

Rose Hill Rambler

NOVEMBER 2025

A quarterly newsletter for Rose Hill, Sunny Ridge Estates and Guilford neighborhoods from the Rose Hill Civic Association

Traffic Study Results To Be Discussed at RHCA

A detailed traffic study for the development of the former government property at 6801 Telegraph Road will be the main agenda item for the next meeting of the Rose Hill Civic Association on November 25 at 7 p.m. in the community rooms of the John Marshall Library.

The study was developed by 6801 Telegraph Road LLC, the developer, at the request of RHCA and surrounding communities. The developer's first draft was augmented by requests from a special citizen's committee appointed by RHCA. What you will see is information on all entrances and exits to the property in addition to roads leading to surrounding communities as identified by the committee.

Don't be surprised by the volume of rush-hour traffic on Telegraph Road and South

King's Highway. We already live with that five days a week. The goal of the study is to gauge the increase caused by the proposed development. Our choices of development modes to accept, senior housing with a component of market-rate single family homes appears to be the right one.

Please remember that we are involved in this exercise because a private developer is the builder. If the government had decided to continue to use the property, we would have NO say in what kind and what density. Our roads are full because of government development at nearby Fort Belvoir. This project will go through the public hearing process, and we will have a voice at each stage.
(Continued on page 2)

Rose Hill Civic Association

JOIN US. Annual dues: \$10. Mail: Box 10891, Alex. Va. 22310. Website: myrosehill.com

COME TOGETHER. Meeting: Nov. 25 at 7 p.m. in John Marshall Library.

VOLUNTEER. Find out how you can help your neighbors, enhance traffic safety, monitor zoning and land use issues, support police, fire and emergency medical personnel, organize community gatherings, contribute to cleanup and beautification projects, distribute copies of the Rambler and more.

Seen on the Street

Halloween took many shapes this year: Lighted displays on Eaton Place and Craft Road, ghostly figures on Rose Hill Drive, May Boulevard and Roundhill Road, a skeleton crew at a home on Willowood Lane and a tortoise named Stanley with a pumpkin on top of his shell. (Photos: Daniel Bearth, Linda Hestvik)



Study Projects Traffic Impact of Housing Project on Telegraph Rd.

(Continued from page 1)

RHCA and its neighbors are taking an active role in shaping the type and density of development on this property. We invite you to participate. This is only the first step, but it is an important one.

If, after seeing the presentation, you would like to receive an electronic copy, please let Dan Bearth or Carl Sell know at the meeting. We will see that you get one and direct questions to the developer. We want everyone to be involved and have their questions answered. If it takes another meeting for Q&A, we will schedule one.

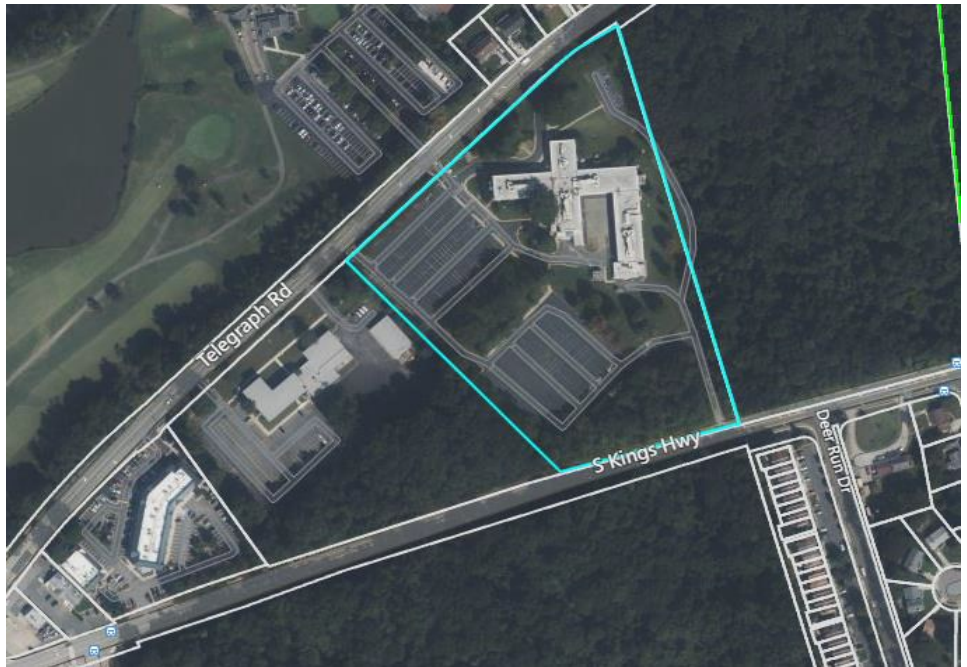
The proposal has 50 single-family homes and up to 150 senior residences, which produces much less traffic. An earlier addition of a Montessori school was dropped because of RHCA's concern that it would cause traffic problems at rush hour.

The next step is to discuss how traffic from the project will be handled as it enters and leaves the project. The committee will meet with the developer for in-depth discus-

sions before the issue is re-examined at an RHCA meeting. If all goes well, RHCA will consider a resolution asking the county to move ahead with the project.

At present, the out-of-turn plan amendment proposal for this pro-

ject is at Tier Two on the County work schedule. It will have to be moved to Tier One before any County staff evaluation begins. RHCA will have a chance to react to County comments. — *Carl Sell*



Aerial view shows the location of proposed housing development with access to and from already congested Telegraph Road and South Kings Highway.

Efforts to Slow Traffic on Leewood Drive Hit a Roadblock

Efforts to slow traffic on Leewood Drive hit a road block after a traffic study by the Fairfax County Department of Transportation found too few vehicles exceeding the speed limit of 25 miles per hour to qualify for a County Traffic Calming Program. The study, which was conducted on Oct. 15, also did not meet the volume criteria of 500-6,000 vehicles in a 24-hour period.

The Rose Hill Civic Association had asked for the study after seeing an increase in vehicles using Leewood to avoid traffic congestion on Rose Hill Drive and Franconia Road.

Jesse Burdick, who lives on Leewood Drive, said he is also concerned about drivers going the wrong way around a grassy median that divides northbound and southbound traffic on a portion of the roadway and he has asked County officials for ideas about how that could be addressed. — *Daniel Bearth*



Trail From Rose Hill to Kingstowne Closed for Drainage Work

A popular trail that begins in the parking lot at the Rose Hill Apartments and follows the utility right-of-way to Horgan Court in Kingstowne has been shut down and could remain closed for up to two years as work begins on drainage improvements in the area.

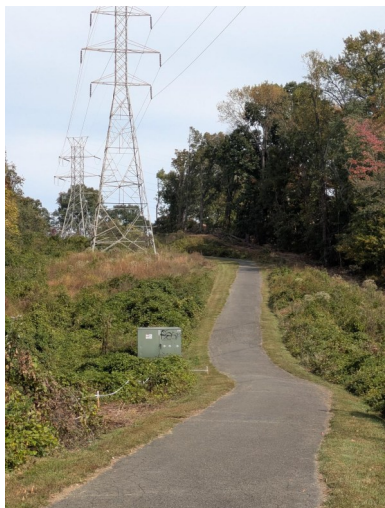
The Dogue Creek Stream Restoration Project is expected to restore 1,905 linear feet of a badly eroded stream channel that collects water from more than 200 acres of ground in the Rose Hill area, beginning at culverts south of Treetop Lane and ending at a wet pond on the Greendale Golf Course east of McKenna Way.

The project will require the dredging of a pond on the golf course and temporary changes to the course layout with the closure of Hole 5

from November to March of 2026, the closure of Hole 6 from November to March of 2027 and Hole 7 playing as a par 3 from November to March of 2026. To accommodate golfers during construction, the course is offering a 20% discount on regular-priced greens fees while two holes are closed.

Another aspect of the project will be the removal of invasive plants and the planting of more than 5,000 native plants. Some trees will also be cut down with the reforestation of four acres in Huntley Meadows Park serving as an offset for the loss of tree cover.

The price tag for all the work is \$4,811,035 with funds provided through the Fairfax County Stormwater Service District and a grant from the Stormwater Local Assistance Fund. County residents who received property tax bills in recent weeks will note there is a stormwater assessment included in their real estate tax bill. — *Daniel Bearth*



Koinonia Seeks Donations and Volunteers for Holiday Season

The holidays are upon us and Koinonia is having its Thanksgiving basket distribution on Monday, Nov. 24, from 9 a.m. to Noon in the parking lot of the Franconia United Methodist Church at 6037 Franconia Road. Donations of food baskets will be accepted between 6 and 8 a.m. and volunteers are needed to help distribute the baskets.

Christmas Wishes is a program that allows parents to “shop” for their kids and will run from Dec. 15 to Dec. 17. “We are accepting donations of unwrapped toys and also need volunteers to help set up, help with shopping and tearing it down,” Executive Director Judy Davis says.

“We are also pleased to announce that we have changed our name to Koinonia Community Ser-

vices,” she added. Koinonia is Greek and means a community of sharing. The addition of Community Services to the name “better reflects who we are,” Davis said.

NOTE: The Rose Hill Civic Association donates \$250 annually to Koinonia to support its work to provide food and financial assistance to our neighbors in need.



KOINONIA
Community Services

Help for the Present, Hope for the Future

Giving Tree Pet Spa & Lodge Opens in Rose Hill Plaza

Hello Rose Hill community!

We're thrilled to introduce Giving Tree Pet Spa & Lodge — your new local destination for safe, loving, and exceptional pet care in Rose Hill Plaza shopping center.

Many of you know this special place as Sonny's Place, lovingly owned and operated by Martha Day for many years. After her well-deserved retirement, the Giving Tree is honored to continue the legacy she built — a place rooted in trust, care, and community. Our goal is to build upon that strong foundation while continuing to improve the space to provide an even safer, cleaner, and more comfortable environment for every dog who visits.

Giving Tree began in Reston where it quickly became known for compassionate care, cleanliness, and personalized attention. Its success has inspired us to grow thoughtfully, and this year, we're excited to open our third location in Falls Church (Giving Tree K9 Club).

Whether your dog comes in for a grooming session, a day of play, or an overnight stay, we promise a caring and joyful experience from start to finish. Our team takes pride in offering a calm, cage-free boarding experience with overnight staff to ensure every pup feels secure and loved. During daycare, dogs enjoy plenty of outdoor potty breaks, nap times, and play with friends — all under attentive supervision. And for spa days, our upgraded equipment and one-on-one grooming care keep your pets



Esther Lee snuggles with Teddy inside the new Giving Tree Pet Spa & Lodge. (Photo: Daniel Bearth)

clean, comfortable, and happy.

