



## Meet the Shops: Huntington Station

By Natalie Arbuckle

I am a creature of habit and a walker. As such, I have places I frequent for certain items and if it's a bonus if I can walk there to get them. Although I have been a resident of Jefferson Manor for almost 10 years and have eaten at the restaurants and have used the services of the shops at Huntington Stations, it was not until this past summer when I joined the team working to put to Farmer's Market there that I realized just what a wide variety of

cultures and services are represented by the shops and how wonderful it is that they're right here in our own backyard. I had the opportunity to visit each shop and speak with each shop owner several times over the course of the summer and fall. During these conversations, it struck me that I have watched friends and neighbors move in and out of the Manor but many of the storefronts have not changed. Kim's Barber shop has been in the plaza for over 30 years!

**See Shops, pg. 4**

### NEXT GENERAL MEETING



**Tuesday, Jan. 20,  
7:30 p.m.**

*Mount Eagle Elementary  
library*

With elections for JMCA right around the corner, Tuesday's meeting will be an opportunity to volunteer for a position with the dynamic Jefferson Manor Citizens Association. If you find the work that the JMCA does in the community valuable, it is critical that we find candidates for these positions.

Other topics on the agenda for the meeting include the on-going engineering study of Albermarle drive for future reconstruction. A representative from the county overseeing this project will be our speaker.



## One last harvest

Story and Photos  
By Kay Floyd

The garden has been put to bed for the winter. Or, I should say, the cold snap about two weeks ago did that for me, but not before my faithful French Bulldog Cash and I harvested the last

of the tomatoes, carrots, broccoli (this veggie was a disaster that will not be repeated), and herbs. The few tomatoes that could ripen on the window sill turned into Lemon Boys and Beefsteaks, while the forever green were

**See Harvest, pg. 7**



### See what's inside...

- **The President's Letter, pg. 2**
- **See JMCA's Fiscal Health, pg. 3**

**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](http://www.JeffersonManor.org) or email us at: [info@JeffersonManor.org](mailto:info@JeffersonManor.org).

**JMCA Board Members**  
 (4/2014–3/2015)

Chris Soule, President  
[President@JeffersonManor.org](mailto:President@JeffersonManor.org)

Julie Upham, Vice President  
[VP@JeffersonManor.org](mailto:VP@JeffersonManor.org)

Maeve Ulrick, Co-Treasurer  
[Treasurer@JeffersonManor.org](mailto:Treasurer@JeffersonManor.org)

Shawn Ulrick, Co-Treasurer  
[Treasurer@JeffersonManor.org](mailto:Treasurer@JeffersonManor.org)

Luis Delgadillo, Secretary  
[Secretary@JeffersonManor.org](mailto:Secretary@JeffersonManor.org)

Ashley Davis, Director

Craig Mehall, Director

Jason Stern, Director

Kat Sumida, Director

David Wiegold, Director

**JMCA Activities**

Neighborhood Watch  
[Jmnw2012@yahoo.com](mailto:Jmnw2012@yahoo.com)

Home Improvement Committee  
[homeimprovement@JeffersonManor.org](mailto:homeimprovement@JeffersonManor.org)

Land Use Committee  
[landuse@JeffersonManor.org](mailto:landuse@JeffersonManor.org)

Parents' Group  
[parents@JeffersonManor.org](mailto:parents@JeffersonManor.org)

Social Committee  
[social@JeffersonManor.org](mailto:social@JeffersonManor.org)

Transportation Committee  
[transportation@JeffersonManor.org](mailto:transportation@JeffersonManor.org)

Website Committee  
[website@JeffersonManor.org](mailto:website@JeffersonManor.org)

**Neighborhood News Newsletter**

Please direct any requests or questions about Neighborhood News to: [newsletter@JeffersonManor.org](mailto:newsletter@JeffersonManor.org)

Luis Delgadillo, editor-in-chief  
 Kelly Marshall, distribution

## President's Letter

**Happy New Year Jefferson Manor!**

Over the past year, we have seen a number of new neighbors move into the community. This has breathed new life into our neighborhood. Fresh ideas and energy is an important part of how we continue to evolve into a better version of what we currently are. It is important however to remember that today's successes are built on the investments of those who came before all of us.

