Jefferson Manor Citizens Association
Neighborhood News
March–April 2015 JMCA, P.O. Box 4104, Alexandria, VA 22303 • www.JeffersonManor.org

JMCA Elections Tuesday Night!

Tuesday night
7:30 p.m.
Mount Eagle Elementary Library

By Luis Delgadillo

JEFFERSON MANOR, March - Election time is upon us and while our busy lives may give us a reason to pass up opportunities to volunteer, participating in the vote for your JMCA Board will shape the future of our community.

As long-time president Chris Soule steps aside from an active JMCA role the community needs dedicate residents to step up and help make our neighborhood the best it could be.

The new slate of candidates and an explanation of what to expect can be found on page 4. What ever the outcome of the election the community will be entrusted

See *Vote*, pg. 1

It's Final!

Farmers Market Starts in May

By Chris Soule

We received word that the farmers market is a go for the coming season. The market will be on Thursdays from 3-7 in the afternoon, held in the parking lot of the shopping center, up against N. Kings Hwy. The market will start on May 14th, though it is possible that the winter weather pushes that back a

See *Market*, pg. 5

JEFFERSON MANOR COMMUNITY YARD SALE

Save the date: **Saturday, May 16, 2015 - 7:00 a.m. to 11:00 a.m.**

LOCATION: Your Own Front Yard!

Done with your spring cleaning and have a few things left over? Set up your front yard or driveway for the JMCA Community Yard Sale! For you bargain hunters, get excited to walk around, talk to neighbors, and score some great finds.

In the spirit of past Mount Eagle Elementary fundraisers, participating homes are invited to donate a small percentage of sales to our local PTO.

Contact Kay Floyd (khfloyd@gmail.com) with any questions and for information on how to donate.

JMCA PARENTS GROUP to RE-START

Alison Heuer and Ashley Davis are re-starting the JMCA parents group. Play-groups (both weekday and weekends), and family events are planned. Stay tuned to social media for more details. Or write to parente@jeffersonmanor.org

JEFFERSON est. 1947 MANOR

See what's inside...

- **The President's Letter, pg. 2**
- **Baby squirrel saved!, pg. 7**

¿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
(4/2014–3/2015)

Chris Soule, President
President@JeffersonManor.org

Julie Upham, Vice President
VP@JeffersonManor.org

Maeve Ulrick, Co-Treasurer
Treasurer@JeffersonManor.org

Shawn Ulrick, Co-Treasurer
Treasurer@JeffersonManor.org

Luis Delgadillo, Secretary
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

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

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

President's Letter

It has been almost a decade since I was first elected to serve on the JMCA board. In that time, our community has seen a remarkable string of improvements.

Fort Drive was rebuilt, the North Kings Highway median strip was built, and the traffic calming on Fort and Farmington were completed. Our National Night Out celebration has grown from two dozen people on a corner lot to two hundred people in our park.

We have built strong relationships with the development community, our county and state elected officials.

The surrounding communities look to Jefferson Manor as leaders in the area, and as an example of what effective advocacy can achieve.

> **"Not a single piece of this was possible without the time, effort and sacrifice of your neighbors. They saw the JMCA as a tool and a vessel to affect change.**
>
> **-Chris Soule"**

Not a single piece of this was possible without the time, effort and sacrifice of your neighbors. They saw the JMCA as a tool and a vessel to affect change. It has been a deeply rewarding experience to work with everyone who has tried to push the proverbial rock uphill, from flipping burgers at our picnic to deep knowledge dives on land use policy.

There is an exciting wave building in our part of the county, and the community needs strong leadership and a strong, focused neighborhood voice to help see these changes through.

While individual citizens have the ability to express themselves in numerous ways, having an organization like the JMCA to build consensus and speak in a unified voice is important. It is time for a fresh set of eyes and ideas to take the lead for the neighborhood.

Our elections for the next board will be on March 17th, and I hope you consider throwing you hat in the ring. The folks who have already stepped up will provide just the renewed energy that Jefferson Manor deserves.

If there is any parting sentiment I would like to leave with you all, it is to be subject to one another. That sense of service, humility and graciousness to each other has served us well to date, and should be a beacon to guide the community through the challenges that lay ahead of us.

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.

PayPal Here

JMCA Neighborhood News 2014 Advertising Rates

Pricing per issue

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

The JMCA does not endorse or verify the quality of service provided by advertisers in this newsletter.