Our founder, Young Kim, was inspired to create Giving Tree during the pandemic when he couldn't find a trustworthy place for his own dog, Dori. That vision of safety, compassion, and trust remains at the heart of everything we do. Alongside partners Han Ju and Esther Lee, Young and the team are excited to bring the same heartfelt care to Rose Hill and greater Alexandria.

Amanda's Cleaning

I am Amanda Florian and I want to offer my services to the residents of Rose Hill.

It would be a pleasure to help you keep your home clean and disinfected. As a precaution, we continue to use masks and disinfectant products to help avoid the spread of Covid-19.

As always, I don't charge more for pets. We offer recurring cleanings, as well as one-time deep cleaning and cleaning for move-ins and move-outs.

I have been cleaning houses for 20 years and have references available. I have the best prices in the area.

Call or text me for a free estimate.

571-217-3142



Franconia Rec Center Makes Outdoor Improvements

With new flooring and major upgrades to air handling systems at Franconia Rec Center nearly complete, crews have turned their attention to some improvements outdoors.

A new front entrance to the Rec Center provides more space for drop offs and pick ups and better handicap accessibility, while the tennis and pickleball courts received new surfaces after park authorities decided against building additional dedicated pickleball courts on the site. As a consequence of the resurfacing, one dual-use court reverted to tennis-only use, leaving in place three dedicated tennis courts and four pickleball courts, along with a four-section practice wall.



Along Chessie's Trail, a wooden fence was installed to keep people from taking a short cut through the woods where poison ivy is plentiful.

On Saturday, Nov. 22, the Rec Center will host the first-ever Turkey Dip, a swim event open to all ages with 25-, 100-, 250- and 500-yard swims in the pool from 1-6 pm. Afterwards, stay for the Thanksgiving-themed Family Skate and Dance Night in the gymnasium from 6-9 p.m. Bring your own skates and enjoy music from a live DJ. Cost is \$10 per person for both skaters and spectators. — *Peter Riccio and Daniel Bearth*

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Chain of Small Miracles: How CPR, Community and Perfect Timing Saved my Dad

Hi, my name is Emily Davis. My parents have lived in Rose Hill for over 40 years. On the morning of October 10, 2025, a series of ordinary moments aligned in extraordinary ways to save the life of Kingsley Davis, a man known for his warmth and humor and a distinctive neighborhood dog whistle.

Kingsley is my dad and as he stepped outside that day with the family dog, Bodi, to assess our lawn for landscaping, within minutes he collapsed in the yard, unresponsive and in full cardiac arrest.

At that same moment, across the street, two of our neighbors were running behind. Elellan, a punctual student who never runs late for school, happened to be delayed. Her mother, Lemene, pulled their car out of the driveway at a slightly different angle—a subtle shift in routine that became the difference between life and death. From the car, they saw my dad lying on the side of our yard on the ground.

Bodi reacted instantly with a loud, piercing bark—a dog's instinctive alarm—and then, remarkably, stepped back as Lemene and Elellan ran toward Kingsley, then to our home, banging on the door and shouting for assistance.

Inside, my mother Janet and I rushed outside. 911 was called by our amazing neighbors and as I assessed my father's condition I immediately began mouth-to-mouth resuscitation and CPR.

"Those first minutes are everything," the cardiologist would later tell me. CPR kept oxygen circulating to my dad's brain and vital organs until emergency responders arrived. Doctors made it clear that this quick action was the critical factor in his survival. "You saved his life," the medical team told me. "CPR is the first line of action in cardiac arrest. Without it, the outcome would have been very different."

Kingsley was taken to the Cardiac Intensive Care Unit at Fairfax Inova Hospital where he underwent a defibrillator procedure and later transferred to Mount Vernon Inova Hospital for rehabilitation, including speech therapy, physical therapy, and respiratory care. After one month and three days, on Nov. 10, my dad came home where he continues a steady and remarkable recovery.

Our family will never forget the role our neighbors played and what others did while my dad was hospitalized: Offering prayers, dropping off meals, checking in, taking care of Bodi during the day (you know who you are!), and providing the kind of support that transforms a crisis into a shared effort of care.

This experience has reshaped my own perspective on emergency preparedness. I have lifeguarding and Teacher CPR and First Aid skills and I plan to continue CPR education through the American Red Cross and am hopeful that others will consider doing the same.

My dad is alive today because a chain of small miracles—perfect timing, fast action, and lifesaving skills—came together at exactly the right moment.



The Davis family: Janet, Kingsley, Emily and Bodi. (Photo courtesy of Emily Davis)

Give a Gift of Healthy Living this Holiday Season!

Having difficulty with Sleeping, Pain, Stress, Focus, Depression, Anxiety, Arthritis, PTSD and More?

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Help Santa bring a gift to every child's home!



**Give joy to a child in need this holiday.
Bring in new unwrapped toys and our
team will match their value up to \$2,000.**

For the 19th year in a row, we're proud to support the U.S. Marines' Toys for Tots campaign—running until December 16. Please donate new, unwrapped toys to help brighten the holidays for children in need. Last year, more than 30 million toys, books, and games were distributed to nearly 13 million children. Join us in making this season brighter!