Jefferson Manor came into being in the late 1940s, a new green field subdivision built to help house the post-war boom. Al and Sandy Snyder were among the first to move here in 1947. They put down roots, raised three children, and nurtured the community through the good times and not so good times. They witnessed the opening of Metro, the increased diversity of the neighborhood, and the current, on-going renaissance of Jefferson Manor. They were particularly thrilled with the increase in young families and children in the neighborhood. New parents had endless tales of Al and Sandy doting on the kids and sharing stories of their early days in Jefferson Manor. Al passed away in 2013, and

the JMCA decided that it needed to show it's gratitude to this family for their long history with us. In the summer of 2013, we renamed our home and garden tour after Al and Sandy, something that brought great happiness to Sandy and her children.

On December 26th, Sandy rejoined her husband Al. While we sent flowers for the service, it seems like such a small gesture when measured against their love of the neighborhood. I hope that their family takes comfort in knowing that Al

and Sandy will be remembered every year at the event focused on people showing their pride in their homes and community.

This underscores the fact that 2015 is shaping up to be one of tran-

sition in the neighborhood. In March, we will elect a new slate of JMCA officers and directors. I will not be running for another term. In addition, we will need to fill at least three other positions, including the treasurer position. If you find value in the work the association does, this is an excellent way to help guide the community forward. We continue to thrive due to the time and efforts of a small percentage of our residents. We need hands on the rope to pull.

“ It is important however to remember that today's successes are built on the investments of those who came before all of us. ”

-Chris Soule

**A reminder that dues for 2015 are due. Membership dues are what allow us the freedom to be creative in the events we hold for the community.**


**JMCA Neighborhood News**  
**2014 Advertising Rates**
**Pricing per issue**

Full page: \$210  
 1/2 page: \$110  
 1/4 page: \$60  
 1/8 page: \$35

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# Treasurer breaks down JMCA by the numbers

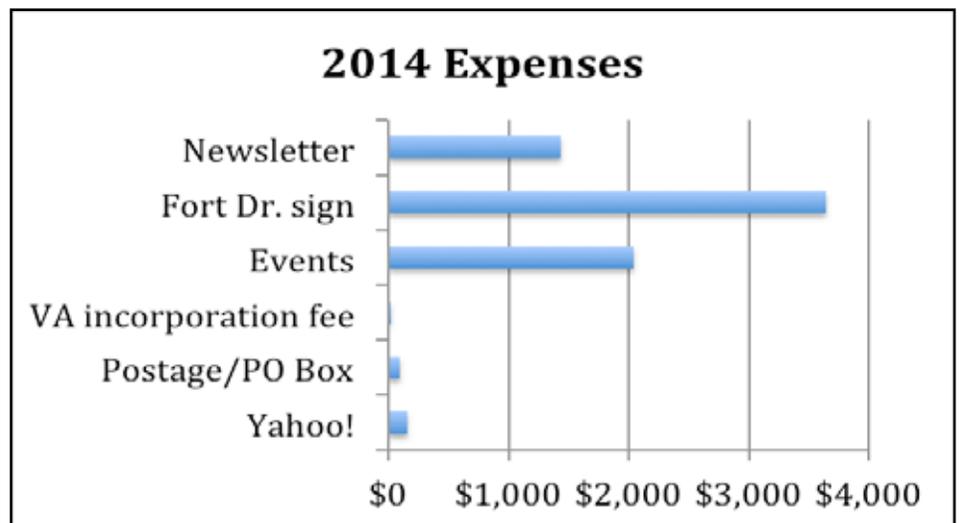
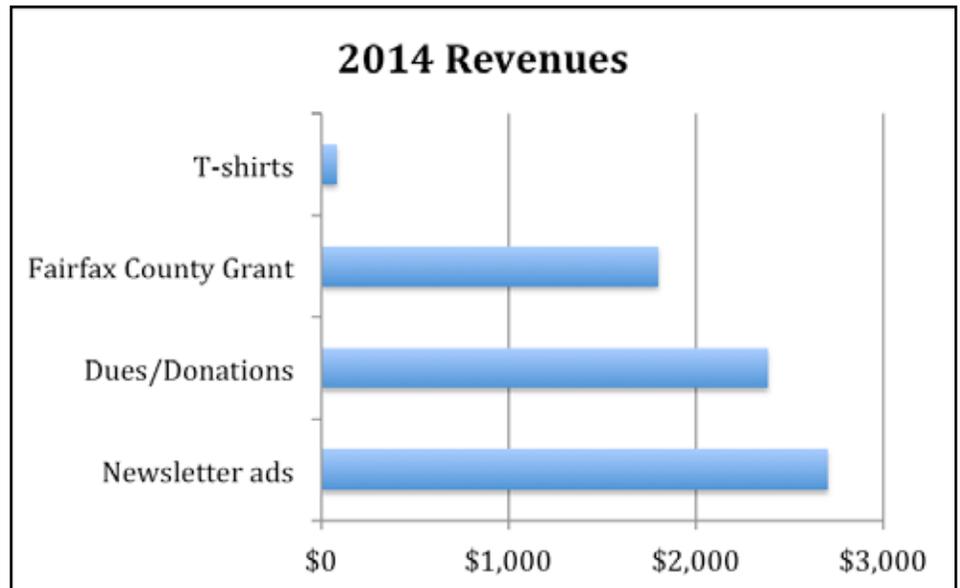
Year	Number of Households
2008	122
2009	103
2010	100
2011	86
2012	73
2013	96
2014	97

By Maeve and Shawn Ulrick  
Jefferson Manor Co-Treasurers

In 2014 we had 97 member households. This is on par with the 96 member households in 2013, but far short of the over 500 eligible households in Jefferson Manor. Despite the low membership levels, a large source of JMCA funds was from membership dues and donations, thanks to several exceptionally generous donations. (Multiple kind folks wrote us checks for \$50 or \$100.)

A major source of 2014 funds came via a grant from Fairfax County. Thanks to board member Kat Sumida for his hard work in obtaining this \$1,800. With this grant money and additional JMCA funds, we were able to install the elegant Jefferson Manor neighborhood sign at the intersection of Fort Drive and Monticello Road. A big thanks to JMCA Board Member Dave Weigold for spearheading this project, and to Kat Sumida for the landscaping around the sign.

Another JMCA initiative this year was the introduction of PayPal to process online payments to and from JMCA. Thanks to Maeve and Shawn Ulrick and Kat Sumida for getting this all rolling. JMCA's email address for payments is treasurer@jeffersonmanor.org, and we can send you an invoice if you would like to pay your membership dues online but do not have a PayPal account. As always, if you prefer to pay your JMCA dues or make a donation via check or cash, please bring it to a meeting or send it



to JMCA, PO Box 4104, Alexandria, VA 22303.

Partly due to the low membership rolls, we finished 2014 with a little less money in the bank than we started. We are very fortunate to continue to have a solid bank balance, but JMCA's financial health depends on you. Please renew your membership today!

More important than money is time. Please volunteer for JMCA. Step forward and arrange an activity. Help maintain our website (it's getting a little dated). Even simpler: Attend our meetings!

2013 Total Revenues: \$6680.00

2013 Total Expenses: \$6132.91

2013 End-of-Year Balance: \$8,489.31

2014 Total Revenues: \$6966.35

2014 Total Expenses: \$7549.97

2014 End-of-Year Balance (estimated): \$7905.69

Note: some transactions for 2014 are not yet reflected in this balance.



# JMCA resident highlights convenience of nearby shops



**Shops from, pg. 1**

New China Taste for 15, Euro Foods, which offers an array of Eastern European items for 10, and Ivy Nails which offers nail and waxing services for 4 years.

The plaza boasts foods from several different cultures. We held our wedding reception at ABI II. The food, including their most popular item the pupusa, is authentic Central American cuisine. Tippy's Tacos uses only fresh ingredients. One friend who moved out of the Manor

to NJ in 2008 makes a point of eating at Tippy's when she is back in town. The Balkan Grill serves homemade baklava and sandwiches on bread baked in house.

The salsa verde at El Pollo Peruano is spicy; the perfect accompaniment to their yucca fries. The pastries at Voila are delicate, delicious, and all made from scratch on the premises.

In terms of services, I was thrilled to have CarQuest so close when my car battery died. They replace car batteries and wiper blades gratis in the parking lot. The Divine Touch is a family friendly salon which services men, women, and children. I received many compliments on an updo I had done there for a wedding. Potomac Kempo has 5 locations but ours is the only one which offers Kali and sparring classes. We no longer have pets but when we did I was pleased to walk no further than Royal Pet Haven to purchase cat food. They offer kennel and grooming services.

I recently received a gorgeous floral arrangement from Sun Flower Florist. The shop has been in business since 1988 and recently relocated to Huntington Station from Beacon Mall. As the 15 April deadline looms, consider making an appointment at H&R Block. You can mail the completed forms at the USPS a few storefronts away.

La Latina and 7-Eleven are definitely conveniences I have been glad to have so close by. Many is the time I have gone to La Latina to pick up one last item to complete dinner preparations.

They sell dried goods and produce such as yucca, avocados, and plantains. Try the alfajores (butter cookies with a generous dulce de leche filling) sold at the checkout counter. The most popular item at 7-Eleven is coffee but we also buy our fair share of milk and eggs.

Looking for a pantry staple, a day of pampering, or a place to dine? Check out the shops at Huntington Station!

## 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](mailto:president@jeffersonmanor.org) prior to the March 17 meeting or show up at the meeting and throw your name in the hat during open nominations. There are two board seats 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 the social committee that puts on our events throughout the year, to creating our neighborhood newsletter, to helping us modernize our website. Show up on Tuesday, March 17 and volunteer!

### Candidates as of Jan. 11, 2015

- President: OPEN
- Vice President: OPEN
- Treasurer: OPEN
- Secretary: Luis Delgadillo
- Board Member: OPEN

- At Large Board Members:
- Jason Stern
  - Craig Mehall

# Yoga Tips: Reclined Deep Breathing

By Natalie Arbuckle

As the holiday season draws to a close, many of us feel invigorated from reconnecting with family and friends but perhaps we also feel tired and ready to settle down to focus on the year ahead of us. Take a few quiet minutes each day for yourself. You may be surprised at how little time it takes for you to feel rejuvenated if you allow

yourself just 3 minutes a day of reclined deep breathing.

This posture allows you the opportunity to quiet the body and mind and to open the chest.

The more open your chest is, the more deeply your body can breathe. Deep breathing can be very calming. Reclined deep breathing can be a great way to counteract the effects of sitting at desk, nursing a

child, or poor posture.

Resolve to take 3 minutes a day for reclined deep breathing. Try practicing this posture for 40 days, perhaps each night before you go to sleep. See how you feel at the end of the 3 min. Do you feel relaxed? Does your chest feel more open? Has some of the tension in your shoulders dissipated? How do you feel after 40 days?

Place a pillow on the floor. Lie on your back with the pillow under the lower portion of your shoulder blades such that your chest is raised but your neck and head rest on the floor. Extend your arms and legs. Gently close your eyes. Breathe through your nose allowing the breath to fill your belly as you inhale. Completely expel the breath in your body as you exhale.



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## Stay Up to Date with JMCA

Want to keep up to date with the latest JMCA news, goings' on, or want to let your neighbors get first dibs on that item your selling before it hits Craigslist? Join us at Yahoo Groups, Nextdoor.com, Facebook and on Twitter!



**Twitter:**

By following @JMCA22303 you'll gain access to some of the twitter feeds of news sites and organizations that are important to Jefferson Manor residents.



**Yahoo Groups:**

groups.yahoo.com/group.  
Search Jefferson Manor, this listserv is used to disseminate information to the community.



**Nextdoor.com:**

jeffersonmanorva.nextdoor.com/news\_feed/



**JMCA website:**

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.

## Let's keep the gardening going

**Harvest from, pg. 1**

simmered and frozen for January soup. Potted herbs were brought inside for those recipes that require fresh clip-pings.

Several days in November were devoted to worshipping the latest addition to our family – the food dehydrator. The dehydrator lovingly shrunk down our Thai chili peppers, tabasco peppers, and Thai bird peppers into potent flakes while emitting some pleasant (others might say loud) white noise. These were a vast improvement from the batch we air dried this summer that molded and disintegrated... oops. Initially, we were concerned about oil and pepper dust spreading around house and took turns licking the counter around the dehydrator to make sure we weren't creating a biohazard. All clear! Next, the lemon balm and lemon verbena turned into tea leaves. The parsley, sage, oregano, lemon thyme, and dill shrunk down into Christmas presents for our friends and family. We are happy to loan out our dehydrator for drying herbs!

Then, we turned our attention back to the yard, composting what we could and bagging up the dead remnants of eggplant, green beans, English peas, zucchini, squash, cucumbers, and the aforementioned goodies. The garden beds have been raked over and mulch is down around the hydrangeas, rose bushes, red twig dogwood, broom plant, and fruit trees, along with a delicate heuchera or two.

Our front yard has a new cover of red mulch on top of the tulip beds – "Shhh! Tulips Sleeping" sign is forthcoming. Next year, I might consider putting down cut evergreen branches while protecting the bulbs. We'll end 2014 with Floyd/Blue: 1, Squirrels: 0 on the tulips. Little holes attest to digging, but not to victory thanks to the



1-inch chicken wire we tacked down in Fall 2013. We might add some more mulch to the front and the backyards in December, based on my attention span and the cold.

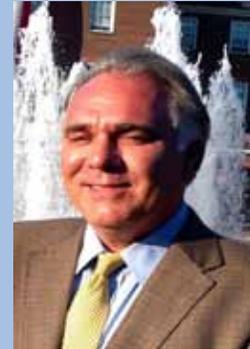
Upside down wine bottles in clay stakes will give a little bit of water to thirsty plants throughout the cold months, provided the temperature is above freezing. When the snow is sparse, we'll put ice cubes around the roots to slowly melt water into the ground. We also had our first big leaf raking of the year this week and learned that Cash does not like the leaf blower...not one bit! Though he still loves trying to eat the last bits of swiss chard.

In case you're wondering about this odd, somewhat rambling exposé, Cash and I have offered to write a monthly gardening article on our successes, ideas, and mostly mistakes. We'll have fun stories like the time Cash fell asleep on top of the mulch bag I was using – he said he was "helping." We'll close this piece with a lesson on listening to your neighbors – the next time Kelly Marshall says "lemon grass won't survive the cold," I'll follow his advice and cut a few stalks to freeze in water and use later. Sadly, this batch has been cut down to 8 inches above the ground and has an uncertain future. Until next time!



## JEFFERSON MANOR'S REAL ESTATE MARKET REPORT FOR THE WINTER OF 2015

Status	Address	BR	BA	List \$	Sold \$	Settled
<b>Sold*</b>	5917 Edgehill Dr	2	2	\$390000	\$385000	12/12/2014
Sold	2621 Farmington	2	1	\$374900	\$374900	12/3/2014
Sold	6022 N Kings Hwy	2	2	\$349000	\$339500	12/2/2014
Sold	5833 Edgehill Dr	2	1	\$368500	\$370500	11/21/2014
Sold	5832 Edgehill Dr	2	2	\$424900	\$435000	10/28/2014
<b>Sold*</b>	2857 Fairhaven	2	2	\$430000	\$420000	10/24/2014
<b>Sold*</b>	2836 Fairhaven	2	2	\$375000	\$371000	10/17/2014



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### 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

Or visit: [www.jeffersonmanor.org](http://www.jeffersonmanor.org) to pay using PayPal and for a color version of this newsletter.



### 2015 MEMBERSHIP APPLICATION

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Email: \_\_\_\_\_

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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:*

- JMCA Website    Social Committee    Home Improvement Committee
- Green Committee    Transportation issues    Land Use issues
- Neighborhood Watch    Newsletter