



Huntington Station Welcomes Smart Markets

By Natalie Arbuckle

In early 2015, AJ Dvoskin & Associates, the owner of the Huntington Station property and Smart Markets agreed upon opening a Farmer’s Market this spring. The market opens 21 May and will be open every Thursday from 3 pm – 7 pm through November. The market created for Huntington Station will include: produce from Chester Hess Farm and Orchards, Crazy Farm Produce, and Pete Lund’s Produce, granola from Barnola, beef and dairy from Mount View Farm, chicken, pork, lamb, eggs, and cheese from (Orchard Breeze Farm), Virginia’s finest island punch from Queen Victoria, Real Country sausage, Semper Fi foraged mushrooms, breads and pastry from Voila and Whim pops.



I had an opportunity to speak with Jean Janssen, the owner of Smart Markets, and learn more about Smart Markets and the market which will be in our neighborhood. Jean started Smart Markets 7 years ago in an effort bring communities locally grown healthy food. She was a caterer for 20 years and understands how to create nutritious and delicious foods. Smart Markets provides recipes for the products which they sell.

See Farmer’s Market, pg. 2



"What's with that noise and light?" The helicopters of Jefferson Manor

By John Holman

Is it a bird, a plane? ... nope, its Fairfax 1. The Fairfax County Police Department Helicopter Division operates two Bell 429 helicopters that occasionally pay our neighborhood and the surrounding area a somewhat noisy visit. Known collectively as Fairfax 1, these helicopters provide a valuable

tool within the county and our community. Fairfax 1 offers the Fairfax Police a multi-mission capable platform to any incident within the county. They operate primarily as an observation platform during police rescues and pursuits.

See Helicopters , pg. 5

JMCA Social Media Policy

By Jeffrey Batt

This policy recently has been approved by the JMCA board and is effective June 1, 2015. The Jefferson Manor Community Association (“JMCA”) encourages use of social media as a way for our neighborhood to connect and share information. JMCA-affiliated uses of social media include the JMCA Facebook page, the JMCA email list serve, the JMCA Twitter account, the JMCA Web Blog, and all other future social media outlets. While undoubtedly a tool that can enhance our sense of community, JMCA social media use also presents certain risks and carries with it certain responsibilities. To assist in making responsible decisions in using JMCA social media forums going forward, we have established the following guidelines and policies, which apply to

See Social Media, pg. 9



See what’s inside...

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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

(3/2015–3/2016)

Ashley Davis, President
President@JeffersonManor.org

Kathryn Floyd, Vice President
VP@JeffersonManor.org

William McGrath, Treasurer
Treasurer@JeffersonManor.org

Jeffrey Batt, Secretary
Secretary@JeffersonManor.org

John Holman, Director

Jason Stern, Director

Craig Mehall, 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

President's Letter

"JMCA is only as strong as its members. We are a volunteer board supporting a volunteer base of citizens with a shared idea of what it means to be a community. "Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." – Marjorie Moore. That is the perfect quote for our neighborhood in general. What does it mean to be in a community? Ideally, it would be a place where everyone works toward a shared goal of growth and fraternity. The spring egg hunt and pot luck was a huge success; bringing together friends and neighbors.

The clean-up, which focused on the entrance points of the neighborhood, has resulted in a less-formal gathering of neighbors who want to regularly tidy-up the public spaces, a beautiful tree at our sign (thanks to Tom Rickert) and some lovely rose bushes. We have a JMCA weekend coming up with a tag sale on Saturday the 16th and the Al & Sandy Snyder Home and Garden Tour on the 17th. Our annual cookout is coming up on the 6th of June with a special helicopter demonstration by Fairfax County police. So in what kind of community do you wish to live? Volunteer. Make your voice heard. Help make Jefferson Manor the kind of community you want to call home.