As weather warms up plants, pets bounce back

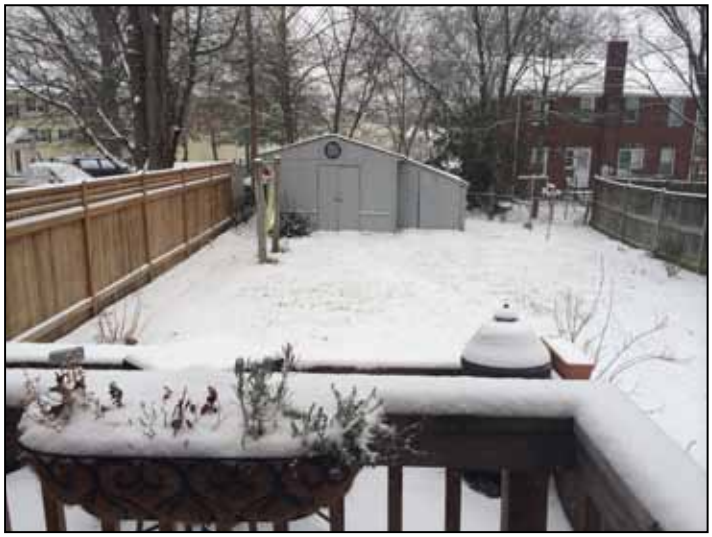
Story and photos by Kay Floyd

Our garden is starting to wake up a bit. The tulips are poking through the ground, or they were until the blanket of snow covered them. Buds are beginning to appear on the peach and cherry trees. And, the influx of birds is encouraging. Perhaps we are almost done with this winter weather.

For late February into early March, Cash and I are sneaking out on warm days to do a few prep items. First, we're going to trim our rose trees…I mean bushes. Last February, we were very conservative since these had not been trimmed in a while. We made slanted cuts (45 degree angle) only above the first bud eyes or bud swells, which were sometimes over my head. The angled cut helps rain run off and tends to look prettier. That worked very well and we had oodles of blooming roses well into November. This time, we are going to be more aggressive. I am going to cut lower, and remove any dead or damaged canes. You know you are hitting healthy cane when the wood is white in the cross section.

Last March, we started enough vegetable seedlings inside to cover our kitchen table and most of the counter. Bearing in mind that I didn't have a heat lamp, greenhouse, or frankly any of the necessary materials, almost all of these died. Sadly that was too much work and I like my table, though I greatly admire those of you with more skill than me. This year, only a handful of lettuce and pepper seedlings will be permitted and I'll buy what we want to grow from Greenstreet Growers (I go to the one on West Braddock Road) when we're ready to plant in the ground. Broccoli is not making the cut this year, as it attracted too many pests, and I'm seeking advice on how to better grow beans and peas. For you tomato lovers, Mr. Stripey is a must! This is a big yellow tomato that, when cut open, looks like grenadine floating through lemonade. We would sit out back and eat it with just a bit of sea salt. It was the hit of the season with family. I am drooling just thinking of it!

I'm going to war with the yard and weeds. Yes, I fully expect to lose. But here is what my research says so far. Crabgrass (an annual weed that is so good at coming back you think it is a perennial) begins to germinate when the soil starts warming up – going from 57 degrees to about the low 70s – or about two weeks after the forsythia blooms begin to drop. Crabgrass preventer is best to start before this happens,



so I'm going to apply apply the organic pre-emergence "herbicide" corn gluten in March when the ground hits 50 degrees and water it well, then wait a few weeks (read the directions) and then put down some seed in places where the crabgrass destroyed our yard. You might need to reapply the corn gluten, as crabgrass reseeds itself at different times throughout the growing season. As a bonus, corn gluten also battles clover. After the little annoyances emerge (as they inevitably will), I'll carefully spray vinegar on these and try to avoid hitting any good grass nearby. Stay tuned for how well this idea works.

After the last frost which should be right around April 10, we will take a few plants back outdoors: the Meyer Lemon tree we agreed to babysit for approximately 3 years for our friend who has moved to Iowa, the poinsettia from two Christmas's ago that refuses to die, and our many herb pots.

