Jefferson Manor Neighborhood News

Winter & Holiday Safety Tips

Jefferson Manor Neighborhood Watch

Your Vehicle:

Never leave your car running or the keys in the ignition when you are away from it, even for "just a minute."

Keep valuables out of sight or in the trunk. Valuables in plain view only help attract thieves.

Always roll up the windows and lock your car.

If your vehicle has an alarm or other anti-theft device, use it. Every time.

When Out Walking:

Stick to well lit, well-traveled streets. Avoid shortcuts through alleys.

Walk with someone when possible.

Don't display your cash or any other inviting targets like cell phones, hand-held electronic games, or expensive jewelry and clothing.

Carry your backpack or purse close to your body and keep it closed. Just carrying a wallet? Put it inside your coat or front pants pocket, not in your back pocket or in your backpack.

If you think someone is following you, switch directions or cross the street. If they are still following you, head for a public place, or even your neighbor's house.

Don't be afraid to yell for help or carry a whistle.

In Your Home:

Lock your doors and windows.

Put an inside light on a timer so it looks as someone is home when you are away

Turn on your porch lights on after dark.

Be alert in our neighborhood. Keep an eye out for things that don't look right. Don't be afraid to call the police to report anything you see that seems suspicious; better safe than sorry.

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To Tree Or Not To Tree

by Katherine Dols

Putting up a Christmas tree can be a challenge in our small houses. Even if I move furniture to make room for a tree, I don't have anywhere to store the furniture. A few years ago, I solved my Christmas decorating dilemma by replacing a tree with an evergreen garland. I still get to hang all my ornaments, enjoy the evergreen smell, and clean up fallen needles, all without having to move furniture.

You could buy a ready-made fake or real garland, but I prefer to make my own. Because I will cut up whatever tree I buy, I don't go for the high-priced ones. Last year Holly, Woods, and Vine on Route 1 had everything half off a few days before Christmas, and since I never get any decorating done until the last minute, I was able to take advantage of the sale. If you buy your tree somewhere that trims the bottoms of the trees, they may be happy to give you cut branches in case you think you'll need extra.

I generally use half to three-fourths of a 6 ft. tree for a garland that I drape around the entrance going from the living room into the dining room. The rest of the tree goes for other decorations or I put it outside near the bird-feeders for a shelter for the birds. As I add ornaments to my collection, the garland gets longer. This year it will run across the entrance way and about three-fourths of the way down each side. At some point, I'll probably add another garland to the dining room side of the entrance.

I spend 2-3 hours putting the garland together (using a pair of clippers, a roll of wire, and a small wire cutter) and hanging it up. Just create it as you go—you'll begin to see which branches work best, how to join them together so they are secure, and where you'll need to fill in. To hang the garland, I hammer 3 nails into the wall at an angle—one in the middle of the molding and one at each corner (where the molding and the wall meet). I securely attach the garland to each nail with wire, and let it hang down the sides. Then it's time to hang the ornaments! I've learned from experience and a few broken ornaments, that when your garland and the branches drape vertically, you can't use regular ornament hangers. Now I wire the ornaments on, and leave the wire on them to reuse next year.

I've really had fun creating and decorating my Christmas garlands. I hope you give this a try and enjoy it as much as I do!

Important Phone Numbers

Police, Fire, Ambulance: **9-1-1**

Public Safety Non-Emergency: **703-691-2131**

Fairfax County Emergency Information: **703-817-7771**

VDOT (Virginia Department of Transportation): **1-800-FOR-ROAD (1-800-367-7623)**

Weather - National Weather Service Updates: **703-652-1210**

Washington Gas: **1-800-752-7520** or **703-750-1400**

Dominion Virginia Power: **1-866-DOM-HELP (1-866-366-4357)**

Sewer Breaks or Back-Ups: Department of Public Works and Environmental Services: **703-323-1211** or **703-250-2003**

Rising water that threatens your safety: **9-1-1**

Storm flooding during business hours (Monday-Friday, 7:30 a.m. to 4 p.m.): **703-877-2800**

After-hours storm flooding emergencies that are not life threatening: **703-323-1211**. State that you are reporting a storm sewer emergency.

Sanitary sewer flooding: **703-323-1211**

Connect 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!

Yahoo Groups:

groups.yahoo.com/group

Search Jefferson Manor. This listserv is used to disseminate information to the community.

Nextdoor.com:
jeffersonmanorva.nextdoor.com/

Nextdoor lets us connect with each other and the neighborhoods around us.

Twitter:

Follow @JMCA22303 and access some of the twitter feeds of news sites and organizations that are important to Jefferson Manor residents.

Facebook:

Visit JMCA's group. Search Facebook groups for Jefferson Manor Citizens Association.

JMCA website:

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.

JMCA's Pets of the Month

Dog of the Month: Watson Hastings

Birthday: March 22, 2004
Eye color: Brown
Hair: Fawn and white
Likes: Greenies, gingersnaps, soft beds
Dislikes: Baths, trips to the vet, physical exertion

Watson moved to Jefferson Manor about a year ago with his humans, Sarah and Alex. He loves his backyard and walking around the neighborhood smelling all the other dog smells. Watson can generally be found lounging on his bed, waiting for his next meal, and keeping on eye on his new baby sister.

Cat of the Month: Millie Lupo

Birthday: August 11, 2009
Eye color: Blue
Hair: White, gray, brown and black
Likes: Crunchy snacks, boxes, snuggling on her terms
Dislikes: Coming inside, loud noises, sharing the bed

Millie moved into Jefferson Manor in August of 2013 when her former owner was overcome by allergies. She enjoys nothing more than a quiet afternoon sleeping on the porch and snacking on goldfish crackers. She can be found stealing all the warmths from the vents in her house, attacking tennis balls and popping out of boxes to surprise attack the other cats.

Does your pet have what it takes to be JMCA's Pet of the Month? All pets are welcome, not just cats and dogs! Submissions will be considered starting on the 1st of January through the 15th. Please send a high resolution photo and answer the questions above.

Submissions should be e-mailed to newsletter@jeffersonmanor.org

The Neighborhood News is published 6 times a year by volunteers in your community. The newsletter operates on advertising and the generous hours donated by neighbors like you. If you would like to submit articles, volunteer time or advertise in the News, **please e-mail newsletter@jeffersonmanor.org**

Deadlines for submissions are the 15th of September, November, January, March, May and July for publication the following month.

Advertising Pricing

per issue

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

Questions?

newsletter@JeffersonManor.org

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

JMCA Calendar of Events 2015-2016

Put me on the fridge!

December 13, 2015 – Holiday Party

April 3, 2016 – Egg Hunt and Spring Potluck

April 10, 2016 – Neighborhood Clean-up

April 30, 2016 – Neighborhood Tag Sale

May 22, 2016 – Al & Sandy Snyder Home & Garden Tour

June 12, 2016 – JMCA Picnic

On the Mat - Balance

by Natalie Arbuckle

As the holiday season approaches, I am thinking of the delicate dance of balance that occurs this time of year. Balancing the sweet and creamy treats with light, nutritious ones; festivities with rest; family time with friends time and the list goes on. Life at its core requires balance and in yoga we have lots of opportunity to practice. The beauty of practicing balance on the yoga mat is that it gives us an opportunity to try, falter, and try again with no tears. Try the following balance poses at different times of the day and on different days and be amazed at the range of your body's and mind's ability. Practicing a pose allows us to see not only growth in a pose but also regression which offers us the opportunity to reassess, try again, and succeed. There is a saying in Kundalini yoga, we should sweat, laugh, and breathe each day. Wishing you all 3 each day this holiday season.

Standing Balance: Stand straight with your shoulders rolled down your back and neck relaxed. Toes should be stretched and your entire foot should be making contact with the floor. Find a non-moving point on the floor or wall about 3 feet ahead you and focus on it. Feel free to hold the back of a chair for extra support. Hold the chair with the hand on the side of the body on which you are balancing. As you inhale, shift your weight to your left leg. Slowly raise your right knee in the air. Hold the knee in the air while breathing. Try extending your right leg. Hold the extension while continuing to breathe. When you are ready to switch sides, release the extension, and exhale as you bring your right foot to the floor. Repeat with your left leg.

Century 21

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If your home is currently on the market, this is not an attempt to solicit

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
- Wade Woolwine, Secretary
  Secretary@JeffersonManor.org
- John Holman, Director
- Jason Stern, Director
- Craig Mehall, Director
- Steve Gustafson, Director
- Carla Murillo-Gonzalez, Director

JMCA General Contact Information

- Newsletter - newsletter@JeffersonManor.org
- 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

The JMCA would like to announce that you may now support the Jefferson Manor Citizens Association with the convenience of Paypal! To pay your annual membership dues or to pay for advertisements in the bimonthly neighborhood newsletter, please visit www.JeffersonManor.org and click the Paypal button in the upper right corner.

La Asociacion de Ciudadanos de Jefferson Manor (JMCA) les comunica que ¡ahora se pueden hacer pagos convenientemente via PayPal! Para pagar su membresía anual, o si desea pagar por una publicidad en el boletín bimensual de nuestra comunidad, por favor visite www.JeffersonManor.org y haga clic en el botón Paypal en la esquina superior derecha.

The Editor's Pen

by Sarah Brunelle (Kyla Lupo is out running)

Thanksgiving has come and gone, but the holiday spirit is alive and well here in the Jefferson Manor newsletter! We hope you all enjoyed Kyla's cranberry relish recipe from the previous issue. We've got a few more holiday recipes in this issue, and we'd love to hear from anyone who tries them out!

Perhaps you unpacked your Christmas sweaters on December 1, or maybe you're the type of person that preferred the Grinch before his heart grew three sizes that day. Either way, December can be a lovely time of year. We might see the first snow on the ground, fairy lights make everyone look great in pictures, and nobody can judge how much hot chocolate you drink. I recently read about a Norwegian concept called *koselig*. Essentially translating to coziness, *koselig* is an invitation to make the most of winter by enjoying everything it has to offer. So go outside and enjoy the snow. Hang twice as many fairy lights as you think you need. And have hot chocolate at least once an hour. Or you could try whipping up a batch of the spiced tea found on page 11. It will make plenty to share with your neighbors!

Editors' note: Katy May's name was incorrectly spelled in the previous issue. We apologize for the mistake.

The Garden Plot

by Kay Floyd

Puppy Cash is savoring the last few warm bursts, sitting in the sunshine and sneaking bites of lettuce as often as he can. During the summer, he learned to recognize ripe cherry tomatoes, and request his fair share.

Following our minor defeat to the crab grass, we set out to reseed portions of the yard. Turns out aeration machines are really heavy. After learning that I would have to drive to a far-away Home Depot to rent the machine, load and unload 278 pounds in my car, use said 278 pound machine, then load and unload 278 pounds back at the store all for the low low price of $62 for four hours, I looked into alternatives. As luck would have it, you can hire Scott's to come and only aerate for $82.50. I wanted to pick out my own organic fertilizer and seed, keeping things as organic as possible. They were great, and fast, and didn't give me a hernia. We next applied said fertilizer and grass seed, patching some portions. It is looking lush, and our final step is to apply compost tea. We have some Bermuda grass sneaking in, but I might live with that (don't tell Mike Arnold, unless he wants to pull the grass out for me).

The front landscaping is done, but hidden until later in winter, spring, and summer. We are experimenting with Double Daffodil Erlicheer, Double Daffodil Sir Winston Churchill, Jeanne d'Arc crocus, giant snowdrops, Anemone hybrida 'Honorine Jobert', Ranunculus asiaticus (white, red, yellow, and orange), Mount Everest and Gladiator Allium, and Chrysanthus Romance Crocus. According to resident plant expert Nate Erwin, daffodil bulbs are poisonous to squirrels and other things that might dig up your garden. We're trying to plant daffodils among other bulbs we wish to keep safe. Let's see! So far squirrels are bold in our yard, trying to come into our kitchen, and generally screeching at Cash, who does absolutely nothing in response.

With the cold in the air, we're holding off pulling the last viable plants until the last possible second. The lemon grass is destined for bloody marys, if we can remember to cut it before freezing temperatures. Any unblossomed rose buds can also be dried, if you cut these before it is too late. The eggplant and peppers are still producing, as are a few cherry tomatoes. Batches of herbs are coming inside or being dried: stop by if you would like some parsley! Swiss Chard was transplanted to come indoors, along with the seedling shishito peppers I started much too late. Carrots are snug in the ground, and we harvest as we need. A great cheap find: the bright red Salvia we planted in May is still creating lovely flowers. I will put much more of this in the garden next spring for the hummingbirds (to be clear, I've only ever seen two in our yard and it wasn't at the feeder. What do I have to do to win their affection?!) The poinsettia from two years ago (refuses to die) will come back inside, as will the lemon plant we are babysitting.

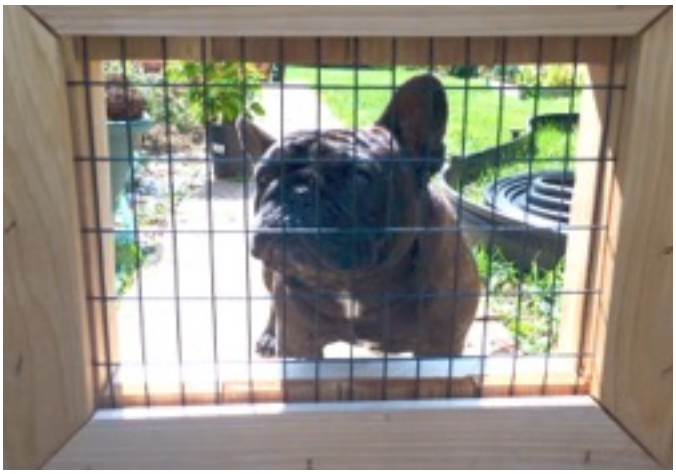
continued on page 9

The Garden Plot, continued from page 8

We applied a round of Bonide Liquid Copper Fungicide to ward off the black spot, powdery mildew, and other common diseases as our plants go into a winter sleep and prepare their buds. I am loving their products that are suitable for organic gardening. Don't forget to take your mums out of the planters and put them in the ground. They will die back and miraculously reemerge after your summer plants are done, just in time for next fall!

What to do about the leaves? According to the National Wildlife Federation, we have a few viable options. One philosophy is to do nothing, and allow these to naturally decompose, provided you chop them with a mulching mower. Or, rake the leaves off the lawn and put in your garden beds as mulch (shredding optional). Let your leaf piles decompose – this will amend your soil and improve it. Make compost by mixing with your grass clippings and other green material (we keep a stainless steel bucket next to the sink for veggie scraps), keeping it moist and well mixed. Lastly, share these with your neighbors who are composting! I have a source, if you'd like to know where to drop. Cash and I will be sharing our leaves with this wonderful neighbor, and putting some into our mulch beds.

Cash will keep you updated on what makes it through the winter. It's the last time we're going to baby the cold hardy gardenias. They break my southern heart every year. If these don't make it, we're switching over to rosemary and lavender for year-round interest. Provence Lavender (available somewhat later in the spring/early summer from Holly, Woods and Vines) has been the standout winner in our garden. I look forward to it being huge, and keeping Cash from eating it. Stay warm neighbors!



The Welcome Wagon

Help us welcome new neighbors to our community by joining the Welcome Wagon Committee! We brainstorm awesome items to put in the basket, involve local businesses, and help new neighbors make their house a home. To join the Welcome Wagon Committee or let us know you just moved in, please email Kay Floyd at khfloyd@gmail.com.

The Gardening Club

Do you have a green thumb? Do you kill every plant you touch? Whether you like digging in the dirt or listening to people talk about their gardens, our new gardening club is for you. We'll meet about once a month at different houses for a social gathering, share tidbits and tips (and extra produce), and invite members to volunteer at the JMCA sign a few times a year. Contact khfloyd@gmail.com to join.

Mount Eagle PTO Update

by Tia Colvin

Last year was very successful for the PTO. As a result, for the 2015-16 school year we were able to increase our field trip donation to Mount Eagle from $4000 up to $5000, which is approximately $12.50 per student. We would love to continue to increase this donation amount every year!

Largely as a result of this increased donation, the 4th grade will be visiting Jamestown this November. Studies of the Jamestown Settlement are part of the standards of learning for 4th grade history education in Virginia. However, due to the distance being too far for a standard school bus, a field trip there had never before been economically feasible. The students and teachers are very excited for this opportunity, and we hope that it will become an annual tradition for the 4th grade going forward!

On December 17th, the PTO will help coordinate Mount Eagle's second annual Science Night. This year the school was chosen to receive a free family science night from the Children's Science Center! Students and their families can attend this free event and increase their understanding of STEM (Science, Technology, Engineering and Math) through fun, hands-on activities.

As 2015 comes to a close and the season of giving approaches, we remind our neighbors that we are always accepting donations to help the students of Mount Eagle. Donations can be made via PayPal on our website at http://mounteagle.my-pto.org/ or by check payable to Mount Eagle PTO and delivered to Mount Eagle Elementary School, 6116 N. Kings Hwy., Alexandria, VA 22303. The Mount Eagle PTO is an IRS registered 501(c)3 non-profit organization, and all donations are tax deductible. Thank for your continued support!

You can also support the Mount Eagle PTO by using Amazon's Smile program!

Use the following link whenever you do your Amazon shopping and the PTO gets a portion of the proceeds! Once you set it up, Amazon reminds you to switch to the site, so it's really easy to help out our local school without lifting a finger (unless it's to click the 'buy' button!).

http://tinyurl.com/mteaglepto

This url will redirect you to amazon.com and take you directly to the part of the website where you can change your designated charity.

Holiday Recipe Extravaganza!

Spiced Tea

1 – 18 oz jar Tang
1 – 6 oz jar Lipton sweetened and lemon flavored powdered ice tea
1 tsp ground cinnamon
1 tsp ground cloves

Mix all ingredients together in large container with tight lid. Use 1 tsp (or more to taste) per cup of hot water. Will keep indefinitely.

From Sarah Hastings

Killer Eggnog

4 eggs, separated
1/2 cup sugar, divided
1 cup heavy cream, divided
2 1/2 cups milk (whole is best)
1/4 cup white rum
3/4 cup whiskey
fresh ground nutmeg

Beat egg yolks with 1/4 cup sugar. Beat the egg whites until stiff then fold in the other 1/4 cup sugar. Fold together the egg yolks and the egg whites, being careful not to lose the fluffiness of the egg whites.
Slowly stir in rum, then milk, then whiskey, then 1/2 cup heavy cream. Again, try to maintain the fluffiness of the egg whites (they will lose some naturally, but going slow will help).
Whip the remaining 1/2 cup of heavy cream until it resembles whipped cream. Carefully fold it into the rest just before serving.
Sprinkle with fresh ground nutmeg.

Alternate alcohol to milk ratio: (If you want to kick it up a notch and ensure that no one can drive home, imbibe at your own risk!)

1 1/2 cups milk, 1/2 cup rum, 1 1/2 cup whiskey. Follow recipe as above.

From Kyla Lupo (if you sampled this at the Holiday Party in 2014, you know how good it is!)

Holiday Recipe Extravaganza!

Texas Trash

3 cups corn chex
3 cups rice chex
3 cups cheerios
2 cups pretzel sticks
2 cups Spanish peanuts
1 ½ sticks butter
4 tablespoons Worcestershire sauce
1 ¾ teaspoon seasoned salt
1 tablespoon garlic powder
¾ teaspoon onion powder

Melt butter in small pan. Add the Worcestershire sauce, garlic powder, and onion powder. Stir well.

Meanwhile, mix cereals, pretzel sticks, and peanuts in a large roasting pan.

Pour butter mixture over cereal mixture and mix well. Cook for 1 hour in 250 degree oven, stirring every 15 minutes.

From Sarah Hastings

Chocolate Peppermint Crunchies

½ cup evaporated milk
½ cup granulated sugar
1 Tablespoon light corn syrup
1 package (6 oz) chocolate morsels
½ cup crushed peppermint sticks
1 cup chopped pecans

Put milk, sugar, and syrup in a saucepan and bring to a boil. Boil for 2 minutes. Add chocolate morsels and stir until melted and smooth.
Cool for 10 minutes.

Add peppermint and pecans and drop by teaspoon onto waxed paper and chill for several hours.

Makes about 30 pieces.

From Sarah Hastings

Floyd Family White Chili

1 Tablespoon olive oil
1 cup chicken broth
Cubed chicken breast - cube before cooking (as much as you like)
1 chopped onion
1 - 4 oz can chopped green chilis
1 teaspoon garlic powder
2 teaspoons ground cumin
1 teaspoon crushed oregano leaves
1/2 teaspoon red pepper
3 cans Great Northern beans
After cooking - cheese of your choice and sour cream

Prepare in stock pot (or other large pot).

Cook chicken in oil 4-5 minutes until done.
Remove from pot with slotted spoon, keep warm (put on a plate covered/wrapped in foil)
Add onion to oil - cook 2-3 minutes
Stir in broth and all ingredients except chicken, beans, cheese and sour cream.
Bring to a boil then reduce heat and simmer 30 minutes.
After simmer, stir in beans and chicken (do not drain beans, unless making a large batch and then drain about half of the can juices)
Simmer 10 minutes longer.

Serve topped with cheese and sour cream.

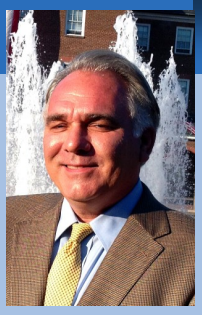
From Kay Floyd, 2015 winner of the JMCA Annual Chili Competition

COLDWELL BANKER
RESIDENTIAL BROKERAGE

THE JEFFERSON MANOR REAL ESTATE MARKET REPORT: WINTER 2015

Status	Address	BR	BA	Listed $	Sold $	Settlement
Sold	2709 Jefferson	3	2	$450000	$452000	11/13/2015
Sold	2708 Farmington	3	2	$410000	$410000	10/30/2015
Sold	2853 Fairhaven	3	2	$410000	$407000	9/29/2015
Sold	5851 Monticello	3	2	$455000	$455000	9/22/2015
Sold	2723 Albemarle	2	1	$350000	$350000	9/14/2015
Sold	6009 Monticello	3	2	$419900	$419900	9/14/2015
Sold	5935 Monticello	2	1	$414000	$410000	9/10/2015

Buying/selling/renting - Tom Rickert moves Jefferson Manor.



Let me put my 25 years of experience to work for you!

Tom Rickert / Resident Realtor
Tom's Jeff Manor Track Record:

JM Assisted Sellers	=	141
JM Assisted Buyers	=	46
JM Assisted Landlords	=	50
JM Assisted Renters	=	41
Tom's Jeff Manor Total	=	278

Email: TomGRickert@gmail.com Phone: 703-447-7901

REALTOR®

For a free, confidential, no obligation consultation contact Tom today.

Coldwell Banker Residential Brokerage 310 King Street Alexandria Virginia 22314 Office number 703-518-8300
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. If your house is currently listed, this is not an attempt to solicit that listing.

EQUAL HOUSING OPPORTUNITY

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 (55+)) 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 online, and get a **color version** of this newsletter!

2015 Membership Application

Renewal - $20 New Member - $20 Seniors (55+) - $10

Name(s): _____

Address: _____

Email: _____

☐ 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
Green Committee
Transportation issues
Land Use issues
Neighborhood Watch
Newsletter