- Ashley Davis

Farmer's Market, cont'd from pg. 1

While the business itself has not changed much in 7 years, the number of markets Smart Markets runs and the size of the individual markets has grown. Jean says she has learned more about how to choose a community in which to place a new market. The placement depends upon whether or not the community is projected to sustain a market and if vendors are able and willing to participate in the market.

I am looking forward to the opportunity to enjoy the seasonal tastes of Virginia right here in our neighborhood and to testing out the recipes available at smartmarkets.org. If you are looking for an opportunity to support locally grown and sourced items and mingle with neighbors, come to Huntington Station on Thursdays May-Nov.

JMCA membership dues are what allow us the freedom to be creative in the events we hold for the community.

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1/8 page: \$35

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Spring Gardening in the Manor

By Kathryn Floyd

With this lovely warm weather, Puppy Cash and I thought we would update you on what we are doing, what is failing, and what we'll try soon. I am pleased to report that we are winning the war on crabgrass! And losing the war on all other yard weeds. I'm afraid I overly tempted the lawn pixies, who are laughing at me. After killing off far too many portions with vinegar, I'm reseeding patches. Apparently clovers move in when your soil is low on nitrogen, so I'll be adding more of that at the appropriate time. And frankly, I have no idea what the other weeds are. Possibly quack grass. I'm offering an adult beverage to anyone who wants to come over and tell me what is growing (other than clovers, no beverages for telling me there are clovers in my lawn).

Two years now, the cold has killed my gardenias. It is very hit or miss whether these make it through low temperatures. Thus, I declare defeat on putting a gardenia in the ground. I'll still have a potted version that comes in for the winter. In my quest for an evergreen plant that is also functional, I've planted a tea olive

tree (*Osmanthus fragrans*) in the front that is meant to bloom for at least two months and be incredibly fragrant. There's a chance that this won't make it through the cold, but it has survived in Arlington so I'll gamble. I have a small red currant bush that will go into the garden in a week to compliment the blueberries, blackberries, and strawberries. More digging in the garden means more scrubbing my cuticles, but I've started to use disposable plastic doctor gloves when it gets really messy. Quite effective!

Interesting lesson! The bulb bags at Costco often take a year to fully come up. I planted loads last spring, and had limited results. But my peonies are looking great now! The bleeding hearts, astilbes, hostas, and ferns are strong, too. Next, I'm trying crocosmia, freesia, and tuberose (not from Costco). At least two of these will be in the front yard for public enjoyment. Phlox, I'm going to have to break up with you. I've killed you in root, plant, and super mature plant form. Goodbye darling.

To the vegetable garden...we are doing the urban gardening bag

method again as we build our beds slowly. So, I took a bunch of the miraclegro with fertilizer 1 cu ft bags, poked holes in the bottom for drainage, cut the tops off leaving a 1-inch border, and planted loads of veggies. I'll also be applying a semi-weekly dose of neem oil to the plants to ward off pests, as well as planting onions, marigolds, and basil in different beds to keep the hungry bugs away from the main attractions. On the pest note, we have planted many things that naturally repel mosquitos. I love our lemon grass and peppermint, but restrict the peppermint to a planter where it cannot escape and put down roots. Thanks Sara Marshman for that advice!

Cash and I have decided to help with planting or maintaining the JMCA sign at the corner of Fort and Monticello. While we'll be watering and planting perennials that require very little care, please feel free to help out if things are looking dry or say hi if you see me digging. Lavender, rosemary, and golden lemon thyme are going in the ground as I type this. Cash and I will see you on your walks, or at the JMCA sign!



Photo courtesy Fairfax County Public Schools

School Daze: Mount Eagle News

Spring Update - Mount Eagle PTO

- By Tia Colvin

As part of our continuing effort to strengthen the bond between Mount Eagle and Jefferson Manor, here is an update on the latest activities at our neighborhood school.