As always, thank you for letting me share my non-expert adventures with you. Cash and I cannot wait for it to warm up so we can enjoy the sunshine for real. But if we get another March snowstorm, then come on over …for snow mint julips that is!

Al and Sandy Snyder Home and Garden Tour

VOLUNTEERS NEEDED:

The annual Al and Sandy Snyder Home and Garden Tour needs volunteers to show their newest additions, renovations, and amazing gardens. This is a JMCA sponsored event that promotes the diversity and creativity of Manorites. Our homes were first built in 1947. They were all identical. We were mirror-images of our duplex-mates. That is no longer true. Over the years, we have turned these cookie-cutter homes into works of art - inside and out. Are you willing to share your unique home this spring? You can show a room, addition, garden, or the whole house. Please contact Ashley Davis, avdavis13@yahoo.com, for more information.

Releasing Toxins - Knees to Nose Pose

By Natalie Arbuckle

I am eagerly awaiting the spring---an opportunity to shed the many layers of winter, feel the sunshine on my face and limbs, and open the windows to allow the fresh breeze to flow through the house. As the days warm we may feel a craving to open up and release our bodies from the patterns of the winter such as comfort food and hunkering down in the protection of our homes. Answer this craving with reclined knees to nose pose.

Practitioners of Kundalini yoga recommend practicing reclined knees to nose pose each morning to let go of toxins in the body. Adding a side to side rocking motion at the end of your practice offers the lower back a gentle massage. Have a little one who needs help relieving their gassy tummy? A modification of this pose can help them release as well.

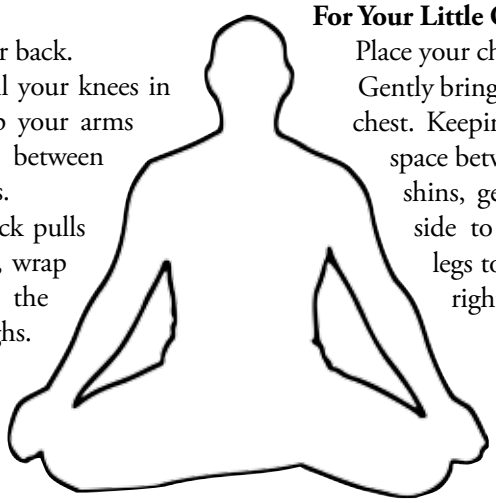
To Practice

Gently lie on your back.

Inhale as you pull your knees in to your chest. Wrap your arms around your legs between your knees and shins.

If your lower back pulls away from the floor, wrap your arms around the back of your thighs. Inhale as you raise your chest off the floor. Your knees and nose continue to reach for each other (though they may never touch) as you breathe long and deep. Continue for 1-3 min.

Rock side to side to relieve tension in the lower back. Rock front to back several times and then up to sitting.



For Your Little One

Place your child on their back. Gently bring their knees in to the chest. Keeping your hands on the space between their knees and shins, gently rock their legs side to side, moving both legs to the left then to the right several times.

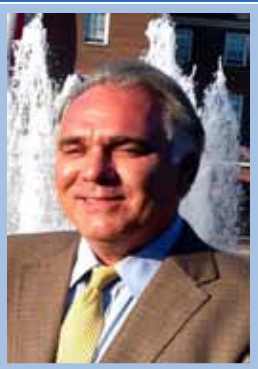
COLDWELL BANKER RESIDENTIAL BROKERAGE

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

Status	Address	BR	BA	List $	Sold $	Settled
Sold	2610 Farmington	2	1	$357900	$357500	2/26/2015
Sold	2711 Farnsworth	2	1	$364500	$357000	2/26/2015
Sold	2832 Fairhaven	3	2	$419000	$415000	2/25/2015
Sold	5934 Williamsburg	2	1	$349000	$349900	2/20/2015
Sold	2707 Farnsworth	3	2	$389999	$377900	2/13/2015
Sold*	5834 Edgehill Dr	3	3	$434900	$435000	2/10/2015
Sold	2808 Albemarle	2	1	$350000	$245000	2/10/2015

Buying, selling or renting? In the upcoming spring market, Tom's experience will help you get the best price possible!

Information provided by our area Metropolitan Regional Information Systems. This report may contain sales not made by this Coldwell Banker agent. Information deemed reliable, but not guaranteed. Please note; If your house is currently listed, this is not an attempt to solicit that listing. A list of Tom's 126 Jefferson Manor sales is available upon request by contacting Tom. * Indicates Tom's sales



Tom Rickert Realtor/Broker
Lifetime Top Producers Club
126 Homes Listed and Sold In Jeff Manor since 1999.
Would you like to be 127?

Phone: 703-447-7901
Email: realtor@crosslink.net

Want instant info about every house for sale, wherever you are? Get top rated Homesnap App for Iphone, Ipad & Android. It's free! Just go to www.homesnap.com, download, & favorite agent me.

Community leaders brought market but success depends on community participation

***Market from*, pg. 1**

week. The company that runs the market is still finalizing the vendors that will be participating.

From 2011 to 2013, the JMCA worked with the owners of the shopping center and Fairfax county staff on potential future development. While the discussions were pointed and occasionally heated, they were always professional and collegial. The community was able to build a relationship with the property owner, and able to educate them on the vision we had for the neighborhood.

At the end of that process, we began floating the idea of a farmers market in their parking lot. Initial discussions led us to realize that they had doubts about the idea, so it was tabled for the winter. We re-organized, and with a new team of residents in place, went door to door to the shop owners to build support for the market. From there, we went back to the property owner and pitched our idea again. Having built consensus with the shop owners, we were able to start forward momentum.

The community owes a huge thanks to the people who put in the time to make this happen. Tim Norris, Tom Rickert, Craig Mehall, Michael Seavey, and Rory Sheehan from the land use working group. David Wiegold, who worked on the land use group and got the ball rolling with the initial farmers market outreach. Natalie Arbuckle for stepping up and doggedly bringing this to completion this year, and Heather Plank for coming in late to start working on how to implement this smoothly. Take a bow, folks.

This is what the JMCA can do for community as a whole. This is how we can bring resources to the table to improve the quality of life for our neighborhood and, in this case, those around us.

A Special Message from Mount Eagle

By Jean Consolla
Principal, Mount Eagle ES

As principal of Mount Eagle ES, your neighborhood school, I want to thank you for all your support. Recently, our superintendent, Dr. Garza, presented a school budget of $2.6 billion for the 2016 school year.

The budget highlights include:

Salary increases ($59.4 million) – Provides a step increase for all eligible employees and a 1% market scale adjustment for all employees. FCPS must have attractive salaries to remain competitive. FCPS ranks fifth in starting teacher salaries, eighth in mid-career teacher salaries and ninth in the maximum teacher salary among school divisions in the metropolitan Washington area. FCPS remains at risk of losing teachers to surrounding school systems offering more attractive salaries.

Enrollment and demographics changes ($18.6 million) – Growth of 13,171 students since FY 2011, 28.2 percent of students eligible for Free or Reduced Price Meals, and 17.1 percent of students eligible for ESOL services

Full Day Mondays ($4.9 million) - Provides additional resources at the elementary level to ensure teacher-directed planning time of 300 minutes per week and a full day of instruction on Mondays for elementary students. Later High School Start Times ($4.9 million) – Needed for the purchase of 27 buses, bus drivers, training and fuel costs.

Elementary Class Size ($3.1 million) – Alleviates large class sizes in targeted elementary school

As individual citizens who care about your community, I invite you to engage in this process. The Board of Supervisors will hold public hearings April 7-9. Our area is undergoing rapid growth, and Mount Eagle is impacted by that. I welcome all of you to school where I'd love to show you around to see the amazing work that is being done for and by our children. And I welcome all your questions about Mount Eagle, FCPS and its budget so that you can make informed decisions about your community. Please contact our administrative assistant, Ms. Codispoti, at 703.721.2100 to set up a time to meet. Again, thank you Jefferson Manor for your commitment to excellence.

***Vote from*, pg. 1**

with maintaining the momentum leading into 2015.

How Do I Run?

You can email your information (name, address, phone, email) to 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.

