



There is still time to help Mt. Eagle

By Tia Colvin

Thanks to everyone who supported our fall flower bulb fund-raiser and who came to ZPizza for our family fun night in September. Our next family fun night fund-raiser will be at Firehouse Subs in Kingstowne on Nov. 19th. Please stop by for either lunch or dinner and mention Mount Eagle when placing your order. The PTO will get 20 percent of the proceeds. All money raised by the PTO goes to support field trips for Mount

Eagle students and to finance fun after-school activities for the kids. We provided funds in October for the Kindergarten and 1st grades to take fall field trips to Shlagel Farm in MD and Arcadia Farm in VA, where they will learn about healthy eating and growing practices. We have two after-school clubs starting soon. In October, Mount Eagle will be starting a Lego Club. We still welcome donations of Legos. Coming soon, Mount Eagle

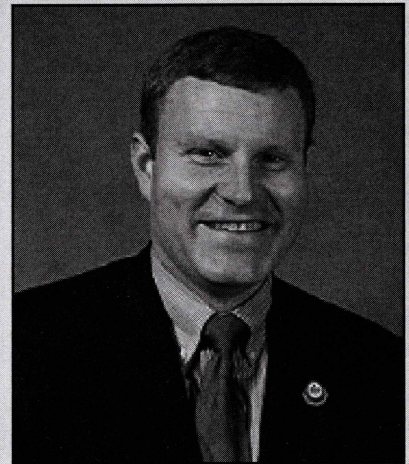
See Eagles, pg. 4

NEXT GENERAL MEETING

**Thursday, Nov. 13,
7:30 p.m.**



*Mount Eagle Elementary
library*



Do you have questions or concerns about Rt. 1 revitalization, Penn Daw redevelopment, traffic or the county school budget? These are just a few of the issues that are handled through the county's Board of Supervisors. Join the JMCA in welcoming Lee District Supervisor Jeff McKay for our November meeting. As it is important for the community to show it is engaged in the issues that are important to us, a good turnout for this meeting is critical.

*The weather outside may be frightful...
But a cocktail party is most delightful!
Please join your neighbors for*

HOLIDAY COCKTAILS & HORS D'OEUVRES

Sunday, December 7th - 5 pm to 8 pm.
Fairhaven Community Center
2409 Fort Drive
Alexandria, VA 22303

Please bring a hors d'oeuvres, a dessert or a bottle of wine to share.
We expect a special visit by Captain Cookie to see the kids and the kids at heart!

JMCA, Fairhaven plan holiday blowout

A strong year of growth for this community deserves a well planned party and this one is slated to be epic. Especially since our counterparts in Fairhaven plan on bringing their A-game, this year's event should prove to be the best in

recent memory. While adult beverages will be available the real treat will be an appearance from Captain Cookie, the neighborhood sweet treats hero.

I mean, Captain Cookie!!! We're psyched, kids should be too.



See what's inside...

- **The President's Letter, pg. 2**
- **Stay safe this winter with these tips, pg. 9**

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 (4/2014–3/2015)

Chris Soule, President
President@JeffersonManor.org

Julie Upham, Vice President
VP@JeffersonManor.org

Maeve Ulrick, Co-Treasurer
Treasurer@JeffersonManor.org

Shawn Ulrick, Co-Treasurer
Treasurer@JeffersonManor.org

Luis Delgadillo, Secretary
Secretary@JeffersonManor.org

Ashley Davis, Director

Craig Mehall, Director

Jason Stern, Director

Kat Sumida, Director

David Wiegold, Director

JMCA Activities

Neighborhood Watch
jmnw2012@yahoo.com

Home Improvement Committee
homeimprovement@JeffersonManor.org

Land Use Committee
landuse@JeffersonManor.org

Parents' Group
parents@JeffersonManor.org

Social Committee
social@JeffersonManor.org

Transportation Committee
transportation@JeffersonManor.org

Website Committee
website@JeffersonManor.org

Neighborhood News Newsletter

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

Luis Delgadillo, editor-in-chief
Kelly Marshall, distribution

President's Letter

The autumn winds are starting to pick up in Jefferson Manor, and that means the end of year bustle will be upon us soon enough. Instead of jack o' lanterns we'll start pulling out old pumpkin pie recipes. Gardens will be put to bed for the winter, and one last raking of the leaves to finish out the year. The JMCA is also gearing up for a strong finish to the year as well, with our traditional social events lined up.