The Drama Department has been very busy this Spring. The 3rd graders performed a play (with financial support from the PTO) called Dig It!—archaeologists discover a talking fossil who takes them on a trip through history in Egypt, China, Greece, and Rome. The 1st graders performed a play called Bugs—bugs at a picnic learn to get along, despite their differences, and even find a way to accept the stink bug and not to bully him. The Kindergartens are currently working on their play, which is scheduled for the end of the school year. According to my Kindergartener, this play will be about “the Three Little Pigs and lemonade,” but something may be getting lost in translation there.

The PTO has also held several events this spring. In March, we held Multicultural Food Night. Members of our school made dishes to represent their home countries and cultures and shared them with the community. The 2nd graders also performed an international song and dance. In April, we held the school’s Earth Day celebration. We tie-dyed t-shirts, weeded and mulched the school garden, painted commemorative bricks, and cleaned the school yard. The Girl Scouts collaborated with us on making fun bird feeders out of toilet paper rolls and peanut butter. The first week of May was Teacher Appreciation Week, and we planned numerous daily activities to show our support for the wonderful teachers at Mount Eagle (such as having our local favorite Captain Cookie provide treats!)

For the most updated information about the PTO and Mount Eagle events, like us on Facebook at <http://www.facebook.com/MtEagleElementaryPTO> or visit our website at <http://mouteagle.my-pto.org/>.

Thank you 7-11!

- By Maureen Murray

Both Kenubish Wonderm (the owners of the Huntington Station franchise of 7-11) and Jay Bradley (7-11 corporate representative) have partnered together to donate to Mount Eagle Elementary & the Mount Eagle PTO under their "Project A Game" grant program. This program supports local schools and athletic organizations which in turn support the youth of our community, and (to quote 7-11) helps build a “strong(er) foundation for the next generation.” Project A Game allows franchise owners to donate money that can be matched by 7-11 Inc. to total up to \$711. Thank you Kenubish & 7-11 Inc. for your generosity!





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Helicopters , cont'd from pg. 1

With the help of Forward Looking Infrared (FLIR), high-resolution cameras, a powerful Trakkabeam spotlight, and night vision goggles; these helicopters can operate around the clock in all kinds of weather. These helicopters also perform a crucial search and rescue and medical evacuation (medevac) role within the county. As all the flight officers are trained paramedics, they can land and transport critically injured patients rapidly to one of the many hospitals within our region. Our neighborhood has experienced Fairfax 1 first hand in recent months. While it is disruptive and annoying at times, these helicopters can more quickly find an individual who is on the run or hiding in the dark. The equipment on board Fairfax 1 allows for better coverage of a large area while reducing the risk to officers on the ground who only have a flashlight and their two eyes to find a suspect.

The department makes an effort when possible to reduce their noise signature when not performing crucial missions by using the Helicopter Association International's Fly Neighborly guidelines. These include flying at higher altitudes and making more gentle maneuvers while in flight.

Should you wish to find out why Fairfax 1 is operating in our area after the fact, you can check the Helicopter Division's website (<http://www.fairfaxcounty.gov/police/helicopter/>). You can also call the Fairfax County Emergency Communication Line at (703) 691-2131. Fairfax 1 will be making an appearance at the June 6th neighborhood picnic between 2:00 and 3:30 in Jefferson Manor Park. Please come with questions for the crew and feel free to look over the helicopter. It is definitely something the kids will enjoy.

Their presence will be weather dependent and may be canceled due to a mission being performed. Fairfax Police will be there to secure the landing zone and it is suggested we all stand back to avoid debris kicked up by the rotor wash.

One final note is that even without Fairfax 1, Jefferson Manor's airspace has been and continues to be a busy place for the helicopters that operate in the National Capital Region. The neighborhood is "perfectly" situated underneath a major corridor for helicopters to pass from Virginia into Maryland without impacting National Airport's incoming and outgoing commercial flights. For this reason, we often see Marine Corps, Air Force, Coast Guard, Customs and Border Protection, and other agencies' helicopters overhead.