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Homes For Sale (November 2025)

Status	Address	Bedrooms	Price	Finished Sq. Ft.	Subdivision
ACTIVE	4702 Eaton Place	4	\$759,900	1,559	Sunny Ridge Estates
ACTIVE	6624 Telegraph Road	3	\$699,000	1,460	Rose Hill
ACTIVE	6208 Redwood Lane	5	\$850,000	2,896	Hawthorne Manor
ACTIVE	4501 Apple Tree Drive	4	\$619,900	2,132	Rose Hill Farms
ACTIVE	4507 Tipton Lane	5	\$715,000	1,132	Sunny Ridge Estates
ACTIVE	6420 Willowood Lane	3	\$649,900	2,004	Rose Hill
PENDING	4500 Picot Road	4	\$679,000	1,590	Sunny Ridge Estates
PENDING	6120 Squire Lane	3	\$615,000	1,378	Sunny Ridge Estates
CLOSED	4609 Cottonwood Place	4	\$677,500	1,352	Rose Hill Farms
CLOSED	6706 Telegraph Road	4	\$645,000	1,096	Rose Hill Park
CLOSED	6224 Thornwood Drive	5	\$750,000	2,304	Hawthorne Manor
CLOSED	6512 Carriage Drive	4	\$580,000	1,107	Rose Hill Park
CLOSED	6310 Saddle Tree Drive	4	\$582,000	2,492	Rose Hill
CLOSED	4514 Picot Road	4	\$695,000	1,590	Sunny Ridge Estates
CLOSED	4511 Apple Tree Drive	4	\$720,000	2,025	Rose Hill Farms
CLOSED	6504 Carriage Drive	4	\$810,000	2,920	Rose Hill Park
CLOSED	5325 Franconia Road	6	\$1,340,000	5,445	Guilford
CLOSED	6121 Squire Lane	3	\$630,000	2,018	Sunny Ridge Estates
CLOSED	6503 Carriage Drive	3	\$590,000	1,107	Rose Hill Park
CLOSED	6507 Haystack Road	3	\$700,000	1,414	Rose Hill Park
CLOSED	4615 Roundhill Road	3	\$550,000	1,352	Rose Hill Farms
CLOSED	4705 Franconia Road	4	\$605,000	2,018	Sunny Ridge Estates
CLOSED	6117 Rose Hill Drive	3	\$618,000	1,092	Rose Hill Farms
CLOSED	4501 Tipton Lane	4	\$799,000	2,208	Sunny Ridge Estates

Homes For Rent (November 2025)

CLOSED	6327 Willowood Lane	3	\$3,000/mo.	2,200	Rose Hill
CLOSED	5004 Eastchester Circle	3	\$3,500/mo.	1,092	Rose Hill
CLOSED	6109 Leewood Drive	3	\$2,172/mo.	1,200	Rose Hill Farms
CLOSED	4611 Eaton Place	4	\$3,000/mo.	1,118	Sunny Ridge Estates

Source: Tom & Cindy and Associates

Members of the Rose Hill Civic Association or residents who provide services in kind qualify for a FREE listing in the business directory.

Photography

Tisara Photography. 703.625.2331. Specializing in family and business portraits and life events, Tisara Photography in Old Town Alexandria is now run by Nina Tisara's son, Steven Halperson. Nina lives on Hayfield Place.

Heating and Air Conditioning

Dove Heating and Air Conditioning. We service and install heat pumps, air conditioners, furnaces, hot water heaters, and humidifiers. David and Linda Nichols, 703.971.8897. The Nichols have been in business for 38 years and have lived in Rose Hill for 49 years.

Home-based Business

Stampin' Up! is a company specializing in decorative stamps for greeting cards, craft projects and memory keeping. The products are available for purchase through independent distributors. My name is Tracy and I'm a Stampin' Up demonstrator. Contact me at stampin13@yahoo.com.

Home Improvement/Handyman

TaskPro Plus is veteran-owned and operated. Steven Routt brings professional-level skills to any kind of home repair or renovation project. Shed-building and removal is a specialty. 703.835.6414 Email: taskproplus@gmail.com

Party Planning

S&J Celebrations specializes in balloon arches and kids' birthday parties. We have packages available based on what you are looking for. Follow us on Instagram @sandjcelebrations or call 703.688.2740. Email: sandjcelebrations@gmail.com

Ministry to Coaches and Athletes

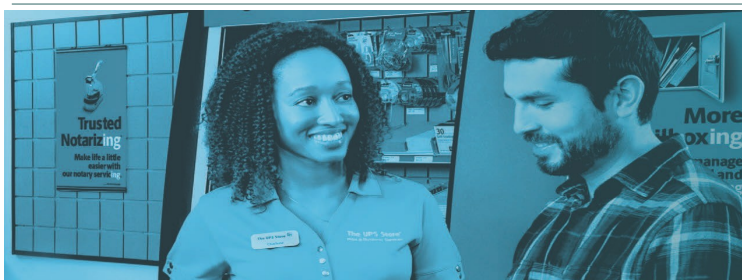
Steven Able represents the Fellowship of Christian Athletes in the Greater Fairfax South area, working with coaches and athletes at seven public high schools, including Edison. Email: sable@fca.org

Education/Child Care

Freedom Learning Center provides educational support to families. We offer a preschool program, full-day to homeschoolers, homeschool enrichment classes and tutoring. In addition, we provide after school care to students in the Bush Hill community. Contact Heather Able at freedomlearningcenter7@gmail.com or go online to find more information at freedomlearningcenter.org.

Mental and Behavior Health Therapy

Crescent Counseling Center is a small woman-owned business that offers a variety of services such as individual and couples/family counseling, behavioral modification, parent coaching and consultation. We believe that compassionate care, high team morale and a calm environment are not only helpful to the therapeutic process, but absolutely essential. Established in West Springfield in April 2021 and now located off Franconia Road at 6400 Grovedale Drive, suite 200, in Alexandria. Contact Jessica Taylor online at crescentcounselingva.com or call 571-414-9645.



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RHCA

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Business card: 3 ½" x 2", \$20

Quarter page: 3 ½" x 4 ¾", \$40

Half page: 7 ½" x 4 ¾", \$65

Full page: 7 ½" x 9 ¾", \$125

Rates are per issue with payment due prior to publication.

Advertising in The Rambler is an excellent way to reach 1,000+ homes in our community. In addition, the ads are posted on our website, www.myRoseHill.com, for the world to see.

Listing in the business directory is free to members of the Rose Hill Civic Association and residents who own their own business.

The Rose Hill Rambler is published 4 times a year in February, May, August and November

Anyone interested in placing an ad can send it via email to Daniel Bearth at idmbearth@aol.com in tiff or jpeg format. Make payments to the Rose Hill Civic Association, Box 10891, Alexandria, VA 22310.

WANTED: Your email address. Since the Rambler is published quarterly, the Rose Hill Civic Association depends on email to pass along community news. If you already receive information from RHCA via email, you're all set. If not, contact Daniel Bearth, idmbearth@aol.com, or Carl Sell, sellcarl@aol.com, to make sure you are included.

Rose Hill Civic Association (members as of November 2025)

Bernard Avenue

Mark Allen & Ana Torres-Davis

Blossom Lane

Barbara Digman

Carriage Drive

Geraldine Mason, Shari Schaftlein & David Johnson

Climbhill Road

Philip & Carol Bishop, David & Nicole White

Clovergrass Drive

Ulyses Guerrero

Cottonwood Drive

Marlene Hass Smith, Luis Castro, Carl & Marti Sell, Ian MacIntire, Danny Lenore, William Stemple, Alberta J. Taylor, Diane & Danny Bird, Danny Adams, Catherine Mitchell, Jodie Wallace, Rob Thomson

Craft Road

Maron Selby, Kyle Schlarman

Dew Grass Drive

Nina Weber

Dove Drive

Cathy Riddick

Driftwood Drive

Carolyn Erickson, Arlene Shapiro, Elizabeth Sharp, Bruce Jones Jr.

Eastchester Circle

Carl & Margaret J. Bon, James Troy, Matthew Dailey, Cynthia Johnson-Dailey, Jeannette Bottomley

Eaton Place

Mariann Jacobson, Lewis Moore, Cindy Schmittlein, Catherine Long, Christin Berry, David & Johanna Wheeler

Franconia Road

M. Theresa Blatt

Greendale Road

Karen Wheelless

Hayfield Place

Steve & Heather Able, Nina Tisara, Kayla Hinrichs

Haystack Road

Martin Shupack, Nathan Dicken, Charles Pfefferle & Jeska Aislinn, Susie & Chris Guinto, Lorraine and Mark Broxterman

Lark Lane

Rick & Patti Ballard

Leewood Drive

Kashaf & Kimberly Chagla, Michael Smith & Ratri Friend, Rodney & Kathy Palmer, Lindsay Holzrichter, Katya Derzon, Shirley Mae Herr & Robert Collins, The Kowalik Family

Lillian Drive

Don & Carol Hakenson

Maryview Street

Beth & David Gurfein, John & Patricia Lawrence, Stephen & Brenda Phillips, Denise Smith, Tac Patel

May Boulevard

Julia Brundage, Shirley Staples Bennington, Zoe-Ann Freitag

Mission Court

Cheri Schipper

Picot Road

Robert & Peggy Riccio, Olivia Tuggle

Rose Hill Drive

Sandy Benarick, Stanley M. Taylor, Dave & Linda Nichols, B.T. Nguyen, Daniel & Ingrid Bearth, Monica Reed,

Ken Marr, Gene & Lisa Sible, Marvin & Frances Justice, Thanh & Mai Thi Truong Luu, Carol Spurrier, Thomas & Alice Mangum

Rose Hill Farm Road

Reserve at May Hill HOA (12)

Roundhill Road

Jim & Linda McClelland, Stephen & Holly Dougherty, Elissa Hamon, Charbel Antoun

Saddle Tree Drive

Corey Morgan, Helen Cofer

Silo Road

Danielle Sturgis, John & Penny Cashmire, Linda Walton

Squire Lane

Arlene Moore, Donna Smith, Marty Hertling

Sturbridge Place

Linda & Tim Hestvik

Telegraph Road

Pamela McKinley, Marlene Minarik

Thornwood Drive

Elizabeth Biddle, Vereen Family, Margaret McConnell

Treetop Lane

Lori Scheibe, Ann Schappi, Edwina Brooks-Whitfield

Wayside Place

Stephanie Smith, David & Robin Dodson, Victor Grafton

Willowood Lane

William & Janelle Parker, Jo Ann Ponce, Mike & Bonnie Greek, Frank & Patricia Jencks, Ronald Machmer

Winston Place

Donna Dillon, Carolyn Szamborski & Billy, Pam & Jamie Yereb, Brenda Edleson

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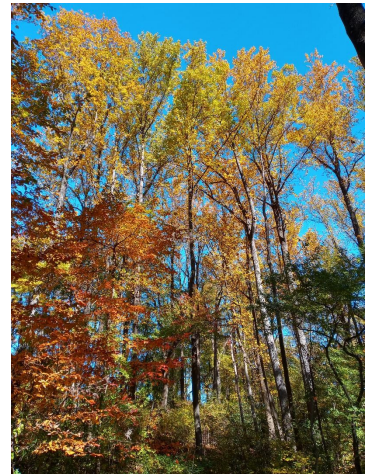
Talking About Trees with Jim McGlone, ISA Certified Arborist



Jim McGlone welcomes your questions and comments about trees and plants. Contact him via email at: dofmcglone@gmail.com

Trees are said to be dormant in winter. This is not true! They do slow down a lot, but they are full of living cells that are active throughout the cold season, especially the roots. Roots provide the tree with water and nutrients. Some of the water is used by the tree to make sugar, but most is used to transport dissolved nutrients and sugar around the tree. Trees are growing and shedding fine absorbing roots all year as they search for pockets of water and nutrients in the soil. And, if the ground isn't frozen, this continues throughout the winter.

Trees can sense day length and on the first day of winter, when days start to get longer, they start preparing for spring. This is a slow process at first, but it speeds up as winter progresses and days get longer. Cells in buds begin to multiply. Resources that were pulled out of leaves in the fall and stored during the cold dark days are mobilized to use in this year's new foliage. Flowers begin to form, and some species like willows and maples bloom in the winter. Last year my red maple finished blooming by March 1.



Sugars that were converted to and stored as starch last year are reconverted and moved into the canopy to fuel this activity. This cellular activity also needs nutrients to build the proteins, fats, enzymes and other molecules that make up these new cells. The sugar and nutrients which drive these processes are dissolved in and moved by water and trees grow roots during the "dormant" season to meet this demand.

Because roots grow during the fall and winter, late October and November are good times to plant trees so they can begin to expand their root system before the heavy demand for water for photosynthesis starts in the spring. Two to three inches of mulch can act like a blanket and keep soil warmer and help roots grow. Mulch can also help prevent winter or frost burn, which occurs in evergreens when the ground is frozen or dry. The mulch will help keep the soil warm and moist.

(Continued from previous page)

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Gardening in Rose Hill

With Peggy Riccio, Virginia Horticulturist

Florist's cyclamen (*Cyclamen persicum*) is a popular winter blooming houseplant, commonly sold at florist's shops, garden centers, and boutique grocery stores.

Florist's cyclamens have exotic flowers that bloom high above the foliage. They last for several months and are available in magenta, red, pink, or white. The foliage is heart shaped and usually mottled green. This plant is a beautiful exotic creature and makes a lovely hostess gift.

While it is blooming, give it bright indirect light and day temperatures of 60-70 degrees and night temperatures of 40-50 degrees. It also prefers high humidity. Usually homes in the winter have low humidity but you can increase it for the plant by placing it on a tray of pebbles with a little water. Make sure there is a saucer between the container and the pebbles. The root system is a tuber that is prone to rot.



Water when the soil feels dry, like dry in the top inch, but before it is completely dry. Aim the water at the side of the crown, not on the crown (central growing part), and not on the leaves. If you purchased it in the decorative foil covering, it best to remove that and put the pot (make sure it has drainage holes) on a saucer.

You can feed with a diluted liquid low nitrogen fertilizer to prolong blooms, something like an African violet fertilizer.

After flowering, the leaves will turn yellow, and your first thought may be that it is dying, or it needs something like more water or fertilizer. This is the beginning of its dormant stage. Don't try to keep it green with more watering, let it rest during the summer. Put the plant in a cool, dark area with good air circulation. Don't water or feed during the dormant period.

In the late summer, early fall, bring the plant back to a room with bright indirect light. Water thoroughly at first. You will see new green growth. Treat it like when you first purchased it and it should bloom again. It may not look as luscious, but it can serve as a long-lasting houseplant.

Peggy Riccio is a local horticulturist and garden communicator. Subscribe to her free monthly gardening newsletter, [Pegplant's Post Gardening Newsletter](http://pegplant.com), by entering your email on her website, pegplant.com, an online resource for gardening the DC metro area.

ROSE HILL CIVIC ASSOCIATION MEMBERSHIP FORM

Please fill out this form and mail, along with your check, to:
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EMAIL: _____

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Enclosed is a check for: \$10 Annual Membership

\$_____ Donation for replacement and upkeep of Rose Hill entrance sign. \$_____ Donation for RHCA General Fund.

Steven Able: What It Means To Be a Coach

By Steven Able

What does it mean to be a coach?

The Reverend Billy Graham once said, “A coach will impact more people in one year than most do in a lifetime.” The question of course is, what kind of impact will that coach have?

A big part of my life has been spent in the local youth and high school sports scene in Northern Virginia and specifically in Franconia. My sports experience started with Pioneer T-ball at Lee District Park (now Franconia Park) in 1981 with my dad as one of my coaches. I also played soccer and basketball while in middle school and even made the All-Star team in the 7th and 8th grade.

At Hayfield High School, however, my dreams of athletic glory ended abruptly when I tried out for JV basketball and was cut. That experience forced me to reconsider my identity as an athlete but also set the stage for a career in coaching.

I came to believe that my identity was in who God said I was. I began to focus less on performance and more on character.

Despite not having played any sports in high school, I was able to play one year of D3 college basketball. Along the way, I found I had a knack for teaching and even took a part-time job coaching JV basketball. I also led a basketball instruction clinic and coached a church youth team. I wasn’t the greatest coach, but I really enjoyed the process of teaching and learning.

Over the years I’ve learned a lot, both by trial and error, by professional development, and by being around some great coaches. Here’s what I believe are the core tenets of what it means to be a coach:

1. **Care for your athletes and their families.** We need good people more than good athletes. There’s a great book called



Steven coached his daughter, third from right, and the Gummy Sharks to a championship win in flag football on Nov. 1.



Steven Able, at left, with his daughter India, wife Heather and son Caleb, with teammate Franklyn and Selah, a playful family friend, after a JV football game won by Edison over Lewis high school. (Photos courtesy Steven Able)

2. **Integrity.** What is the transformation you want to see? Make sure the goals you set are good and then ask yourself: “Does what I say and do in practice, and in games, actually lead toward these goals?”
3. **Intentionally teach character.** Sports don’t automatically teach it. There are too many stories of successful athletes with character problems.
4. **Pursue excellence.** While perfection is impossible, excellence is not. Details matter. Lead by example and expect your athletes to do the same.
5. **Become an excellent observer and expert communicator.** I see coaches get frustrated or experience less than great results because their observations are inaccurate or their communication isn’t as clear as they think it is.
6. **Know what to control.** You can’t control everything. Sometimes you might even impede progress by trying to control everything. Learn what needs to be controlled, and what doesn’t. Get input from others. Your own perspective is often limited.
7. **Have fun.** You can get more from athletes when something is fun. Be creative on how to keep things fun.

This is why I coach. While I’m nowhere near perfect, I strive to be a good example to my athletes, and to other coaches, and pull others up along the way.

If you are like me, we could use you out there coaching. There are a lot of volunteer coach opportunities in the area, including Pioneer Youth Baseball and Lee Mount Vernon Sports Club.

Steven Able represents the Fellowship of Christian Athletes and works with coaches and athletes at seven public schools in Fairfax County, including Edison High School.



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Ask a Veterinarian By Casandra Fowler DVM

Q. Diabetes in pets: What are the signs?

November is Pet Diabetes Awareness Month, a good reminder that dogs and cats can develop diabetes mellitus — a condition in which the body cannot properly regulate blood sugar. Diabetes occurs when the pancreas doesn't produce enough insulin, or the body no longer responds to it effectively. Insulin allows cells to absorb glucose for energy; without it, blood sugar rises and leads to health problems over time.

Signs to watch for include increased thirst and urination, weight loss despite a good appetite, lethargy or a dull coat, cloudy eyes (in dogs), weakness or walking flat-footed in cats, or urinary tract infections. If you notice these symptoms, your veterinarian can confirm or rule out diabetes with simple blood and urine tests.

Most diabetic pets require insulin injections once or twice daily. With guidance and practice, most owners find these easy to give. A consistent diet and feeding schedule are also critical — typically a high-fiber formula for dogs and a high-protein, low-carbohydrate diet for cats. Excitingly, there are now oral medications for some newly diagnosed diabetic cats, which may reduce or delay the need for insulin in select cases. Your veterinarian can determine whether your cat is a candidate.

With early diagnosis, the right diet, and careful monitoring, diabetic pets can live long, happy lives. Some cats even go into remission when their diabetes is well controlled and their weight is managed.

If you take only one thing away: don't ignore the water bowl. If your pet suddenly starts drinking or urinating more than usual, it's time for a vet visit. Catching diabetes early makes a world of difference!

Casandra Fowler is the owner of Harmony Animal Hospital at The Shops at Telegraph Village.



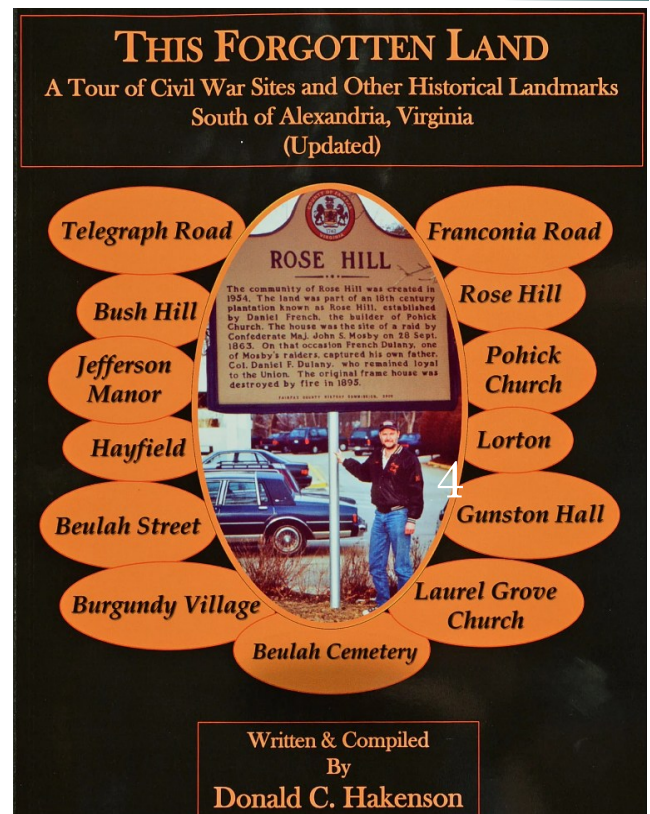
Donald C. Hakenson Presents

"This Forgotten Land, A Tour of Civil War Sites and Other Historical Landmarks South of Alexandria, Virginia" (updated and with new maps)

This book covers the areas of Franconia Road, Rose Hill, Pohick Church, Lorton, Gunston Hall, Laurel Grove Church, Beulah Cemetery, Burgundy Village, Beulah Street, Hayfield, Jefferson Manor, Bush Hill and Telegraph Road.

To purchase the book, contact Don Hakenson at 703-971-4984 or email: dhakenson@verizon.net. The book is \$30 plus \$5 shipping. It can also be purchased at the Franconia Museum, located at 6121 Franconia Road, Alexandria, Virginia 22310.

More books by Donald C. Hakenson and Charles V. Mauro can be viewed at this exclusive website: Mosbyvirginiahistory.square.site. They include: "A Tour Guide and History of Col. John S. Mosby's Combat Operations" and "We Once Met by Chance: Four Life Stories During the American Civil War."



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Further, the metal flashings around chimney areas and at adjoining exterior walls (or rooflines), the penetration Collars (around plumbing and heat stacks) and all other vents become worn and prone to water infiltration.

Next time you're outside take a close look at your roof (most people don't pay attention to it until there's a problem). How does it look? Is it rough and weathered? Are the shingles "curling or cracking? Is one section very distinguishable from all other areas? Finally, are you proud of the way your roof helps "show" your home, or are you embarrassed by its appearance?

Remember: By the Time you have waited "as long as 'possible,'" you have probably waited too long and will end up spending your hard earned money on interior and sub-structure repairs as well as much needed roof replacement.

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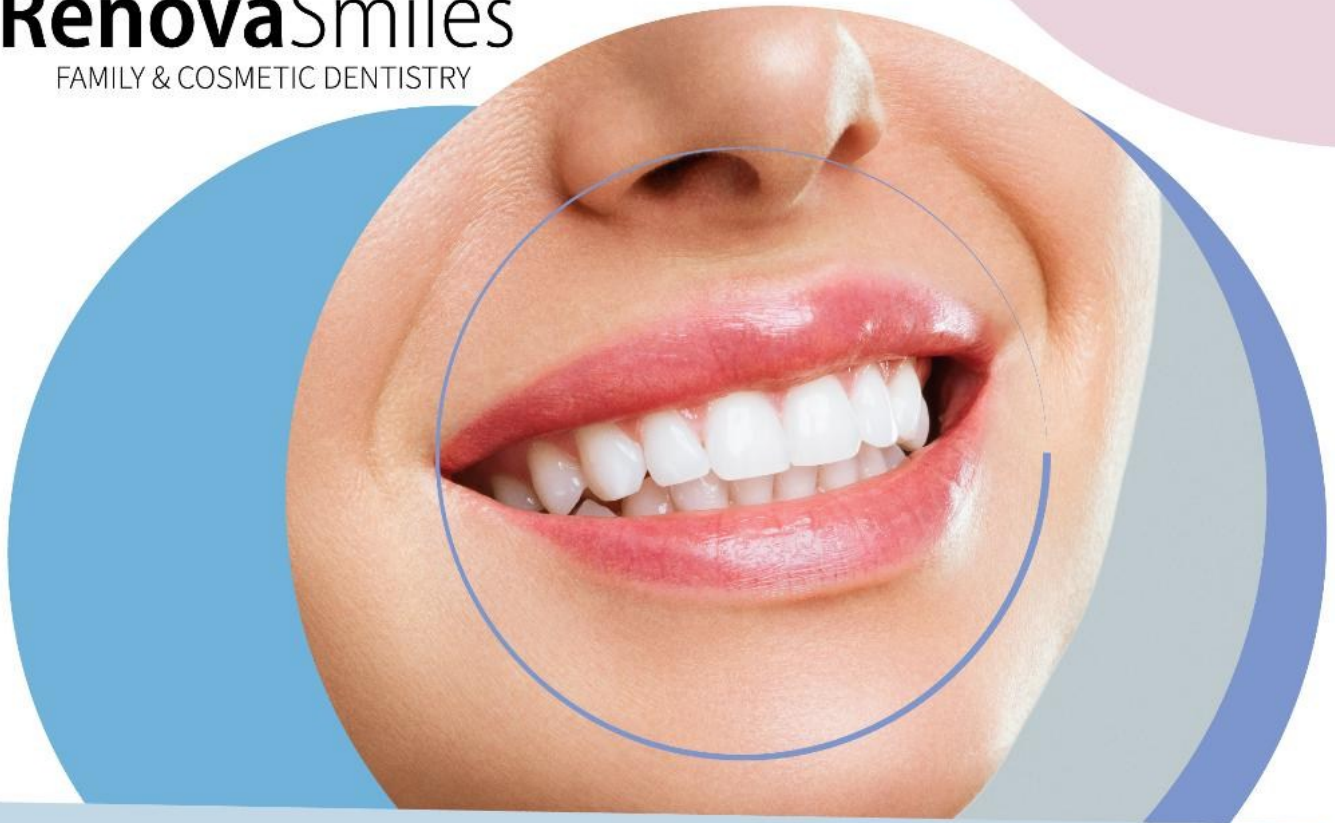
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