One thing that has been exciting to experience this year is the influx of new residents to the community. Not only are we meeting new friends and neighbors, but they bring a new energy and fresh perspective to what makes Jefferson Manor unique. Regardless of if you are a renter or new home owner, this is your home. Each and every one of us has an opportunity to craft the raw materials of the neighborhood into the best possible version of itself. With some residents having lived here since before Metro opened it's doors, there is a rich sense of history and recognition for

what it has taken to get to where we are. It is my sincerest hope that this can be blended with the new ideas and energies of our nest residents.

Our annual holiday gathering is still in the planning stages. In past years, we have had a pot luck gathering. The past two years we have shared our celebration of community with our friends across the street in the Fairhaven neighborhood. Our social group is in the process of evaluating options for this year.

Does the pot luck still work? Are Sundays better than Saturdays? Did your previous community have a special tradition you think we should join in on?

Ultimately, the character and texture of Jefferson Manor is yours to create and nurture. Those of us on the JMCA board are proud and honored to help guide that vision, but we cannot do it with out you.

For my wife Marissa and our old dog Jack, as well as everyone in the JMCA, I wish you all the happiest of upcoming holiday season, and a healthy, successful New Year.

“ **The JMCA is also gearing up for a strong finish to the year as well, with our traditional social events lined up.** ”

-Chris Soule

A reminder that dues for 2015 are right around the corner. Membership dues are what allow us the freedom to be creative in the events we hold for the community.

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1/4 page: \$60
1/8 page: \$35

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Bike sculpture takes Jefferson Manor for a ride

By Chris Soule

Jefferson Manor President

Have you been wondering about the white bike sculpture at the corner of North Kings and Jefferson? More importantly, have you been ENJOYING the bike sculpture? Giving you a reason to smile is the purpose behind the bike sculpture set up by homeowners Rob Maguire and Heather Plank.

Rob and Heather moved from Manassas, Va. to Jefferson Manor in August 2013 and a few months later they decided they were in an ideal location to create something fun for the neighborhood and the many Metro commuters who pass by daily. Their inspiration came from the “White Bicycle Fence” created by sculptor and landscape artist, Tom Noll who first created bicycle sculptures in Manassas, Va and then in the District at Rhode Island Avenue and First Street NW.

Rob and Heather presented the idea to their immediate neighbors and were encouraged by their responses. In fact, one of the bikes you see was a donation from neighbor Carol Shuford!

Knowing their neighbors were on board, Heather reached out to Noll to see if he’d mind a copycat project and he was very enthusiastic. Noll has been incredibly generous with his time, expertise, and extra decorations.

A common question Rob and Heather receive is if the bikes represent



Photos courtesy Rob Maguire and Heather Plank

people they know who were killed in riding accidents. The answer is a resounding, “No, thank goodness!”

The goal of the bike sculpture is to offer a little touch of fun and whimsy to the many people who pass by on their way to and from the Metro.

The original inspiration came to Tom when he found a large number of bicycles at the county dump and decided to recycle them into art. Parents can check out Tom’s children’s book, “The Bicycle Fence” to learn more about origins of the fence,

creative recycling & going green. (The book is available on Amazon.)

The bicycle fence gets decorated for most major holidays and Rob and Heather would welcome ideas on lesser-known holidays worth celebrating.

If you are “crafty” and would like to lend a hand to an upcoming decorating project or act as a consultant on ideas that Heather and Rob haven’t figured out how to pull off, please reach out. You can leave a note on the porch or contact Heather at heather_plank@yahoo.com.



Photo courtesy Fairfax County Public Schools

PTO, JMCA keep the money rollin' in for Mount Eagle

Eagles from, pg. 1

will also be hosting a chess club.

On Thursday, November 6th at 8 PM join us at the Moose Lodge (7117 Beulah Rd., Alexandria, VA 22315) for a concert featuring our Jefferson Manor residents, the Catjammers. All are welcome (no membership required), and there will be

no admission charge. All tips raised at the concert will go to benefit Mount Eagle PTO.

This December we are going to try a new fund-raising activity by holding a Parents' Night Out at the school. Parents will be able to drop off their children (current students only) at the school gym

for a couple hours of low-cost babysitting, during which they can run errands, finish holiday shopping, or simply have some time to themselves. We are planning on providing a "Holiday Shop" for the kids, so they can buy presents for their friends and family using just pocket change. We are asking for donations of items to stock our Holiday Shop. These can be just about anything, as long as they're small enough to be purchased with pocket change—costume jewelry, trinkets, picture frames, small household items, ties, scarves, etc. If you have anything to donate, you are welcome to leave it on my porch at 5808 Edgehill, or contact me (Tia Colvin) at atcolvin@aol.com and I will come pick it up.

Please continue to sign up your grocery cards to support Mount Eagle, sign up for Shoparoo on your smart phones, and drop off your used electronics for e-recycling at the school. For more information on the PTO and our programs, like us on Facebook at <http://www.facebook.com/MtEagleElementaryPTO> and visit our website at <http://mouteagle.my-pt.org/>.

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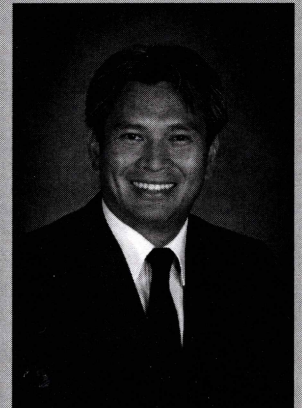
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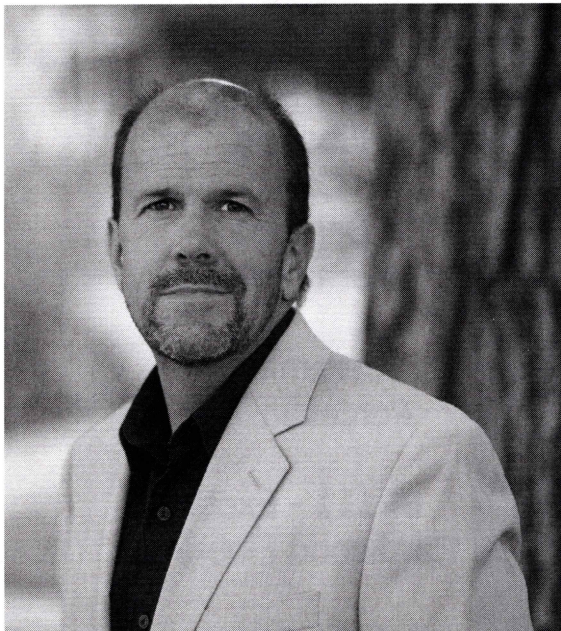


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Stay Up to Date with JMCA

Want to keep up to date with the latest JMCA news, goings' on, or want to let your neighbors get first dibs on that item your selling before it hits Craigslist? Join us at Yahoo Groups, Nextdoor.com, Facebook and on Twitter!



Twitter:

By following @JMCA22303 you'll gain access to some of the twitter feeds of news sites and organizations that are important to Jefferson Manor residents.



Yahoo Groups:

groups.yahoo.com/group.

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



Nextdoor.com:

jeffersonmanorva.nextdoor.com/news_feed/



JMCA website:

jeffersonmanor.org/

You can find updates on upcoming neighborhood events and news on this site, as well as a color version of this newsletter in PDF.



Facebook:

Visit JMCA's Fan page. Simply search Facebook groups for Jefferson Manor Citizens Association.

Scaring Up Fun!



JMCA's Halloween Party was held on Sunday, October 26 in the Jefferson Manor Park. The kids enjoyed crafts, cookies, games, and a great scavenger hunt! Special thanks to Maeve Ulrick, Ashley Davis, Jenny Burgei, and Alison Heuer for putting on the event.

PayPal comes to JMCA!

Pay those dues any way you choose!



Relax, recharge with yoga techniques

By Natalie Arbuckle

As the days grow shorter and the hustle and bustle of the holiday season begins we find ourselves with plenty of opportunities to reconnect with friends and family. In the midst of the excitement we may forget to take time for ourselves. Taking a few minutes each day to be still may seem counterproductive when there are so many things to do but allowing ourselves the opportunity to quiet our minds and bodies can help us to feel refreshed. Each yoga class ends with savasana or 'corpse pose.'

At first glance it may seem that this entails nothing more than lying on your yoga mat but savasana is a powerful pose during which both the body and mind are encouraged to release and let go of any tension. Try practicing 1-3 minutes each day this holiday season and see if this simple practice recharges you.

Savasana

Traditionally done lying one's back but may be done lying on the side if pregnant. Need a few

minutes of calm at work? Try the mental exercise of savasana while seated.

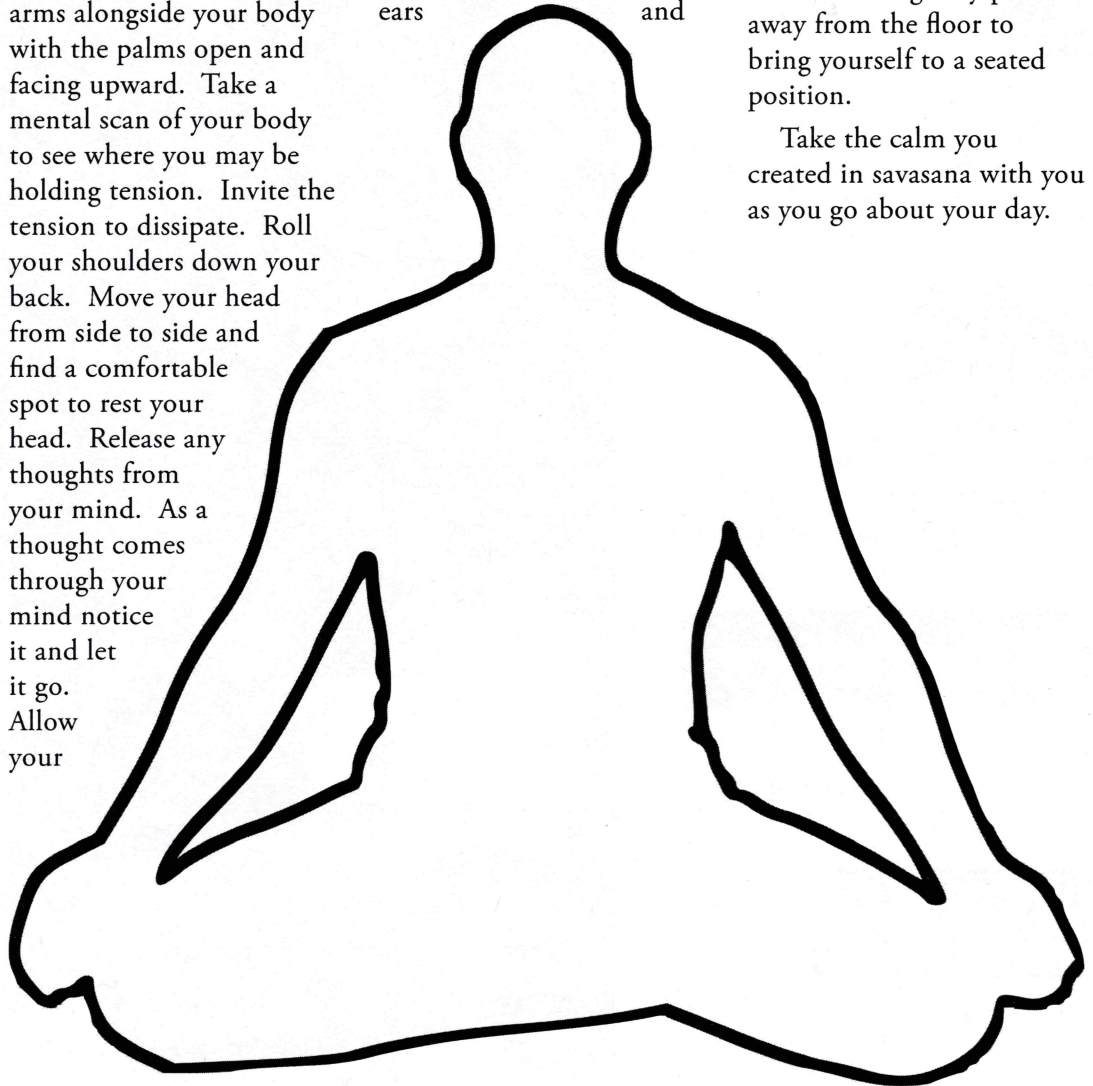
Lie down on your back. Gently close your eyes. Extend your legs and allow your feet to open to either side. Extend your arms alongside your body with the palms open and facing upward. Take a mental scan of your body to see where you may be holding tension. Invite the tension to dissipate. Roll your shoulders down your back. Move your head from side to side and find a comfortable spot to rest your head. Release any thoughts from your mind. As a thought comes through your mind notice it and let it go. Allow your