Candidates as of Jan. 11, 2015

President: Ashley Davis - unopposed
Vice President: Kay Floyd - unopposed
Treasurer: OPEN
Secretary: Luis Delgadillo - unopposed

Board Member 1: John Holman
Board Member 2: Steve Gustafson
Returning board members:
Jason Stern
Craig Mehall
Dave Wiegold

COLOR FLOORING KITCHEN & BATH DESIGN CENTER

5739 Telegraph Road Alexandria VA 22303 703-960-0220

WWW.COLORFLOORING.COM

Hours: Monday-Saturday 10AM - 6PM Sunday-Closed

We provide complete in-house kitchen & bath remodeling
from framing to the fixtures

UPTOWN SERVICE AT NEIGHBORHOOD PRICES

COLOR FLOORING Kitchen Bath Design Center

Satisfaction Guaranteed

In your
neighborhood
for over
20 years

Wellborn Cabinets

Exotic &
Eco-friendly
Flooring
Cork
Bamboo
Marmoleum

Ceramic &
Porcelain Tile

BR111 - Exotic
Hardwood Flooring

Granite Counter
Top & Back Splash

Fine Carpeting - Rivington - Ohno - Hibernia - Fiberworks
Vinyl Sheet & Tile
Solid & Engineered Hardwoods

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.

JMCA family saves baby squirrel

OVERHEARD ON Facebook

In case you missed it, local hero Sara Marshman and company stepped in to help a baby squirrel March 11. The following account comes from the JMCA Facebook page. Don't get left out follow JMCA on Facebook.

Sara Marshman:
March 11 at 11:32pm

A tree in our yard just lost a huge branch. In it was a squirrels nest, so we now have a baby squirrel, possibly injured, on our hands. Is anyone awake who can offer advice on what to do?

Susan Bowyer:
I would call an emergency vet (Alexandria Animal Hospital is 703-751-2022) and ask for their advice. They may be able to talk you through an assessment over the phone -- I've done that for pets before; no idea if it works for wildlife too. Yesterday at 12:16am

Kay Floyd:
Put it in something it climb out of with a lid. Blankets, like fleece. I'm assuming it's eyes are not open? You can feed it liquid puppy food with an eye dropper every few hours, even overnight. Is it a boy or a girl? If it's young enough, you'll have to help it go potty and I can talk you through it. And if you didn't find a place for it, I know someone you can call. 20 hrs.

Kay Floyd:
Call my mom, give her the overview and ask her for Sabrina's number. Sabrina had pet squirrels growing up and nursed a little one recently. 703-670-7440 20 hrs.

Sara Marshman:
Squirrel update: I fortunately got in touch with a friend of mine who deals with wildlife. When the branch fell, we ran outside immediately and saw one of the parent squirrels running away with another baby. We found this one half buried in the little bit of snow that was left. The baby was very cold, and we tried to warm it up in hopes that the mom would come back for it, but when she hadn't as of 4am and the baby was cold again, I brought it inside. The baby is now warm and alive but parentless. I have the number for one wildlife rehabber and will call as soon as I can this morning. 20 hrs

Sara Marshman:
Thanks for the info Kay. I'm glad to have another number to call. 20 hrs.

Sara Marshman:
Oh and its eyes are not open, it looks to be about 3 weeks old or so, and it's a boy 20 hrs.

Keeks Smitty:
They are hard to keep alive because they have to be fed and pottied every 2 hrs..... let me know if you still need help. I raised a handful growing up.19 hrs.

Sara Marshman:
Our squirrel friend is now with a licensed wildlife rehabilitator near Mt. Vernon. She said he's slightly dehydrated but otherwise looks good. Hurray! Thanks all for the assistance. 17 hrs

Kay Floyd
Yay!! 17 hrs

Sara Marshman:
And here's the cuteness. 16 hrs (see pic)

Pe Pe: Sooo cute 14 hrs.

Shaanon Lindauer: *Thank you for saving him!*

Jeff Brady, Realtor

Experience, knowledge, enthusiasm, energy and passion-all the reasons for choosing me as your real estate agent.

Spring is here and so is the real estate selling/buying season. Contact me and let's get started planning your spring move now!

Your Jefferson Manor Resident Realtor Working for you!

Jeff Brady, Realtor
Cell 817-800-8341
JeffBrady@century21.com

JeffBradyHomes.com
Like me on Facebook

Accent Homes
3111 Telegraph Corner Lane, Suite 200
Alexandria, Virginia 22310-4400
Direct Office 703-317-8007

Whether you are interested in buying, selling, or renting a home, call me today and let's get started. Century 21 Accent Homes, Inc. also provides full service property management for owners of rental property.

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** to pay using PayPal and for a color version of this newsletter.

PayPal Here tm

2015 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:

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