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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.



JMCA Egg Hunt and Cleanup!



UPCOMING COMMUNITY EVENTS!

Yard Sale: May 16

**Snyder Home and Garden Tour: May 17,
1 - 4 pm**

Community Picnic: June 6

JMCA Yoga Tips: Pigeon Pose

By Natalie Arbuckle

We tend to spend much of our days seated; perhaps in cars, on the Metro, or at our desks. As a result, our hips are often tight. Pigeon pose and its many variations offer us an opportunity to release tension held in the hips and open them. One of my favorite variations is seated pigeon pose. Try it at home or at work.

To Practice

Begin seated in an armless, straight backed chair. Scoot to the front of the chair such that you can

firmly plant your feet on the floor. Raise your right foot off the ground and place the foot just above the left knee so that your right leg opens like the top of the number 4. Flex your right foot. Gently bend forward from your hips as you sink your hips down into the chair.

Bend forward until you feel the stretch and then hold in that position as you breathe for 5 counts. Rise back up to the starting position as you inhale. Place your right foot on the ground and repeat on the left side. Practice several times each day. Try holding the pose for 5 counts longer each day.



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

Status	Address	BR	BA	Listed \$	Sold \$	Settlement
Sold	5922 Edgehill Dr	2	1	\$350000	\$350000	4/29/2015
Sold	6022 Williamsburg	2	2	\$379000	\$379000	4/28/2015
Sold	2820 Fort Drive	3	2	\$410000	\$410000	4/28/2015
Sold	2719 Farnsworth	2	2	\$364000	\$355000	4/21/2015
Sold	2732 Fort Drive	3	2	\$450000	\$449500	4/2/2015
Sold	5826 Edgehill Dr	2	2	\$349000	\$345000	3/26/2015
Sold	6019 Williamsburg	3	2	\$405000	\$405000	3/20/2015



Tom Rickert, Resident Realtor
Tom's Jeff Manor Track Record:
 JM Assisted Sellers = 135 JM
 Assisted Buyers = 46 JM
 Assisted Landlords = 47 JM
 Assisted Renters = 38 Tom's
 all time JM total = 266

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Social Media , cont'd from pg. 1

to all individuals that post on JMCA social media forums:

1. Definition of “Social Media” – “Social Media” includes all means of communication or content of any sort that is posted or contributed to JMCA-affiliated Internet forums, including – but not limited to – Facebook, Twitter, and JMCA email threads. Posts to web bulletin boards, chat rooms, comments, emails (whether an original communication or response) are all considered social media uses.