breathing to be long and deep. Rest in savasana for 1-3 min or for as long as you like.

When you are ready to come out of savasana, inhale as you raise your arms alongside your ears and

extend your legs. Exhale and bring your knees into your chest and wrap your arms around them. Rock from side to side to give your lower back a massage and then roll to your right side. Place your hands on the floor and gently push away from the floor to bring yourself to a seated position.

Take the calm you created in savasana with you as you go about your day.



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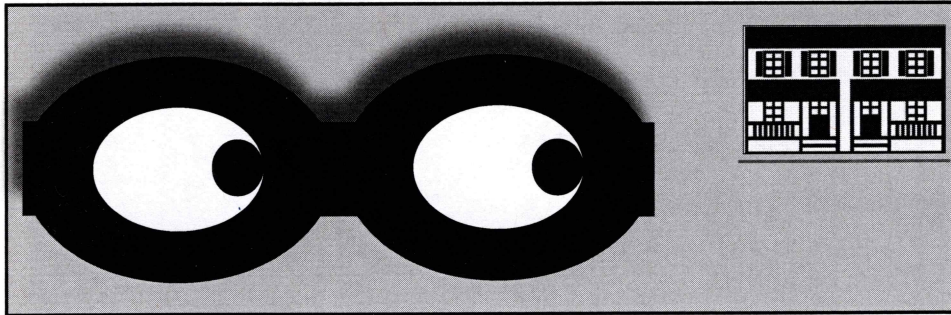
"When you can't DIY, let DDI"

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Winter/Holiday Safety and Crime Tips from your Jefferson Manor Neighborhood Watch:



By Jeff Brady
Jefferson Manor
Neighborhood Watch Chair

Walking:

- Stick to well-lighted, well-traveled streets. Avoid shortcuts through alleys.
- Walk with a neighbor when possible.
- Don't display your cash or any other inviting targets like cell phones, hand-held electronic games, or expensive jewelry and clothing.
- Carry your backpack or purse close to your body and keep it closed. Just carrying a wallet? Put it inside your coat or front pants pocket, not in your back pocket or in your backpack.
- If you think someone is following you, switch directions or cross the street. If they're still there, move quickly toward an open store or restaurant or a lighted house.
- Don't be afraid to yell for help or carry a whistle.

Vehicles:

- Never leave your car running or the keys in the ignition when you are away from it, even for just a minute.
- Keep valuables out of sight or in the trunk. Purses, credit cards, holiday gifts, and cell phones in plain view only help attract thieves.
- Always roll up the windows and lock your car.
- If your vehicle has an alarm or other anti-theft device, use it.

Homes:

- Lock your doors and windows.
- Get an automatic timer for your inside lights so it looks as if someone is home.
- Leave a stereo or something of noise on when you're away.
- Turn your porch lights on after dark.
- Plan for a neighbor or someone to receive your holiday deliveries if you are not at home.

- Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure sign you're gone.
- Trim your landscaping so that it does not hide entry ways and windows.
- Trees should be trimmed at least 4 feet off the ground to allow visibility from the street.

Remember - be alert in the neighborhood. Call police to report anything you see that seems suspicious. Report street light outages. Add these numbers to your cell phone contact list:

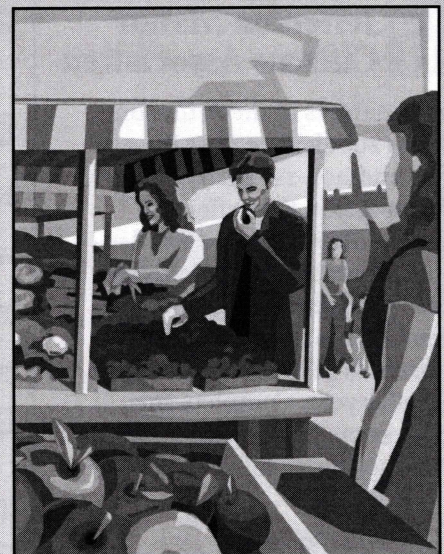
- Fairfax Police emergency 911
- Fairfax Police non-emergency 703-691-2131
- Street light outage 1-866-DOM-HELP (366-4357)

A Farmer's Market at Huntington Station?

The JMCA and several JM residents are working towards hosting a farmer's market (FM) at the Huntington Station property.

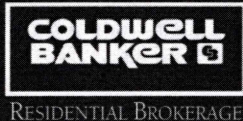
We are hoping to have a weekly market, which offers locally grown fruits and vegetables and perhaps wares from willing Huntington Station shops. Although we still need the approval from AJ Dvoskin & Associates to hold the FM on the Huntington Station property, we are hopeful that they will see the FM as a way to build upon and expand the vibrant business the property already has.

Are you excited about this opportunity? Consider joining



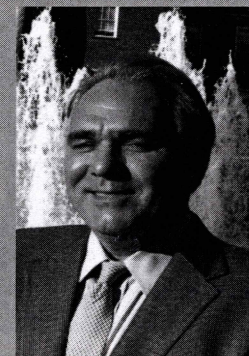
us as we seek to get this done. Once we get all parties to come to an agreement we will need folks to help cordon off space for the market each week.

---Natalie Arbuckle



JEFFERSON MANOR'S REAL ESTATE MARKET REPORT FOR THE FALL OF 2014

Status	Address	BR	BA	List \$	Sold \$	Settled
Sold*	2857 Fairhaven	2	2	\$430000	\$420000	10/24/2014
Sold*	2836 Fairhaven	2	2	\$375000	\$371000	10/17/2014
Sold	2851 Fairhaven	2	1	\$391000	\$391000	9/19/2014
Sold	2707 Fairhaven	2	1	\$352750	\$356000	9/17/2014
Sold	5946 Williamsburg	3	2	\$399900	\$399900	9/16/2014
Sold	2715 Fort Drive	3	2	\$419000	\$414000	9/4/2014
Sold	5867 Edgehill	2	2	\$379000	\$379000	8/22/2014



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Phone: **703-447-7901**

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Jefferson Manor Citizens Association

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

JMCA
 P.O. Box 4104
 Alexandria, VA 22303

Or visit: www.jeffersonmanor.org to pay using PayPal and for a color version of this newsletter.



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Phone: _____

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

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☐ 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