



NEXT GENERAL MEETING



**Tuesday, Nov. 13,
7:00–9:00 p.m.**

Mount Eagle Elementary cafeteria

*Topic: Land Use Task Force
recommendations*

JMCA EVENTS

**Tuesday, Dec. 11:
General Board Meeting**

Open to the Public

*Location details will be posted on the JMCA
website*

**Saturday, December 8,
6:00–10:00 p.m.:**

JMCA Holiday Party

Fairhaven Community Center

JMCA ON THE WEB

Website: <http://www.jeffersonmanor.org>

Listserv: <http://groups.yahoo.com/group/jeffersonmanor>

Parents group: <http://groups.yahoo.com/group/jeffersonmanorparents>

Facebook: Search Facebook groups for Jefferson Manor Citizens Association

Nextdoor.com: https://jeffersonmanorva.nextdoor.com/news_feed/



For information on the JMCA Land Use Task Force, visit www.jeffersonmanor.org/landuse and attend the JMCA General Meeting on Tuesday, November 13, 7:00-9:00 p.m. at Mt. Eagle Elementary.

*¿Tiene usted preguntas sobre JMCA?
Llame a Sonia al 703-329-1882.*

President's Letter

As I write this, the 2012 election season is in its last frenzied days. Whether it is the federal offices, or local ballot initiatives, this all comes down to one thing—having, and using, your voice. I hope with my heart of hearts that everyone here is planning or has gone to the polls to use the most basic instrument we have to be heard.

We all at some level strive to have our voice, individual and collective, heard. The power of the civic association is that it brings focus to the cacophony of the varied opinions and goals of our community, and lets that voice be multiplied.

Over the past several years, the JMCA has been soliciting your opinions on what type of redevelopment at the Huntington Station strip mall/Jefferson Garden apartment sites would benefit the neighborhood. After a year of intensive research and hard work with the property owners and county staff, the land use task force will be presenting its recommendations for amending the county comprehensive plan at our November meeting. Our guiding “north star” for this process was the community priority document that was put together based on your feedback early in the year. The final version of that is currently on the website at <http://www.jeffersonmanor.org/landuse/priorities.html>. The process the group went through can be found under <http://www.jeffersonmanor.org/landuse/huntingtonstation.html>.

After our presentation on November 13, we will have a period open to questions about the process and the final product until early December. At that point, the JMCA Board will vote on whether or not to approve this. It has been a long road, but I am deeply proud of the efforts of all involved. It has been what civic involvement should be.

We have also begun rebuilding bridges with our neighboring communities. This summer, our friends in the Fairhaven community across North Kings Hwy began breathing new life into their association. I am eagerly working with their new president to see where we can combine forces to give our voice an even bigger amplification. We are already working on land use issues such as the redevelopment of the Fast Eddie's site. The associations shared invites to their respective Halloween events. And what better way to get to know our neighbors than to break bread with them? On Saturday, December 8, the two associations will be co-hosting a pot luck dinner to celebrate the end of the year. For further details, keep an eye on the website and the listserv.

As we come down the homestretch of 2012, I wish everyone a safe and happy holiday season. Jefferson Manor is as much my family as Marissa and Jack are. Our blessings in the community are many, and I hope that we can all be thankful for them.

Chris Soule

*President, Jefferson Manor Citizens Association
president@jeffersonmanor.org*

About JMCA

JMCA is a volunteer citizens' group devoted to the betterment of the Jefferson Manor neighborhood. Membership is \$20 annually, paid at the membership meetings or to JMCA, P.O. Box 4104, Alexandria, VA 22303. JMCA membership is annual, from January to December. For more information, visit: *www.JeffersonManor.org* or email us at: *info@JeffersonManor.org*.