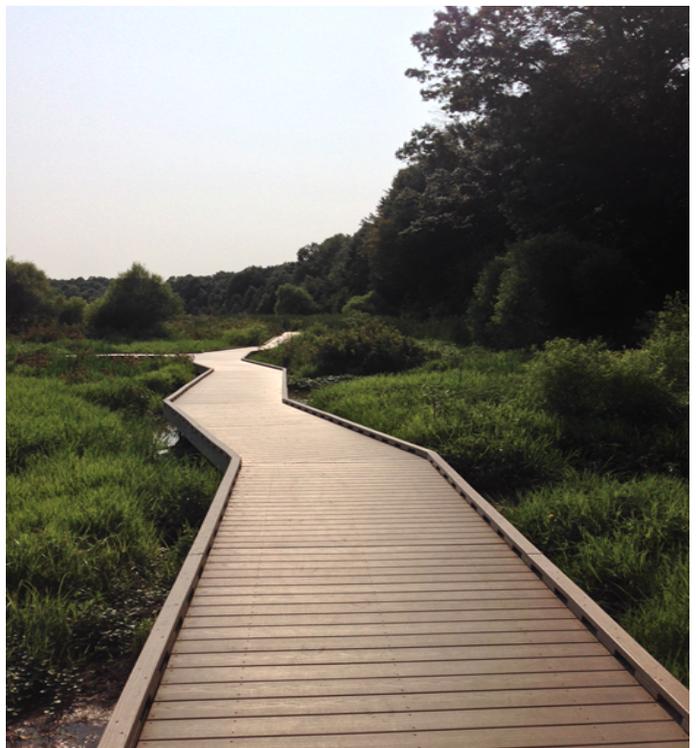
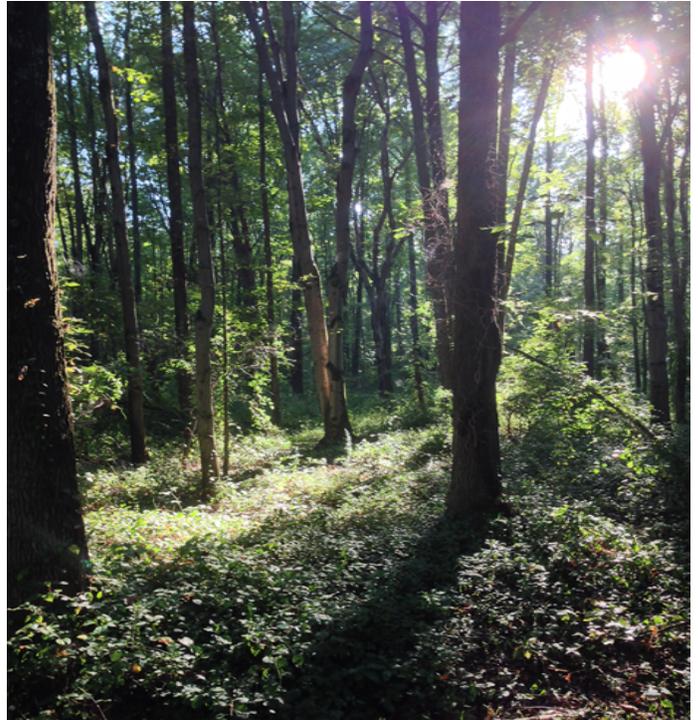
2. Non-Permissible Social Media Uses – inappropriate postings on JMCA social media forums include discriminatory remarks, harassment, incendiary accusations, and threats of violence. In particular, derogatory comments and/or opinions pertaining to sexual orientation, gender, race, ethnicity, or disability are inappropriate and will not be tolerated. JMCA social media forums are also not a place for openly political or religious opinions.

3. JMCA Actions Regarding Non-Permissible Social Media Use – because social media is intended as a friendly and convenient way for Jefferson Manor community members to connect and interact with one another, JMCA officers, board members, or other administrators reserve the right to remove inappropriate or offensive content as outlined in Section 2 above. The decision to remove content will not be done unilaterally, and will require a consensus of at least two JMCA officers or board members. If there are at least three incidents where the same individual posts or contributes non-permissible content on JMCA social media forums, the JMCA reserves the right to ban or otherwise prevent this individual from posting future content.

4. “Best Practices” Social Media Use – in addition to avoiding the urge to post or contribute offensive content, users of JMCA social media forums should keep other considerations in mind. Please try to be fair and courteous to other community members. Users should also ensure that they are being honest and accurate when posting information or news, and if you make a mistake, correct it quickly. Please also be open about any previous posts or contributions that have been altered. Remember that the Internet archives almost everything; therefore, even deleted postings can be searched. Never post any information or rumors that you know to be false about fellow community members, businesses, events, or other individuals.

IN FOCUS: Huntley Meadows

Only about 5-10 minutes away from Jefferson Manor, Huntley Meadows is one of the largest parks in the DC metropolitan area and is truly a regional jewel. Just off of Route 1 and Telegraph Road, Huntley Meadows is perfect for bird watching, a leisurely afternoon stroll, a morning run, and so on. We are very lucky to have such a beautiful park so close by.



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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
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I am interested in the following:

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