tuesday, April 19 (3rd Tuesday)
- Tuesday, May 10

Follow Our Social Media Accounts!

-  facebook.com/PimmitHillsCitizens
-  twitter.com/pimmithillsVA
-  instagram.com/pimmithills

Did you know there's a social media group for Pimmit Hills online? Check out PimmitHills.NextDoor.com.

We will also be having more informal events! Check out our website for upcoming events and follow our Facebook page/Twitter for updates.

Informal Community Meet-Up

On November 1, the community met up at the library for an informal meet and greet with the new board. We were happy to see all of you who came!

Our next informal community meet-up will be:

December 16th at 7:30pm
Lost Dog Cafe (back room)

Everyone from the Pimmit Hills community is welcome! Meet your neighbors and make new friends.

MAKE PIMMIT HILLS BETTER

The PHCA can only do as much as the support we get from the community. Want to see some improvements in your neighborhood? Pitch in, and we'll work together to make it happen!

Volunteer or participate in a committee, join us for our next event, or become a member of the PHCA.

Join the PHCA! Sign up online at: pimmithills.org/join-phca

ST. LUKE'S UNITED METHODIST CHURCH

Annual Harvest Dinner and Craft Fair (details are listed in our ad on page 10)

Saturday, November 14; 4pm - 7pm

Location: 7628 Leesburg Pike, Falls Church, VA 22043 (across Rt. 7 from Marshall High School)

TYSONS-PIMMIT LIBRARY BOOK SALE

Book Sale to Benefit the Tysons-Pimmit Regional Library

Saturday, December 5; 10am - 4pm

Bag Sale/Clearance

Sunday, December 6; 1pm - 4pm

Sponsored by the Friends of the Library

Large selection of books, magazines, and media for all ages and interests

Location: 7584 Leesburg Pike, Falls Church, VA 22043

Phone: (703) 790-4031

Email: TysonsLibraryFriends@gmail.com

FALLS CHURCH FARMER'S MARKET

Year-Round, Every Saturday; 8am - 12pm

Location: 300 Park Ave., Falls Church, VA 22046

Phone: (703) 248-5077

Website: fallschurchva.gov/FarmersMarket

Pimmit Hills Day—September 2015



This year's Pimmit Hills Day took place on September 19th in Olney Park and came with increased participation from residents and local business alike!

Members of the Pimmit Hills community came out for a day of live music, moon bounce, bingo, and food vendors. Local businesses sent representatives to meet residents of our neighborhood.

The sun was out for Pimmit Hills Day with temperatures reaching the high 80s. Luckily, the new coffee shop in the area, Peet's Coffee at 7516A Leesburg Pike, provided free iced coffee during the entire event.

A live band, Make More Animals, played as a lot of children from the neighborhood danced along. Supervisor John Foust made an appearance to talk about all the positive changes that have been made for Pimmit Hills in recent years. Jennifer Chronis, candidate for Dranesville Supervisor, and Jane Strauss, Dranesville District Representative to the FCPS School Board, also made appearances.

Throughout the day, residents had the chance to win some fantastic prizes donated by different companies. Special thanks to Trader Joe's, Mary Kay, Peet's Coffee, Potomac River Runner, Pampered Chef, and NVS Kitchen & Bath for all the great prizes you donated!

Residents were able to chat with local businesses and organizations such as Trader Joe's, Ledo's Pizza, Friends of Pimmit Barn, Pampered Chef, Lion's Club, Friends of Tyson's Library, Peet's Coffee, Mary Kay, St. Luke's United Methodist Church, Merino Homes, Clean Water Action, and WitsEndHelp.

Thank you to all the business and residents who came out this year and made the event a success! Thank you also to Laura Cheplak for doing most of the organization and logistics for this event and making it possible. ☺



How Bad for the Environment Are Gas-Powered Leaf Blowers?

Source: Brian Palmer, The Washington Post

To most people, falling leaves are a beautiful sign of the changing seasons. But for many Washingtonians, the rite of fall is just another reason to have an argument. Residents of some localities have even pushed for a ban on gasoline-powered leaf blowers, which they find noisy and say are bad for the environment. Their opponents argue that banning the blowers would make leaf management arduous and prohibitively expensive. Failure to manage leaves means unattractive lawns, falling home prices—and perhaps the end of Western civilization.

I'll leave the question of leaf blower noise to neighborhood discussion groups, but I can help resolve the environmental question: Exactly how bad for the Earth are gas-powered leaf blowers?

Much of the argument has to do with the two-stroke engine found in many of them. The two-stroke engine—so named because it completes one cycle of internal combustion in two movements of the piston—is lightweight, cheap, compact and simple, which makes it a handy motor not just for leaf blowers but also for chain saws, lawn mowers and jet skis. (There are also four-stroke leaf

blowers, which use the same type of engine that powers your car and offer more complete combustion and less air pollution, but they are typically larger and more expensive.)

The two-stroke engine has developed a reputation as an environmental hazard. Because the engine lacks an independent lubrication system, fuel has to be mixed with oil. More important, about 30 percent of the fuel the engine uses fails to undergo complete combustion; as a result, the engine emits a number of air pollutants. Carbon monoxide, nitrous oxides and hydrocarbons escape from the engine in large quantities. Everyone knows the acute effects of carbon monoxide, but the other gases are equally worrisome. Both nitrous oxides and hydrocarbons contribute to smog formation. Hydrocarbons can be carcinogenic, and nitrous oxides can cause acid rain.

Cities where two-stroke engines are in particularly wide use suffer terribly from air pollution. Some of India's urban centers, for example, are draped in heavy soot, a problem due in large part to auto-rickshaws powered by two-stroke engines. More than a decade ago, Delhi phased out tens of thousands of auto-rickshaws with two-stroke engines in favor of those with four-stroke engines

(continues on page 9)

Another Wheeler Team Success Story:



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“I trusted Linda & Jamie Wheeler 100% to do what was best for my mother, because the team went out and did the research, they knew what the going market was. They had an open house and by Monday had four offers. They sold the house for MORE than the builders were offering to pay, getting mom MORE money even after commissions! If I had a question or concern about what needed to be done, Linda & Jamie would be right there. They live in Pimmit Hills, so they are aware of what goes on in the area. That's very helpful.” —Cathy Wise (daughter of Joan Wise, Storm Drive)



Cathy and her mother Joan Wise

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How Bad for the Environment Are Gas-Powered Leaf Blowers?

(continued from page 8)

that run on natural gas. This alleviated the pollution somewhat, but few cities have followed Delhi's lead.

Leaf blowers are less of a concern with regard to carbon dioxide emissions. The numbers vary widely, but a leaf blower uses significantly less gasoline per hour than a car, and they spend far less time in use.

All of this goes to say that, if you use a leaf blower, you should opt for an electric model if possible. As with cars, an electric model will not eliminate your contribution to the production of greenhouse gases. Electric motors shift fuel combustion from the device to a power plant, but the power still has to come from somewhere, which means carbon dioxide will be released. (More than 80 percent of U.S. electricity comes from fossil fuels.)

But switching to electric would sharply reduce air pollution. Power plants are equipped with scrubbers to filter out pollutants, the kind of technology that could never be attached to a hand-held leaf blower. Consumer Reports says that, for ordinary yards, electric blowers perform comparably to gas-powered models.

Before anti-leaf-blower activists get too high and mighty, though, a brief word to keep this all in perspective. As mentioned above, leaf blowers aren't the only household tool that uses a two-stroke engine. Many lawn mowers also rely on the technology. A Swedish study released in 2001 showed that one hour of using a gas lawn mower releases approximately the same amount of air pollutants as 100 miles of driving.

For reasons I've never fully understood, the campaign to ban gas-powered lawn mowers hasn't been nearly as intense as the one over leaf blowers. It can't be the lack of alternatives: The hand-push lawn mower has been around since 1830 and is still widely available, even if it doesn't produce a lawn with the putting-green feel that a gas-powered mower does. I suspect it's merely a mat-

ter of inertia. Leaf blowers aren't as entrenched as lawn mowers. But if we're going to get serious about yard work and pollution, let's not let a thin layer of leaves obscure an equally significant problem. ☺



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Benefits of Walking and

Did you know that there are a lot of walking and hiking trails in and near Pimmit Hills?

The Washington & Old Dominion trail crosses Route 7 near the Jiffy Lube and Sonic Car Wash. It goes all the way to Leesburg!

The Difficult Run Trail is a beautiful four and a half mile trail off exit 44 of I-495 (VA-193 towards Great Falls, about 3.5 miles down). Don't let the name worry you—it's named after the river it runs along, which gives this trail some beautiful views.

But you don't need to go to a trail to get a good walk in. Pimmit Hills is a very walkable neighborhood and Olney Park even has a few small hiking trails! 📍

St. Luke's United Methodist Church

7628 Leesburg Pike, Falls Church 703-893-9220

Across Rt. 7 from Marshall High School

FREE Kids' "Trunk or Treat" Friday, Oct. 30, 5-7 p.m.

Bring your children to St. Luke's for early trick or treating in the church parking lot!

Community Harvest Dinner, Sat., Nov. 14, 4-7 p.m.

Eat in or take out – A full turkey dinner including sides, drink and dessert

Dinner \$12 for ages 12-up, only \$6 for kids 5-12, kids under 5 free.

Bake and craft sales too

Visit us for worship Sundays at 11:00 a.m. with children's Sunday School during worship

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20 WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/ YEAR

45 WALKING 45 MINUTES/ DAY HALVES ODDS OF CATCHING A COLD

1 WALKING 1 MINUTE CAN EXTEND LIFE BY 15-2 MINUTES

20 WALKING 20-25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS



DEMENTIA
Seniors who walk 6-9 miles/week are less likely to suffer from mental decline as they age, including dementia.

DIABETES
Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve risk of Type 2 Diabetes.

HEART DISEASE
Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.

ARTHRITIS
Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.

DEPRESSION
Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

WALKING 6 MILES/ WEEK CAN HALVE RISK OF ALZHEIMER'S DISEASE OVER 5 YEARS



WOMEN WHO WALK FOR 1 HOUR/ DAY, 5 DAYS/WEEK AND CONSUME 1,500 CALORIES/ DAY CAN LOSE AND KEEP OFF 25 LBS



WALKING 30 MIN/ DAY, 4 DAYS/WEEK CAN REDUCE THE RISK OF DIABETES BY NEARLY 60%



PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK



WOMEN WHO WALK REGULARLY ARE 31% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/ WEEK



Pimmit Hills Dispatch 2016 Advertising Information

This newsletter is mailed to all 1,642+ homes/6,000 residents of Pimmit Hills neighborhood.

The newsletter is approximately 8.5"x11" various ad sizes, up to full page ads, are available for purchase.

To start the process, fill out the advertising request form at pimmithills.org/dispatch-advertising.

We will contact you for a soft copy of your ad. Once we have confirmed your size and location we will send an invoice with payment instructions.

Size	Inner Page	Cover Page
1/8 page	\$60	\$80
1/4 page	\$120	\$160
1/2 page	\$240	\$320
Full page	\$520	N/A

USEFUL PHONE NUMBERS

Police (non-emergency): 703-691-2131, TTY 703-204-2264

Fairfax County Emergency Information: 703-817-7771

Dominion Virginia Power: 866-366-4357, TTY 711

VDOT: 800-FOR-ROAD, TTY 711

Washington Gas: 800-752-7520 or 703-750-1400

Fairfax Water: 703-698-5800, TTY 703-698-7025

Poison Control: 800-222-1222

Animal Control: 703-691-2131

Fairfax County Department of Code Compliance

Phone: 703-324-1300, Web: fairfaxcounty.gov/code

Our Dranesville Supervisor - John Foust

dranesville@fairfaxcounty.gov 703-356-0551, TTY 711

This Newsletter was brought to you by the Pimmit Hills Citizens Association and Volunteers

Putting this newsletter together is hard work; soliciting for advertisers, putting together graphics, and even writing providing the content/articles.

We would like to send out a big THANK YOU to all who helped put this newsletter together—but we could always use more help. If you'd like to volunteer, please let us know by sending an email to board@pimmithills.org.

Pimmit Hills Citizens Association New Membership Yearly Dues Renewal

NAME(S):	
ADDRESS:	Falls Church, VA 22043
PHONE:	
EMAIL:	

PHCA USE ONLY:

- Resident
- Non-Resident
- Amount Paid: _____

- Invoice
- Input/Update Record

I'm interested in helping out with:

- Community Yard Sale
- Dumpster Day
- National Night Out (Aug)
- Pimmit Hills Day (Sept)
- Neighborhood Watch
- PHCA Board
- Baking Cakes/Cookies
- Events Committee
- Environment & Parks
- Other: _____

Pimmit Hills Dispatch

Pimmit Hills Citizens Association (PHCA)
1927 Pimmit Drive
Falls Church, VA 22043
Community Website: PimmitHills.org
Email: PHCA@PimmitHills.org

PLACE
STAMP
HERE

The Pimmit Hills Dispatch—November 2015 Edition

This is OUR neighborhood's newsletter. Brought to you by the Pimmit Hills Citizens Association; bringing information relevant to our community. By our neighborhood, for our neighborhood.

Made in Pimmit Hills, published since 1952.