JMCA Board Members

(4/2012–3/2013)

Chris Soule, President
 President@JeffersonManor.org

Julie Upham, Vice President
 VP@JeffersonManor.org

Shawn Ulrick, Treasurer
 Treasurer@JeffersonManor.org

Amanda Allen, Secretary
 Secretary@JeffersonManor.org

Brian Allen, Director

Ashley Davis, Director

Kat Sumida, Director

Maeve Ulrick, Director

Roberta Zimmerman, Director

JMCA Activities

Neighborhood Watch
 watch@JeffersonManor.org

Home Improvement Committee
 homeimprovement@JeffersonManor.org

Land Use Committee
 landuse@JeffersonManor.org

Parents' Group
 parents@JeffersonManor.org

Social Committee
 social@JeffersonManor.org

Transportation Committee
 transportation@JeffersonManor.org

Website Committee
 website@JeffersonManor.org

Neighborhood News Newsletter

Please direct any requests or questions about Neighborhood News to: *newsletter@JeffersonManor.org*

Kristina Mann, editor-in-chief
 Kelly Marshall, distribution



Holiday Party!

The JMCA and the Fairhaven Civic Association are teaming up to host this year's holiday party. Join us for an evening of community building and celebration of another successful year in Jefferson Manor.

The pot luck dinner will held at the Fairhaven community center, located at 2409 Fort Drive, starting at 6:00 p.m.

Please bring an appetizer, main course, or dessert. Beverages—adult and otherwise—will be available.

PROJECT UPDATES
Traffic Calming


The planned median strip on North Kings Highway has been delayed by VDOT again. The hope was that it would be completed in December of this year. Due to requirements to repave the affected parts of the street, it would be unlikely to be completed while the weather is warm enough. Completion date is now scheduled for March 2013. The project remains funded, and all permits appear to be completed at this time.

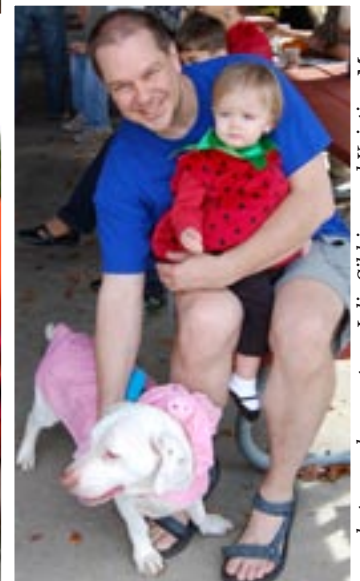
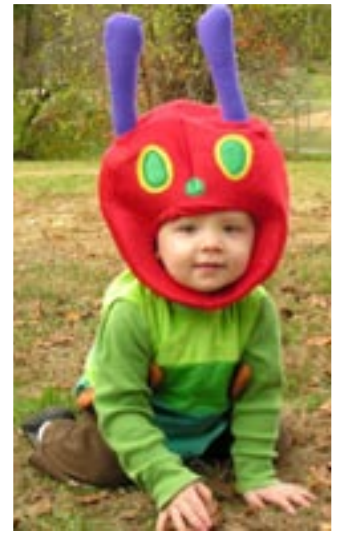
Fairfax county DOT is currently reviewing possible solutions to reduced the speed and angle with which vehicles turn up Fort Drive from Edgehill. This was pointed out as a priority by a resident during the neighborhood walk-through with Supervisor McKay and his staff in September.

Sidewalk Maintenance


A long-term goal of the JMCA was to get the worst of the sidewalk issues in the neighborhood resolved. In October through November, VDOT will be fixing sidewalks that have settled next to storm drains. This will done on the streets rebuilt during the first two phases of the neighborhood revitalization (i.e., the streets north of Fort Drive). All work that has not been completed before the winter weather sets in will be completed in the spring.

