



Jefferson Manor Citizens Association

NEIGHBORHOOD NEWS

March–April 2013

JMCA, P.O. Box 4104, Alexandria, VA 22303 • www.JeffersonManor.org

NEXT GENERAL MEETING



Tuesday, March 19, 7:30 p.m.

Mount Eagle Elementary library

Topic: Financial planning

JMCA EVENTS

**Tuesday, April 16:
General Board Meeting**

Open to the Public

Location details will be posted on the JMCA website

JMCA ON THE WEB

Website: <http://www.jeffersonmanor.org>

Listserv: <http://groups.yahoo.com/group/jeffersonmanor>

Parents group: <http://groups.yahoo.com/group/jeffersonmanorparents>

Facebook: Search Facebook groups for Jefferson Manor Citizens Association

Nextdoor.com: https://jeffersonmanorva.nextdoor.com/news_feed/

President's Letter

With March roaring in like a wet lion, we are again ready for spring to bloom in Jefferson Manor. All of the usual signals of the change of season are upon us. The days get longer, dog walkers enjoy the extra daylight in the evening, gardens begin to bloom. As the tulips start to pop out of the ground, so too do the for-sale signs and the moving trucks. While it is always sad to say goodbye to a member of our tight-knit community, we are lucky to welcome our newest members with arms wide open.

With a new social committee chair in place, the JMCA is looking forward to a very busy and diverse year. We kicked things off with a Doggy Yappy Hour in the park on March 15. Our Neighborhood Watch team is hard at work planning a neighborhood clean-up on April 27, which will also be when we host our annual cookout in the park. Help make the neighborhood sparkle in the morning, and celebrate with your neighbors in the afternoon.

Looking beyond our borders, our part of Fairfax County is undergoing rapid change. Redevelopments up and down the Route 1 corridor are taking shape. The Huntington Metro area is becoming a focus of transit-oriented development. While there are no concrete plans for the current strip mall to

be redeveloped at this time, the JMCA is wrapping up an important step to make that process smoother. After years of community discussion and study, we are on the cusp of completing our comprehensive plan amendment, outlining the densities and land uses for future changes here.

What makes all of this and more go smoothly is the generous hours our volunteers put in. At the forefront of that is your JMCA Board of Directors. Without their hard work and follow through, successes such as the county grant award would not happen. I am thankful for the collegial attitude that they bring to the tasks at hand, and look forward to working with them over the next year. Our elections for the 2013 Board will take place at our meeting on March 19.

This is shaping up to be the best year yet for Jefferson Manor. If you would like to help to bring that to fruition, please let us know. If you have any questions or suggestions of what the JMCA could be doing to maximize Jefferson Manor's potential, we are all ears.

Best wishes,

Chris Soule

President, Jefferson Manor Citizens Association
president@jeffersonmanor.org

Spring Picnic

You're invited to a neighborhood picnic in the park on **Saturday, April 27 from 4:00–7:00 p.m.**

The Jefferson Manor Citizens Association will provide non-alcoholic drinks, hamburgers, hot dogs, and veggie boards. We kindly ask neighbors to bring side dishes and desserts.

For the athletes and non-athletes out there, we'll plan to have a kickball game (an even mix of grown-ups and kids) and a low-key bocce ball tournament for those that are interested – both will begin at approximately 5:00 p.m.

Also, if you'd like, bring an instrument (we welcome neighborhood talent!), bring your kids, and enjoy getting to better know your neighbors!



¿Tiene usted preguntas sobre JMCA? Llame a Sonia al 703-329-1882.

About JMCA

JMCA is a volunteer citizens' group devoted to the betterment of the Jefferson Manor neighborhood. Membership is \$20 annually, paid at the membership meetings or to JMCA, P.O. Box 4104, Alexandria, VA 22303. JMCA membership is annual, from January to December. For more information, visit: *www.JeffersonManor.org* or email us at: *info@JeffersonManor.org*.

JMCA Board Members

(4/2012–3/2013)

Chris Soule, President
President@JeffersonManor.org

Julie Upham, Vice President
VP@JeffersonManor.org

Shawn Ulrick, Treasurer
Treasurer@JeffersonManor.org

Amanda Allen, Secretary
Secretary@JeffersonManor.org

Brian Allen, Director

Ashley Davis, Director

Kat Sumida, Director

Maeve Ulrick, Director

Roberta Zimmerman, Director

JMCA Activities

Neighborhood Watch
watch@JeffersonManor.org

Home Improvement Committee
homeimprovement@JeffersonManor.org

Land Use Committee
landuse@JeffersonManor.org

Parents' Group
parents@JeffersonManor.org

Social Committee
social@JeffersonManor.org

Transportation Committee
transportation@JeffersonManor.org

Website Committee
website@JeffersonManor.org

Neighborhood News Newsletter

Please direct any requests or questions about Neighborhood News to: *newsletter@JeffersonManor.org*

Kristina Mann, editor-in-chief
Kelly Marshall, distribution

Jefferson Manor Spring Clean Up!

Join your friends and neighbors on Saturday, April 27, 2013, for a day of spring cleaning. We will meet on the island located at the intersection of Fort Drive and Monticello Road at 9:00 a.m. to provide some instructions and pass out supplies. Our goal for the clean up is to pick up trash, clean the street gutters, and remove grass growing on the sidewalks and curbs. Trash bags will be provided. We will have a limited supply of gloves so if you have your own, please bring them. JMCA does not own any type of equipment therefore bring shovels, brooms, hedge trimmers, weed eaters or edgers and any other tool you feel could be useful. This is a great family activity, so bring the kids!

We are soliciting bids from area businesses to obtain a large dumpster for the clean up. If we are successful in getting it, residents of Jefferson Manor will be allowed to utilize the dumpster to assist in your personal spring cleaning.

In addition to this clean-up activity, we will have smaller cleanups that target specific areas of the neighborhood. Watch the Yahoo group, Facebook page and Nextdoor.com website for information on these events.

—Becky Primeau

Land Use Update

The JMCA land use work on the future redevelopment of the Huntington Station strip mall and adjoining apartments is one step closer to completion.

After several years of community input, the county has published the comprehensive plan amendment based on the JMCA land use task force recommendations. In addition to an increase in allowed density on the site, the recommendations define the general land uses of the site, and include

environmental and community protections.

On Monday, March 4 the staff report was approved by the Lee District Land Use Advisory Committee. As of this writing, we are preparing to bring it before the county Planning Commission on Thursday, March 14. Assuming approval, it will go before the county Board of Supervisors on April 9.

Please keep an eye on the listserv and Nextdoor.com site for updates as we wrap up this process.

The staff report can be found at: <http://www.fairfaxcounty.gov/dpz/comprehensiveplan/amendments/st09-iv-mv1.pdf>.

**JMCA
Neighborhood
News 2013
Advertising
Rates**

Pricing per issue

full page: \$210

1/2 page: \$110

1/4 page: \$60

1/8 page: \$35

For information email
Newsletter@Jeffersonmanor.org.

Illegal Sign Removal

From Bulova Byline, the monthly newsletter from Chairman Sharon Bulova, Fairfax County Board of Supervisors

Unlawful signs in the public rights-of-way have been a long-standing problem, but the number of signs has spiraled out of control in recent years and many residents in Fairfax County have voiced concern about unlawful signs.

The Board of Supervisors recently authorized the county to enter into a legal agreement with the Virginia Department of Transportation (VDOT) that allows the County to remove illegal signs from the public right-of-way.

The Office of the Sheriff will provide its Community Labor Force (CLF) (non-violent offenders accompanied by Sheriff's Deputies) to remove signs in identified areas of the County. CLF crews would remove all signs located in the designated public rights-of-way between Tuesdays and Fridays. Special event signs are only permitted from Saturday through Monday. If they are present during the weekdays they will be subject to removal. These signs will then be stored at a County facility for five days, which would allow the owner of the sign to reclaim it. After this five day period, unclaimed signs would be destroyed. Staff of the Office of the Sheriff and the Department of Code Compliance will monitor and record all costs associated with the implementation of this pilot program during its initial one year test period.

Sign Removal Facts

- Sign removal program will begin later this year after operations details are determined.
- Signs will be removed between Tuesdays and Fridays.
- Special event signs (i.e., open houses, school plays, community meetings, etc.) are only permitted from Saturday through Monday.
- Signs will be removed from selected highways, not neighborhood streets.
- Under state law, some kinds of signs are permitted in public rights of way. These include no trespassing signs; Red Cross stations; signs at the intersections of two or more roads giving the distance or direction to a church, residence, or place of business; signs denoting only the name of a civic service club or church; and signs advertising or providing directions to a "special event."

For more information visit: <http://www.fairfaxcounty.gov/news/2013/board-approves-legal-agreement-remove-signs.htm>.



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Stay Up to Date with JMCA

Want to keep up to date with the latest JMCA news and goings' on? Join us on Yahoo Groups, Nextdoor.com, and Facebook!

- Yahoo Groups: <http://groups.yahoo.com/group>. This listserv is used to disseminate information to the community.
- Nextdoor.com: https://jeffersonmanorva.nextdoor.com/news_feed/
- JMCA website: <http://www.jeffersonmanor.org/>
You can find updates on upcoming neighborhood events and news on this site, as well as a color version of this newsletter in PDF.
- Facebook: Visit JMCA's Fan page. Simply search Facebook groups for Jefferson Manor Citizens Association.

Visit the JMCA website (<http://www.jeffersonmanor.org>)
for a color version of this newsletter.

Coming Out of Hibernation

As winter gives way to spring we may find ourselves more energetic, ready to break away from indoor activities and brave the great, green outdoors. Hours spent sitting can take their toll on our bodies. If we spend our days hunched over desks or in our cars, we may find our lower backs are sore. These exercises can help relieve tension in the lower back. The first exercise offers a respite in Child's Pose and a chance to expand the spine when you are fully extended. The second exercise opens the sides of the body which rarely are stretched during everyday activities. This pose also relieves tension in the lower back. Practice them consciously, taking care to stretch but not strain our backs.

Exercise 1: Sprouting Seed

Begin in Child's Pose: seated on your heels, forehead reaching toward the ground. If your head does not touch the ground, place pillows, books, or your fists on the floor to create a place for your forehead to rest. As you inhale rise up onto your knees reaching your arms to the ceiling. Keep your arms shoulder width apart, shoulder blades rolled down the back, armpits rolled in toward each other. Take several breaths. As

you exhale, lower your arms and return to Child's Pose. Take several breaths. As you inhale, rise up again. Repeat 10 times.

Exercise 2: Blown Palm

Standing tall, feet firmly planted on the ground. As you inhale raise your arms overhead. Keep your arms shoulder width apart, shoulder blades rolled down the back, armpits rolled in toward each other. As you inhale, lengthen your spine. As you exhale, bend to the right. Feel a stretch on both the left and right side of the body. If you feel scrunched, inhale up until you feel length. Take 5 breaths. Inhale back to center. Exhale as you bend left.

Practicing with your child?

For Exercise 1: Imagine you are seeds in the earth and as you are watered by the rain and warmed by the sun you sprout, take in the sunshine, and return to the earth.

For Exercise 2: Imagine you are palm trees firmly rooted in the earth, gently swaying in the breeze.

—Natalie Arbuckle, www.novayogi.com



JEFFERSON MANOR'S REAL ESTATE MARKET REPORT FOR THE WINTER OF 2013

Status	Address	BR	BA	List\$	Sold\$	Settled
Sold	2707 Fairhaven	2	1	\$342000	\$338000	12/21/2012
Sold	2810 Farmington	2	2	\$389000	\$380000	12/7/2012
Sold	5839 Edgehill Dr	2	2	\$375000	\$375000	11/30/2012
Sold	6001 Williamsburg	2	1	\$339500	\$338500	11/16/2012
Sold	2618 Jefferson	2	2	\$359000	\$356100	11/31/2012
Sold	2712 Albemarle	2	2	\$335000	\$335000	10/26/2012
Sold	2840 Fairhaven	2	1	\$260000	\$258000	10/19/2012
Sold	5923 N Kings Hwy	2	1	\$280000	\$280000	10/10/2012



Tom Rickert is a resident & Jefferson Manor Specialist with over 200+ sales and rental transactions around The Huntington METRO!

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Email—realtor@crosslink.net

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Information provided by area Metropolitan Regional Information Systems. It may contain sales not made by this Coldwell Banker agent or Coldwell Banker. Information deemed reliable, but not guaranteed.

Thinking of Selling or Renting? In this market, the most important decision you make is who to work with! Now offering property management & tenant screening services.

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Jefferson Manor Citizen's Association Elections

We Need You

Have you been looking to get more involved in your community? It's an exciting time in the neighborhood with all the changes in our area of Fairfax County, and we need a board that is interested in being a voice to our local government leaders on behalf of the community. If you care about the longevity of the community and want to play a pivotal role, join the board!

How Do I Run?

You can email your information (name, address, phone, email) to president@jeffersonmanor.org prior to the March 19 meeting or show up at the meeting and throw your name in the hat during open nominations. There is one board seat that will be vacated this year.

What Are the Requirements?

All you need is to be a resident of Jefferson Manor proper and a member in good standing with the JMCA.



Not a Board-Type of Person, but Still Want to Be Involved?

In addition to board members, we are in need of individuals to join our committees—from managing the current project with the county regarding the Huntington Station Plaza, to our social committee that puts on our events throughout the year, to helping us modernize our website. Show up on Tuesday, March 19 and volunteer!

Candidates (as of March 13, 2013)

President: Chris Soule

Vice President: Julie Upham

Treasurer: Shawn Ulrick

Secretary: Amanda Allen

At Large Board Members:

Ashley Davis (*up for re-election*)

Kat Sumida (*up for re-election*)

Dave Wiegold



Jefferson Manor Citizens Association

Any residents of the Jefferson Manor subdivision over the age of 18 and non-resident owners of property in the Jefferson Manor subdivision are entitled to membership in the Jefferson Manor Citizens Association. Membership dues are \$20 per household (\$10 for seniors) per calendar year. Complete this application & mail with a check or money order to:

JMCA
P.O. Box 4104
Alexandria, VA 22303

Visit the JMCA website at
<http://www.jeffersonmanor.org>
for a color version of this newsletter.

2013 MEMBERSHIP APPLICATION

☐ Renewal (\$20) ☐ New Member (\$20) ☐ Senior (\$10)

Name(s): _____

Address: _____

Email: _____

Phone: _____

☐ I have included an additional \$ _____ as a donation to JMCA to help with the publication cost of Neighborhood News.

TOTAL ENCLOSED: \$ _____ ☐ Check/money order ☐ Cash

☐ I am willing to help deliver newsletters (once every other month).

I am interested in the following:

- | | | |
|---|--|---|
| <input type="checkbox"/> JMCA Website | <input type="checkbox"/> Social Committee | <input type="checkbox"/> Home Improvement Committee |
| <input type="checkbox"/> Green Committee | <input type="checkbox"/> Transportation issues | <input type="checkbox"/> Land Use issues |
| <input type="checkbox"/> Neighborhood Watch | <input type="checkbox"/> Newsletter | |

Other notes: