

Join the Jefferson Manor Community Association

Renew or join before January 1 and save \$5!

Your much appreciated dues are used to hold our wonderful events (like the Fall Festival), make welcome wagon baskets, plan community projects, and more! By adding your contribution, you help us engage your neighbors.

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!

2017 Membership Application

Renewal - ~~\$20~~ \$15 New Member - ~~\$20~~ \$15

Seniors (55+) - ~~\$10~~ \$5

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 |

In this issue:

.....

Important Numbers ----- pg. 3

Moms Group ----- pg. 4

JMCA Minutes ----- pg. 5

Rebuilding Together ----- pg. 5

From the President----- pg. 6

The Editor’s Pen ----- pg. 8

Cash’s Garden ----- pg. 9

Election Day Info ----- pg. 10

Mt. Eagle PTO ----- pg.10

The Welcome Wagon ----- pg.11

Neighbor Spotlight ----- pg. 11

Dog of the Month ----- pg.11

Cash’s Favorite Recipe ----- pg. 12

On The Mat ----- pg. 13

Neighbor Shout-Outs! ----- pg. 13

Fall Festival Fotos ----- pg. 14

Embark Initiative ----- pg. 15

New Restaurants ----- pg. 15

Dispatches from Fork Drive pg. 16

Boula Recipe ----- pg. 17

JMCA Application ----- front page!

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](https://twitter.com/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.

Save The Date!
Holiday Potluck
 December 10, 3-8pm
 Fairhaven Community Center

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 **(we are looking for a few neighbors who would love to walk around a small section of the neighborhood and deliver the News!)** or advertise in the News, E-mail newsletter@jeffersonmanor.org

Deadlines for submissions are the 15th of June, August, October, December, February, April for publication the following month.

Important Phone Numbers

Put me on the fridge, or near the phone

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**

Moms Support Group and Playgroup

Day: **Tuesday**

Time: **10am-11am**

Place: **Fairhaven Community Center (2409 Fort Dr, Alexandria, VA 22303)**

Join fellow mamas and their babies and children for some support and play time at our local community center. Open to all moms and their kids. We'll have an activity planned for older children, and a light snack will be provided. Bring a blanket or mat if you want to sit on the floor with your baby. Open to all neighbors and friends. Suggested donation of \$2/child per group to help cover the cost of rent and snack.



Grupo de Apoyo para Mamás y Grupo de Juegos

Día: **Martes**

Hora: **10am-11am**

Lugar: **Centro Comunitario Fairhaven (2409 Fort Dr, Alexandria, VA 22303)**

Reúnanse en nuestro centro de comunidad local con otras madres, sus bebés e hijos para apoyarse mutuamente y tener un tiempo para que los niños jueguen. Está abierto a todas las madres y sus hijos. Tendremos actividades planeadas para los niños mayores, y proporcionaremos un pequeño “snack”. Traiga una manta o una colchoneta si desea sentarse en el suelo con su bebé. Está abierto para todos los vecinos y sus amigos. Donación sugerida de \$2/niño por grupo para cubrir el costo de renta de local y “snack”.

JMCA Board Meeting Minutes

submitted by Sam Rinde, Secretary

Attendance: Ashley Davis, Alexis Glenn, Susan Bowyer, Kay Floyd, Carla Murillo-Gonzalez, Sam Rinde

When: 8pm, October 11th, 2016

Topics Discussed:

1. Fall Festival - October 22nd, 11:30am - 2pm at Jefferson Manor Park
2. Rebuilding Together - Don Ryan, representative from Rebuilding Together, who will speak at our public meeting on Nov. 1st, came to talk about the organization and Rebuilding Together Express, a program targeted at smaller communities (like Jefferson Manor) where small projects would be completed to help low-income and elderly neighbors make their homes safer
3. Social Media Policy - How can we verify that members live in the neighborhood? What is the verification process for the Yahoo group and the NextDoor Group?

Rebuilding Together Makes Free Repairs for Low-Income Homeowners

submitted by Don Ryan, Rebuilding Together

Do you need a grab bar or a stair railing to keep you safe? Or do you know someone who does? Rebuilding Together Arlington/Fairfax/Falls Church mobilizes skilled volunteers to make modifications to help seniors age in place, as well as other critical health and safety repairs and energy upgrades (roofs, gutters and downspouts, tripping hazards, plumbing leaks, etc.)

To apply, go to rebuildingtogether-aff.org or call 703-528-1999. Single homeowners qualify if their annual income is less than \$49,150 – or \$56,150 for a couple.

In fact, Jefferson Manor is one community Rebuilding Together A/F/F is considering for a targeted effort to improve the health and safety of low-income homeowners. If you are interested in supporting this effort to make housing in our community safer and healthier, contact Ashley Davis at President@jeffersonmanor.org.

From the President

by Ashley Davis, JMCA President

There's a story my Mom likes to tell about a woman moving to a new town. The woman goes to talk to the local community leader and says, "I am so excited to move. My last neighborhood was AWFUL. It was filled with gossips who didn't care at all about their neighbors. They stayed locked in their houses and didn't even know each other's names. What are the people like here?" The community leader responds, "I'm sorry to tell you, but I think you will find they are exactly like that here." The next day another new resident comes to the community leader and says, "I am so excited to move here, but I am sad to leave my old neighborhood. It was filled with wonderfully generous people who truly cared about their neighbors and were there for you whenever you needed them. What are the people like here?" The community leader responds, "I am happy to say, you will find they are exactly like that here." And the community leader was correct both times.

I think about that story a lot as President of JMCA.

When I am looking at the JMCA social media sites, there are people who are always negative. Their posts represent a very dark take on our neighborhood and our society - seeing conspiracy theories and the worst attributes in all of our neighbors. They hide behind initials and pseudonyms. They never come to any JMCA events or meetings. They do what is called "trolling" in social media-speak. But they are the outliers. Most JMCA neighbors fall into the second category of my Mom's story. They look for, see, and find the best in their neighbors. They contribute - even when they don't agree, and then they contribute in a respectful, helpful way. Shortly after I became JMCA President, I closed our Facebook group so our posts were not visible to the world at large. I also enacted a social media policy. The board re-visited our policy at last month's meeting. We did not make any changes, but we talked about better vetting of member requests. It's a complicated issue because we have neighboring communities with less than active community groups and those residents look to us, Jefferson Manor, for community news and, well, for community. I don't want to exclude them. That is not in the spirit of JMCA - and not in my spirit. But, obviously, we can't have people trolling our sites in an incendiary way, and we need to have the ability to limit hate speech because they are not contributing. They are attempting to silence and scare people. That is not good for society or for the community spirit JMCA is trying to promote. It is important to me and the JMCA board that we allow everyone a free and open community in which to express themselves.

In the spirit of promoting community, I have spent the last month meeting with Don Ryan, the representative of Rebuilding Together. They are hoping JM will be a neighborhood for a pilot program to help seniors age in place, disabled residents stay in their homes, and lower income home-owners make their homes safer. He will be speaking at our November meeting along with a representative of Christian Relief Services, a non-profit organization that has purchased the Huntington Gardens apartments on Fairhaven. Christian Relief Services has come to speak to the board and we are optimistic about the changes and oversight they will bring to the apartments. If you have questions for them, please come to the meeting, or email me and I will aggregate questions.

I wish everyone a safe and happy fall.



Selling Your Home? We've got the answers for you.



Selling your home is a complex matter. It's critical to get it right the first time. What's the market like? What timing is best? What updates should I do? Where should I be priced? How do you market my home? Can you show me examples? What negotiating skills do you have? What about all the details from contract to settlement? Do you have the experience to resolve unexpected challenges?

Contact us and we'll answer every question you have. We've sold over 3,000 homes, and have the expertise to help you get the most money. The properties we sell average half the time on the market compared to the average agent, and our team has proven systems in place to make the experience smooth and pleasant. We'd love to help you.



TomandCindy@HelloVirginia.com
www.HelloVirginia.com • 703-822-0207



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 - (3/2016-3/2017)

- Ashley Davis, President
President@JeffersonManor.org
- Kathryn Floyd, Vice President
VicePrez@JeffersonManor.org
- William McGrath, Treasurer
Treasurer@JeffersonManor.org
- Sam Rinde, Secretary
Secretary@JeffersonManor.org
- Alexis Glenn, Director
- Jon Holman, Director
- Susan Bowyer, Director
- Thomas Robison, Director
- Carla Murillo-Gonzalez, Director

JMCA General Contact Information

- Newsletter - newsletter@JeffersonManor.org
- Neighborhood Watch, Home Improvement Committee, Land Use Committee, Parents' Group, Social Committee, Transportation Committee, Website Committee can all be reached at info@JeffersonManor.org

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.

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 iahora 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 Hastings

Thanksgiving approaches, and as Kyla and I head into our second year of editing the newsletter I know we are both so thankful for all the support we receive. We may be the editors, but the newsletter could not exist without the JMCA Board and contributions from so many of our neighbors. Kay's gardening article is a wonderful resource for all the gardeners in the neighborhood, and we are so lucky to have her. Natalie keeps us all centered with her yoga column. And in this issue we are thrilled to debut a new cooking column: Dispatches from Fork Drive (look for it on p.16!). And each issue countless others contribute recipes, tips and tricks for the Manor houses, and many other ideas that make our newsletter special. In this spirit of thankfulness, we would also like to introduce a new feature in the newsletter: Neighbor Shout-Outs. If you have a neighbor you'd like to publicly thank or recognize, please let us know! In fact, I'll go first. I'd like to give a shout-out to Kyla! Along with everything else she does for the newsletter, she spends hours formatting each issue. It's a huge undertaking, and she does a fantastic job. Kudos, Kyla!

Sarah

Cash's Garden

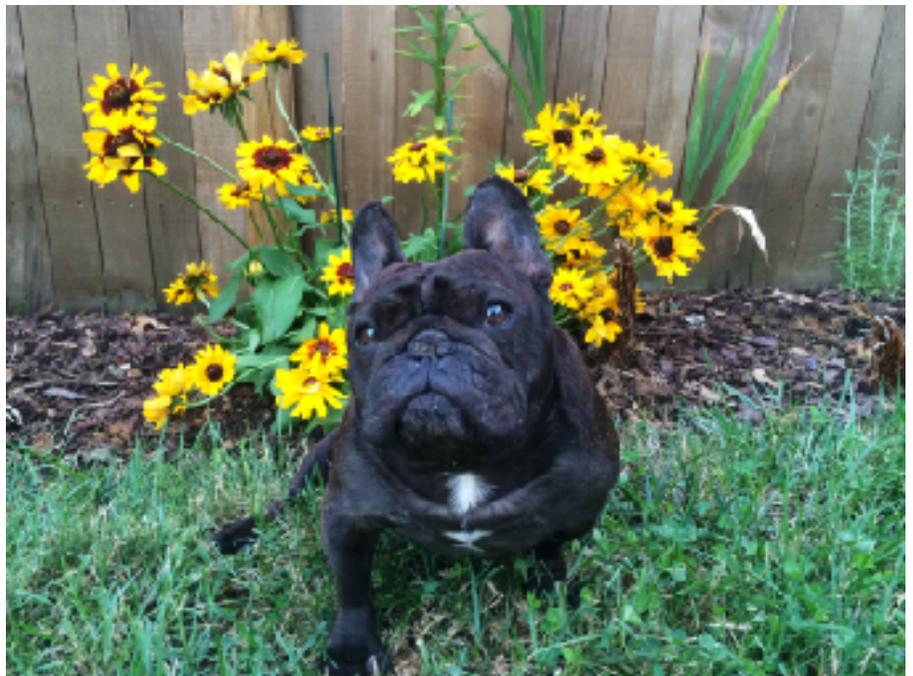
transcribed by Kay Floyd

Cash is savoring the last warm afternoons and the afternoon sunshine that streaks through the windows. The garden is somewhat quiet, though we are making minor modifications here and there. First, we reseeded. Watering in the morning and afternoon for about two weeks, then scaling back, has most of our yard rebounded from the July heat wave. I was dangerously close to buying an electric dethatcher, then the hubby raked the yard really rough with a metal rake. Perhaps next year. For about \$12, we purchased a Brass 4 Way Garden Hose Shut Off Connector to have multiple hoses connected at once. It has changes our lives, and by that I mean the hubby is rolling his eyes right now. But seriously, I do love it.

According to the always fabulous Nate Erwin, this is the exact time of year (October/November) to plant those trees! We took his advice and put in a three foot Flowering Dogwood (*Cornus florida*) that we got from the local Nature by Design. Like most places, they guarantee their shrubs for a year, just in case I forget to water it. We also added four heath plants that I found at Trader Joe's, of all places. I fell in love with heath (or heather) when we were driving around the Scottish Highlands this summer. Their colors dotted the landscape, making me assume that these did not require regular care. Indeed, heaths are evergreen, well-mannered, and low-maintenance beauties that do well in sunlight and partial shade, somewhat regular watering, and okay soil. Plus, these can survive our winters. I added some more ARP Rosemary, plus two types of Rudbeckias. This continues to be part of the "let's plant perennials" theme. We have pepper still growing, some late harvest lettuce and beans, okra, and the carrots. I look forward to talking the Arnolds into canning most of this for me. Perhaps Kyla can work her magic with a jam and the lemon peppers – yum!

As the leaves begin to fall and you cut the grass for the last time, think about adding those to a compost pile you create. I'll be dumping these into the big metal tanks mentioned in a previous newsletter. According to EarthEasy.com, add grass clippings to your compost in thin layers to prevent matting. Then add twice the volume in brown materials to balance the carbon-nitrogen ratio. If you have too many leaves to incorporate into the compost bin, you can simply compost the pile of leaves by itself. Let's give that a try!

Cash says no more major plans for the garden, except to continue our crusade for a greenhouse! If any neighbors want hostas, bleeding hearts, and Solomon's seal once these go dormant, then let us know – it will be time to divide before we know it!



Remember to Vote on November 8

Jefferson Manor loves to vote! Make your presidential, congressional and local bond issue decisions on November 8, 2016 at Mount Eagle Elementary.

If you have a disability, then come to Mount Eagle and **ask for curbside voting**. The polling people will come to you!

Polls are open from 6:00 a.m. to 7:00 p.m.

Attention Voters: Due to a change in the law, Voter Registration Cards can no longer be used for identification at the polls. A valid photo ID is required. There are MANY options for this photo ID, not just a driver's license. Check out the Fairfax County Board of Elections website for more information.

Fairfax County no longer issues Voter Registration Cards.

November 1: Last Day to Apply for an Absentee Ballot by Mail, Fax, Email or Online: 5:00 p.m.

November 5: Final Day for In-Person Absentee Voting

November 8: Absentee Ballot Return Deadline: 7:00 p.m.

Mount Eagle PTO Update

by Tia Colvin

Last year was very successful for the PTO. As a result, we are able make a field trip donation to Mount Eagle of \$5000 for the 2016-17 school year, which is about \$12/student. We would love to increase this donation amount every year, especially as the student population continues to grow. We have also been working on expanding afterschool activities for the students. Just a few years ago, there were no afterschool clubs offered at Mount Eagle. Two years ago, we started by offering chess and Lego clubs. Last year we added an art club. This year we have contacted vendors to offer yoga and hip hop classes, and the morning running club has been expanded to include afternoons also. Part of the funds raised by the PTO will go toward offering scholarships to students who need financial help to participate in these afterschool activities.

When you come to Mount Eagle to vote on Election Day, be sure to stop by our table to pick up a cup of coffee and a snack. We are always accepting donations to help the students of Mount Eagle. Donations can be made via PayPal on our website at <http://mouteagle.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.

As you start your holiday shopping, remember you can use Amazon Smile to support the PTO. Log onto smile.amazon.com and choose the Mount Eagle Parent & Teacher Organization as the charity you would like to support. It costs nothing extra for you, and Amazon will donate a small percentage of everything you buy to the PTO! Thank for your continued support!

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 the JMCA Vice President at vicepres@jeffersonmanor.org.



Neighbor Spotlight: The Wehles

What would you do if you saw a bee colony laying in Jefferson Manor Park? A wonderful bee colony, the type that should not be anywhere near the ground and whose inhabitants literally make the world go round. If you're Brian and Ashlea Wehle, then you leap into action! Thanks to their attention, the Northern Virginia Beekeepers Association came out in October to rescue and relocate the colony. Three cheers for the Wehles, and for the bees!

Dog of the Month: Perkins

Perkins is adopted from Friends of Homeless Animals, but we believe he was a summer pup. He's 11 years old and doesn't look or act a day over 5. He has amber eyes and mostly spotted fur (brown and white). While he's fully a German Short-Haired Pointer, his recessive genes for coloration make him look very different from your "typical pointer." He loves long walks when he's allowed to go his own pace and sniff everything, as well as hikes, romping in the park and spending time in the woods where he can *try* to sneak up on small animals. He is a total attention hog and wants all the belly rubs and pats you can possibly give him. Dislikes: fireworks, thunder, cats, delivery/mail people and being told to get off the couch. Perkins lives with Captain Cookie & The Milkman on Fairhaven (also known as Kirk and Juliann).



Scotch Bonnet Hot Sauce (Cash's Favorite Recipe)

from epicurious.com and Kay Floyd's Garden

Ingredients

3 ounces Scotch bonnet chiles (6 to 7), stemmed and seeded (see Note)
 1 orange or red bell pepper, stemmed, seeded, and chopped
 5 (4-inch) strips fresh orange zest (removed with a vegetable peeler)
 1/2 small garlic clove
 2 1/2 tablespoons elderflower cordial or sugar
 4 teaspoons kosher salt
 1 cup champagne vinegar
 1/2 teaspoon guar gum or 1 tablespoon cornstarch dissolved in 1 tablespoon water

Preparation

Combine the chiles, pepper, zest, garlic, 2 tablespoons of the cordial, and 2 teaspoons of the salt in a blender. Pulse until coarsely ground. Transfer to an airtight container and let stand in a warm place for at least 12 hours and up to 1 day to ferment.

Pour the mixture into the blender and add the vinegar, remaining 1/2 tablespoon cordial, and remaining 2 teaspoons salt. Blend until very smooth. Strain through a medium-mesh sieve, pressing on the solids to extract as much liquid as possible. Discard the solids.

Stir in the guar gum until dissolved. (If using the cornstarch, bring the sauce to a boil and stir in the cornstarch mixture. Cook until thickened, about 1 minute, then let cool to room temperature.) The sauce can be covered and refrigerated for up to 1 week.

**Note

Scotch bonnet peppers are among **the hottest in the world**—and they make this sauce simply amazing. To tone down the heat, you must remove the seeds. And you must wear rubber or latex gloves while doing it. You'll regret it if you do this bare-handed.

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.

www.JeffersonManor.org



**PILATES
 YOGA
 CARDIO + STRENGTH
 BARRE
 AERIAL YOGA
 BALLET
 MODERN DANCE
 BELLY DANCE
 CHILDCARE AVAILABLE**

**\$50 for one month of unlimited classes
 for new clients**

**www.localmotionstudio.com
info@localmotionstudio.com**

Located off of Duke Street, between Telegraph Road
 and King Street Metro.
 Ample FREE parking available.

On The Mat - The Power of Visualization

by Natalie Arbuckle

Imagine a serene setting. Imagine that you are relaxed, confident, and at ease. Do you often feel this way or do you feel rushed? Is your schedule balanced or do you feel eager to take on new activities only to find that you have little to no down time each week? This season brings many opportunities to gather, celebrate, and enjoy but often few opportunities for down time. If you are not able to fly off to a destination which refreshes you, use the power of visualization to put yourself there.

Take the time now to schedule a few minutes of downtime each day or week as works for your temperament. During this time, try this visualization activity where you place yourself in a scene that is relaxing to you.

In a comfortable seated position or lying down, close your eyes. Take 3 deep breaths. Relax your muscles. In your mind's eye, imagine you are in a place where you feel calm and at peace.

Allow yourself to see yourself at your best, as the person you want to be. Seeing yourself this way enables you to experience the things you want. In turn, this shows you that you can be this person. You can be calm. You can be confident. You can smile with ease. Or whatever else you are wishing you can be. As you experience these sensations in the mind, you create the possibilities in your body to create and maintain these traits.

Some possible uses for this technique are to imagine yourself being confident at work, calm as a parent, or excelling at a sport.

Neighbor Shout-Outs!

Thanks to Sakwa Bunyasi for helping change a flat tire and teaching a neighbor how to do it in the future.

Thanks to Matt Barker for cutting up and removing a huge downed tree limb in a neighbor's yard within 30 hours of it happening.

A huge thank you to Kyla and Vince Lupo, Beth Jones and Paresh Makwana, Sam Rinde and Meghan Rishel, Kay and Pierce Floyd, Emily and Joseph Schweitzer, and Laura and Thomas Duncombe for lending their neighbor tables, chairs, and a pack and play for their daughter's first birthday party!

Want a great way to say thanks to a neighbor? Give them a Shout-Out in the JMCA Newsletter

Submit your "Neighbor Shout-Outs" to newsletter@jeffersonmanor.org. Be as detailed or brief as you'd like.

Fall Festival Fun!

Saturday October 29, 2016



Save The Date!
Holiday Potluck
December 10, 3-8pm
Fairhaven Community Center

Fairfax County Receives \$400,000 Grant to Advance Embark Richmond Highway Initiative

from Fairfax County Media Relations

The Federal Transit Administration (FTA) announced the recipients of its 2016 Transit Oriented Development (TOD) Planning Pilot Program projects, and Fairfax County was one of the 16 organizations across the country selected to receive a share of the \$14.7 million in grants. The \$400,000 grant awarded to the Fairfax County Department of Transportation (FCDOT) will support the Embark Richmond Highway initiative's TOD planning activities and the implementation of a Bus Rapid Transit (BRT) system along Richmond Highway.

"This grant is another step forward in the county's efforts to plan for the future growth in the Richmond Highway Corridor," said Tom Biesiadny, director of Fairfax County Department of Transportation. "These funds will directly assist our collective work currently underway to plan for and implement effective multimodal transportation and land use solutions for the Richmond Highway community."

The Virginia Department of Rail and Public Transportation (DRPT) and FCDOT will each contribute \$200,000, for a total of \$400,000, to match the TOD grant awarded by FTA.

FTA's TOD Pilot Program was established under the Moving Ahead for Progress in the 21st Century Act (MAP-21) and amended by the Fixing America's Surface Transportation (FAST) Act. The program helps localities plan improved access to transit, jobs, education and services, and helps revitalize communities by attracting new business opportunities, jobs, and housing. In addition, the program encourages inclusive communities and seeks planning solutions to reduce residential and commercial displacement that can result from gentrification. It seeks to connect people to opportunities through multimodal access to transit stations and to enhance connectivity of disadvantaged populations to essential services.

To be eligible for the Pilot Program, planning work must be associated with a transit project for which the local community intends to seek funding through FTA's Capital Investment Grant (CIG) Program or that recently received funding through the CIG Program. The CIG Program is FTA's primary competitive grant program for funding major transit capital investments, including heavy rail, commuter rail, light rail, bus rapid transit and core capacity projects.

New Restaurants Coming To The Manor!

Tanger Kabob House will move into 5735A Telegraph Road, in the row of shops across from Jefferson Manor Park. Jackson Prentice, whose company is responsible for leasing shops in the center, confirmed that Tanger Kabob is coming. He said that in addition to kabobs, the restaurant will also serve items like subs and pizza. "It'll be a good family place," Prentice said.

Bob and Edith's is joining Huntington Station, the center located across from the metro station. A DC area institution, they will be open 24 hours so you can get your diner favorites at any time of day or night. This location is expected to open in early December.

Dispatches from Fork Drive

by *Elspeth Kursh*

I seriously considered calling this essay “Bread: A Love Story.” I wish I had some romantic story about learning to bake at the knee of my maternal grandmother as she told me stories of the Old Country, but nope. I learned from a cookbook and when I felt like it was pretty tasty, I put it on the dinner table. I was 15. Since then, I’ve made a lot of bread. This is one of my favorite recipes: easy enough for Sunday morning but striking enough for a holiday dinner. The cardamom gives a subtle, slightly nutty flavor popular in both Scandinavian and Indian cooking.

Let’s get a few things straight before we start baking. Bread isn’t hard. It’s one of the first things humans made after fire and before booze. Yeast isn’t nearly as temperamental as you may fear: it just needs to be fresh. You can put bread dough in the fridge overnight to rise and bake it first thing in the morning for the kind of breakfast that makes people say “Oh, her? She’s a magician in the kitchen!”

I just said that I don’t have any romantic stories about learning to cook. That’s not entirely true. I picked a recipe at random from a cookbook nearly two decades ago but the romantic story is that it turns out to be the bread of grandmother’s childhood.

Of all the bread recipes in all the world, she grew up with boula. Boula is a Finnish bread, cardamom rich and buttery. It makes great French toast (if you have any left-over!), freezes beautifully, and is perfect for breakfast with just a whiff of butter and honey. Or nutella if you’re like me.

Boula is a staple in our house. I hope it becomes a staple in yours. You can find dried milk at the grocery store. Yeast I buy at Costco, but the packets are just fine too. Everything else is pretty standard kitchen fare: butter, water, sugar, salt. For flour, I recommend King Arthur Bread, though that’s personal preference.

To serve it first thing in the morning, let it rise overnight in the fridge. Cover the bowl with plastic wrap, then let it come to room temperature before baking. For the holidays, it’s lovely braided as I’ve done here and topped with a mixture of one whole egg and a few tablespoons of milk. Brush the mix over the bread right before baking for a beautiful shine.

recipe continues on page 15



Boula, adapted from Baking Bread by Beth Hensperger

Yield: Four 9 by 5-inch loaves (standard bread loaf pan); two large braided loaves

4 cups of boiling water

1 $\frac{2}{3}$ cups instant nonfat dried milk

4 T unsalted butter

1 T salt (omit if using salted butter)

1 cup sugar

2 T active dry yeast (2 packets)

Pinch of sugar

$\frac{1}{2}$ cup warm water (I test this by dribbling it on my wrist; if the water is a comfortable temperature, you're ready)

2 T powdered cardamom

About 12 cups unbleached all purpose or bread flour

1. In a large bowl, mix the boiling water, dried milk, butter, salt, and 1 cup of sugar. Whisk well until the butter has melted then let stand until room temperature (about 20 minutes).

At the same time, in a small bowl, sprinkle the yeast over the pinch of sugar in the $\frac{1}{2}$ cup of warm water. Though it's tempting, don't combine this step with the one above; yeast needs a relatively low temperature to do its business. Mixing it with water hot enough to melt the butter will kill the yeast. Let this yeast mixture stand until it's foamed; if there's no foam, toss the yeast and start again.

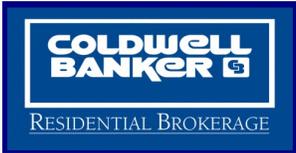
2. Add 4 cups of the flour, cardamom, and yeast mixture to the milk and butter mixture. Whisk firmly until smooth. Add more flour, about $\frac{1}{2}$ cup at a time. You'll want to switch to a wooden spoon after a few additions. Keep adding flour until the dough is shaggy and soft, clearing the sides of the bowl as you stir.

3. Put some flour on the counter and dump the dough on to it. Knead gently until the dough is springy, but not dry. Add flour about a tablespoon at a time as necessary to prevent sticking. This should take about 5 minutes, or slightly more if the day is humid.

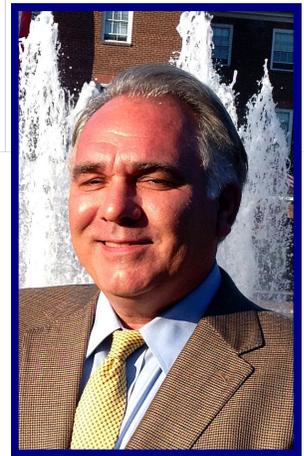
4. Put the dough back into the bowl and pat some butter on top. Cover the bowl with plastic wrap and tuck it someplace warm but out of the sun for about 90 minutes, until it has doubled in size. (If you want to bake it the following day, here's where you put it in the fridge)

5. Take the dough from the bowl and return to the counter. Punch down the dough and divide into four portions if using loaf pans, or halves if making braids. Wrap the unused half in plastic while dividing each portion into thirds for braiding to keep everything springy. Put the dough on or in the pans you plan to use for baking and cover lightly with plastic wrap. Let the bread rise for about 40 minutes, or until it's about one inch over the top of the pan. If baking in loaves, use a serrated knife to lightly score the top of each loaf.

6. Preheat the oven to 350 degrees. Put the risen bread into the oven and bake until brown and hollow-sounding when tapped, generally 40-45 minutes. Remove from the pans and cool on wire racks.



TOM RICKERT SPECIALIZES IN HUNTINGTON METRO REAL ESTATE



**Tom Rickert
Huntington Metro
Resident Realtor
Associate Broker &
Property Manager
I'm here to help you
achieve your goals.**

A **long time resident & Realtor** in the Huntington Metro area, I grew up in Mount Vernon, got my fine arts degree locally, & have been a **Realtor in Alexandria for 27 years**. In 2013, working as an **Associate Broker with Coldwell Banker Residential Brokerage** Old Town Alexandria, I was honored by being inducted into the **Northern Virginia Association of Realtors "Lifetime Top Producers Club"**. My life experience includes having lived in, & or, personally owning real estate in Jefferson Manor, Huntington, Huntington Club Condos, Hunting Creek Club Condos, Fair Haven, Heritage Hill Townhomes, and Montebello Condos. **Why work with me as your Realtor? Three reasons: knowledge, experience, & results.** To this last point: **I have assisted over 346 buyers, sellers, landlords, and/or renters** within a 1 mile radius of our Huntington Metro Station since 1999. **My "results orientated" record averages out to achieving a buyer, seller, landlord, or renter's real estate goal every 19 days for the past 17+ years.** (Details available upon request). On a personal note, I have been a "Jeff Manor" resident since 1990. I have owned 4 properties in Jefferson Manor, **served as President of the JMCA**, and **continue to serve on the Lee District Land Use Committee**. From day one, I always believed in Jefferson Manor, and with each passing day **I am thankful for the renaissance we continue to witness here in Jefferson Manor.**



TomGRickert@gmail.com 703-447-7901
Coldwell Banker Residential Brokerage 310 King Street Alexandria Virginia 22314 Office number 703-518-8300
Information provided by our area Metropolitan Regional Information Systems.
If your house is currently listed, this is not an attempt to solicit that listing.



Jeff Brady, Realtor

Licensed in VA.

Top producing Realtor @ Century21
Accent Homes
NVAR Residential Multi-Million
Dollar Club

Jeff's Sept. - Oct 2016 Listing Update

For Sale	2859 Fairhaven	Jeff Brady	\$439,000
Sold	2707 Fort Dr	Jeff Brady	\$455,000
Sold	2729 Fairhaven	Jeff Brady	\$500,000
Sold	2731 Fairhaven	Jeff Brady	\$520,000



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

Accent Homes, Inc.
3111 Telegraph Corner Lane, Suite 200
Alexandria, Virginia 22310-4400
703-971-5000

"He's the Jeff in Jefferson Manor"

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