A JMCA Halloween

Jefferson Manor residents and neighbors from the Fairhaven Civic Association gathered on Saturday, October 27 in Jefferson Manor Park for an afternoon of halloween activities, costumes and prizes.



photographs courtesy Julie Sibbing and Kristina Mann

Standing Still to Move Forward

I distinctly remember being hunched over my math book at the kitchen table in the 8th grade, frustrated that I could not even begin to figure out a word problem. My mother suggested that I go play and come back to tackle the problem later. I was disgusted. Such silly advice, I just needed to finish. But, I took her advice and indeed when looked at the problem later that evening I was able to finish it in no time.

There are always those times when we need to just finish but many times we would move forward more quickly if we did take time to stop. As the holiday season approaches we may find ourselves with many parties to attend, dinners to make, and gifts to buy. Each of these can be fun and exciting but sometimes, when we are balancing the holiday excitement with work, family, and taking care of ourselves, we can quickly become overwhelmed. Those fun things stop being fun and start becoming obligations. This is exactly when we most need to stop to move forward. Taking a few moments each day to breathe deeply can help us relax



and allows us to change our perception so the fun things in our lives can cease being obligations and go back to being fun. Long, deep breathing stimulates our parasympathetic nervous system which controls our relaxation response. We can use this technique any time ... driving, while in conversation, or before responding to an annoying email.

To practice long deep breathing, sit cross-legged on the floor or in a chair with your feet on the floor. If you can close your eyes, do so and bring your focus inward. Inhale through your nose allowing the air to come all the way through your body filling your belly, then your rib cage, and then your upper chest. As you exhale, release the air from your upper chest, then your rib cage, and then your belly.

Each time you inhale feel yourself expand with fresh energy. Each time you exhale, release tension from your body. Take 3 long deep breaths, practice for 1 minute, or 10 minutes. Notice how different you may feel after you have completed your long deep breathing.

—Natalie Arbuckle, www.novayogi.com



JEFFERSON MANOR'S REAL ESTATE MARKET REPORT FOR THE FALL OF 2012

Status	Address	BR	BA	List\$	Sold\$	Settled
Sold	2812 Jefferson	3	2	\$364900	\$359000	8/10/2012
Sold	5950 Williamsburg	2	2	\$345000	\$340000	8/08/2012
Sold	5919 Monticello	2	1	\$349000	\$349000	7/23/2012
Sold	2709 Albemarle	2	2	\$349000	\$349000	7/20/2012
Sold	5910 Edgehill Dr	3	2	\$375000	\$376000	7/16/2012
Sold	2855 Fairhaven	3	3	\$399900	\$400000	7/16/2012
Sold	2724 Fort Dr	3	2	\$392750	\$392750	7/10/2012
Sold	5926 Edgehill Dr	3	3	\$445000	\$435000	7/06/2012



Tom Rickert is a resident & Jefferson Manor Specialist with over 161 + sales and rental transactions, right here in Jefferson Manor!

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Email—realtor@crosslink.net

The Market & Interest Rates are Hot! Time to Move Up?

Information provided by area Metropolitan Regional Information Systems. It may contain sales not made by this Coldwell Banker agent or Coldwell Banker. Information deemed reliable, but not guaranteed.

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

10 Easy Tips for Winterizing Your Home

Insulate the Attic and Basement

Adding insulation to outer walls, attics, basements, and crawlspaces help to keep your house warm in the winter and cool in the summer—and in turn lower energy costs.

Insulation types include fiberglass, cellulose, rigid foam board and spray foam. One of the easiest ways to save some money is to ensure that you have at least 12 inches of insulation in your attic. Hot air rises and through the attic is where it'll go unless you sufficiently insulate it.

Insulate Water Pipes

Pay less for hot water by insulating pipes. That can also help decrease the chance of pipes freezing, which can be disastrous. Check to see if your pipes are warm to the touch. If so, they are good candidates for insulation. (Use the same method to determine if your hot water heater would benefit from some insulation.)

You can get pre-slit pipe foam at most hardware stores. Cut it to size and fasten in place with duct tape. Ideally, choose the insulation with the highest R-value practical, which is a measure of its heat-blocking power. Pipe insulation is often R-3 or, for batt styles that you wrap around, a stronger R7.

Insulate Your Water Heater

Since it'll be cold, it's more important than ever to invest in a water heater blanket and wrap your water heater so it loses less heat into the ambient air.

Protect Pipes

Protect pipes from freezing and bursting by doing two important things: Drain and store your hoses and turn off your outdoor faucets. Turn off the water at the shut-off valve (all your outdoor faucets will have a shut-off valve, usually found indoors) and turn each outdoor faucet on to let it drain.

Consider replacing outdoor faucets with freeze-proof versions—or for something less complicated, install insulated faucet covers over outdoor faucets.

For additional protection, wrap your pipes with foam pipe insulation or foam tape to help prevent freezing. Remember, too, that it's not only outdoor faucets that are vulnerable — pipes that run through attics, crawl spaces and exterior walls all have the potential to burst in subfreezing weather.

Service the Furnace

First things first: Turn your furnace on early in the season, before you need it, to be sure it works. It will be much easier to schedule any needed service before the temperatures dip and you're left waiting for an appointment.

Even if your furnace is in fine working order, or seems to be, it should be serviced annually. If you haven't had it inspected this year, set up an appointment for a furnace cleaning and tune-up.

It's important to replace or clean furnace filters once a month during the heating season. Dirty filters restrict airflow and increase energy demand. Here's a worry-saving tip: mark a monthly check on your calendar.

Seal the Leaks: Caulking and Weather Stripping

Using caulking and weather stripping in your home can help to reduce air leaks, which means more warm air stays inside when it's cold outside. While both products seal air leaks, they're used in different ways.

Caulk is used when you want a flexible seal around cracks or joints (less than 1/4-inch wide), such as around windows and door frames, plumbing fixtures and pipes, and even ceiling fixtures.

Weather stripping should be used around movable joints, including windows and doors.

Check for leaks around pipes, electrical outlets and vents. Look closely under sinks, around vents and in closets. Find a gap? Plug it up.

Take a close look at places where two different building materials meet, such as corners, around chimneys, where pipes or wires exit and along the foundation. Use the incense test: carefully (avoiding drapes and other flammables) move a lit stick along walls; where the smoke wavers, you have air sneaking in. And heating or cooling sneaking out.

In another method, have someone on the outside blow a hair dryer around each window while you hold a lighted candle inside. If the candle flickers or goes out, you need to caulk or weather strip around the frame.

Run Ceiling Fans in Reverse

Most people think of fans only when they want to be cool, but many ceiling units come with a handy switch that reverses



10 Tips for Winterizing Your Home

continued from previous page

the direction of the blades. Counterclockwise rotation produces cooling breezes while switching to clockwise makes it warmer: air pooled near the ceiling is circulated back into the living space—cutting your heating costs as much as 10%.

Install Storm Doors and Windows

The simple act of installing a storm door can increase energy efficiency by 45%, by sealing drafts and reducing air flow. Storm doors also offer greater flexibility for letting light and ventilation enter your home. Look for Energy Star–certified models.

Similarly, storm windows can make a huge difference when the cold wind starts blowing. It may be a pain, but it is well worth it to get them out of the shed or attic and install them for the season. (Make sure each is securely shut -- they don't do much good if you leave them in the up position by mistake!)

Mind that Thermostat

It's easy to forget to turn down the heat when you leave the building, but doing so is one of the surest ways to save money. Most households shell out 50 to 70% of their energy budgets on heating and cooling, so why pay for



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what no one uses?

For every degree you lower the thermostat during heating season, you'll save between 1 and 3% of your heating bill. Make it easier with a programmable thermostat; they are widely available for as little as \$50, and the average family will save \$180 a year with one.

Open the Blinds in Sunny Rooms

Be sure to keep the blinds open on any rooms that get a lot of sun, ever little bit of extra heat can help keep those bills down.

—Brian Allen

Fair Haven Citizens Association Begins Neighborhood Revitalization and Community Center Rentals

The Fair Haven Citizens Association (FHCA) is revving up for community revitalization! The Fair Haven community, founded in the 1940s, is located across North Kings Highway from Jefferson Manor.

The foreclosure crisis hit many families in the Fair Haven community, leaving the FHCA with only a small group of volunteers to manage community affairs for a number of years. Yet, from this crisis has come a renewed focus on community values and an influx of new residents. Neighbors are now lining up to take on the challenge of improving the community.

FHCA Elections were held on September 20, 2012 and a new board has been voted into office: President of the FHCA: Kevin Warner, Vice-President: Brian Elson, Secretary: Elizabeth Fogel, Treasurer: Christine Litwa.

This team has already hosted a large community party, planned and held a Halloween Fair and Costume Contest, organized neighborhood garbage pick-up events, distributed a newly created newsletter, created a new community website and started a page on the neighborhood-specific

social networking site Nextdoor.com.

The Fair Haven Community Center, located at 2409 Fort Drive, is now available for rentals and is the perfect place for parties, meetings, classes or seminars. Instructors, small business owners, party planners and others who may be interested in using the space are encouraged to visit the FHCA website at www.communityfairhaven.com or email rentals@communityfairhaven.com.

The new board is interested in updating the Community Center through several large construction projects. The FHCA is now accepting donations of time or construction expertise for a list of proposed improvement projects. Donors will receive free advertisements in the Fair Haven Community Newsletter, a hand-delivered publication that goes to 250 homes in the neighborhood.

To see how you can help, please contact Kevin Warner, FHCA President at warner@communityfairhaven.com. For more information, visit www.communityfairhaven.com.

—Elizabeth Fogel, Fair Haven Citizens Association Secretary

Creamy Chicken & Wild Rice Soup

- 4 cups chicken broth
- 2 cups water
- 2 cooked, boneless chicken breasts (shredded)
- 1 (4.5 ounce) package Uncle Ben's chicken and wild rice w/ seasoning packet
- 1/2 cup chopped mushroom
- 1/2 cup chopped carrot
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 2 cloves chopped garlic
- olive oil
- 1/2 tsp. salt
- 12 tsp. ground black pepper
- 1/2 cup all-purpose flour (wheat or white)
- 1/2 stick unsalted butter
- 2 cups skim milk
- *dry, white wine

1. In a large pot over medium heat, combine broth, water and cooked chicken. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.

2. Saute mushroom, carrot, onion, celery, and garlic in pan (with olive oil) until soft.

3. In a small bowl, combine salt, pepper, and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux. Whisk in milk, a little at a time, until fully incorporated and smooth. Cook until thickened, about 5 minutes.

4. Stir cream mixture into broth and rice. Add vegetables to pot. Cook over medium heat until heated through, about 10–15 minutes.

5. *Finish with a dry, white wine. (Just enough to flavor the soup).

6. Enjoy! I always serve with a sourdough baguette! Perfect for dipping into the soup.



—Amanda Allen



Jefferson Manor Citizens Association

Any residents of the Jefferson Manor subdivision over the age of 18 and non-resident owners of property in the Jefferson Manor subdivision are entitled to membership in the Jefferson Manor Citizens Association. Membership dues are \$20 per household (\$10 for seniors) per calendar year. Complete this application & mail with a check or money order to:

JMCA
P.O. Box 4104
Alexandria, VA 22303

Visit the JMCA website at
<http://www.jeffersonmanor.org>
for a color version of this newsletter.

2013 MEMBERSHIP APPLICATION

Renewal (\$20) New Member (\$20) Senior (\$10)

Name(s): _____

Address: _____

Email: _____

Phone: _____

I have included an additional \$_____ as a donation to JMCA to help with the publication cost of Neighborhood News.

TOTAL ENCLOSED: \$_____ Check/money order Cash

I am willing to help deliver newsletters (once every other month).

I am interested in the following:

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

Other notes: