

A MESSAGE FROM THE MHNA PRESIDENT

September 27, 2021

Dear Neighbors,

Time flies! It seems it was just May, and I was figuring out what to do all summer... and now the leaves are starting to turn and we are in full swing with Fall activities.



Elections – Board Member nominations for the following positions for the Jan 2022 elections are open. Please take this opportunity to be an active member of the MHNA board and energize us with your ideas.

Up for Nomination:

1. President
2. Vice President
3. Secretary

Submit your nominations by November 30. Elections will be held in late January 2022.

Survey – Look for a Survey Monkey survey for feedback on :

1. how we are doing
2. how we could improve
3. what you want to see for your neighborhood

If we have your email, you will receive the survey. Please register on the membership portal (if you haven't already), it's the best way to make sure we have current contact info.

Miller Heights Day Sept 18 - A big Shout Out, Thank you, and Kudos to Sara Holtz and her crew for making the 1st annual MHNA Neighborhood Bash a huge success. We hope to continue this tradition which was restarted as a National Night Out in Aug 2019. If you would like to be on the committee for Miller Heights Day in Sept 2022, let me know.

What's Scary? Food Insecurity!

Food Drive for Oakton High School Pantry will be Thursday October 28 through Sunday, October 31st. Location, you guessed it: 3312 Saddlestone Court.

Little Library - The 2nd Little Library will be installed soon. It has been ordered and is making its way across the US to Oakton where we will stain it to match the 1st Library on Cranbrook. This Little Library will be located just across the street from Difficult Run Stream Park.

Please reach out to me with any questions or concerns. The Next Zoom General Meeting will be in December, details to follow.

Thanks again!

Judith

#BestNeighborhoodEver

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CONTACTS

MILLER HEIGHTS FACEBOOK GROUP

The **Miller Heights Neighborhoods Facebook group** is for residents of Miller Heights in Oakton, VA, to share news, information and upcoming events that might be of interest to our neighborhood. This closed group has grown to 514 members and it is still growing with lots of posts.

The Facebook group is a popular free social networking website that allows registered users to create profiles, upload photos and videos, send messages and keep in touch with neighbors.

You can be invited to join by your neighbor or you can request to join yourself. Check [Here](#).

NEXTDOOR MILLER HEIGHTS

Nextdoor is the private social network for you, your neighbors and your community. It's the easiest way for you and your neighbors to talk online and make all of your lives better in the real world. And, it's free. People are using **Nextdoor** to:

- Quickly get the word out about a break-in
- Organize a Neighborhood Watch Group
- Track down a trustworthy babysitter
- Find out who does the best paint job in town
- Ask for help watching for a lost dog or cat
- Find a new home for an outgrown bike
- Finally call that nice person down the street by their first name
- Let neighbors know about free or for-sale items
- Pass along local event information

Nextdoor's mission is to use the power of technology to build stronger and safer neighborhoods

The Miller Heights Nextdoor group has grown to 793 members as of now (77% of all households) and it is growing every day,

You can be invited by your neighbor or sign up directly on the website. The link to the site is :

<https://millerheightsva.nextdoor.com>

MHNA Board Officers

President	Judith Schneider-Fletcher
Vice President	Doug Shuster
Secretary	Vacant
Treasurer	Abheshek Narain
Communications	Barry Ingram

MHNA Committee Chairs

Membership	Abheshek Narain
Hospitality	Adriane Sleight
Trails & Environment	Sara Holtz
Landscaping	Leslie Lilly

IMPORTANT NUMBERS

Emergency - Police, Fire, Medical)	911
Poison Control	1-800-222-1222
Poison Control (TTY)	711
Police (non-emergency)	703-691-2131
Victim Assistance Network (Crisis Hotline)	703-360-7273
Animal Control	703-830-3310
Animal Shelter	703-830-1100
Fairfax County Fire Dept. Hdqtrs.	703-246-2126
Fairfax County Health Dept. (Code compliance)	703-324-1300
Fairfax County Health Dept. (sewer/septic)	703-246-2201
Fairfax Park Authority	703-324-8702
Fairfax Water Authority (after hrs. emergency)	703-698-5613
Hazardous Trees	703-324-1770
Household Hazardous Waste Infoline	703-324-5068
Miss Utility (underground utility marking)	1-800-552-7001
National Weather Service	703-652-1210
Storm Drainage Flooding (after hrs. emergency)	703-323-1211
VDOT (road hazards and conditions)	1-800-367-7623
Washington Gas emergency	703-750-1400
Power Outage (Dominion Power)	1-800-366-4357
Report Potholes (VDOT)	1-800-367-7623

OFFICER AND COMMITTEE UPDATES (CONT.)

TRAILS & ENVIRONMENT

Submitted By Sara Holtz



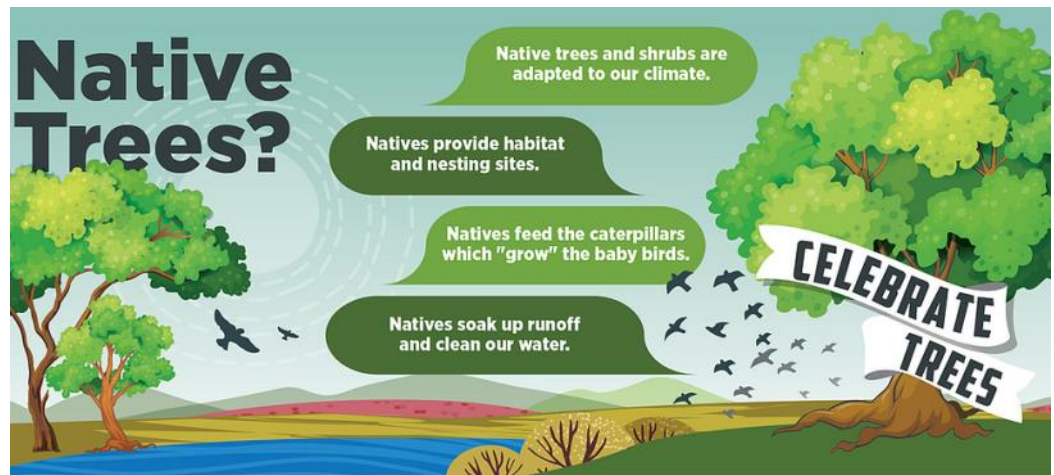
Northern Virginia Celebrates Trees!

Who doesn't love trees? September 2021 marks the start of Plant NOVA Trees, a five year campaign to promote the planting and preservation of **native trees and shrubs** in Northern Virginia. To launch the campaign, numerous organizations are inviting the public to fun and educational events to celebrate the beauty and value of native trees. These celebrations will remind everyone how much they love trees and how important it is to protect them. The Plant NOVA Trees calendar (<https://www.plantnovatrees.org/calendar>) has events throughout the region from September to November and beyond.

Why a native tree campaign now? As temperatures rise and rainstorms become more intense but less frequent, trees that cool the environment and capture stormwater become increasingly important. Trees take time to grow, so it is essential that we take action ASAP! The dozens of organizations that have been collaborating on the Plant NOVA Natives campaign to promote native plants have been joined by tree advocates from across the region to organize Plant NOVA Trees.

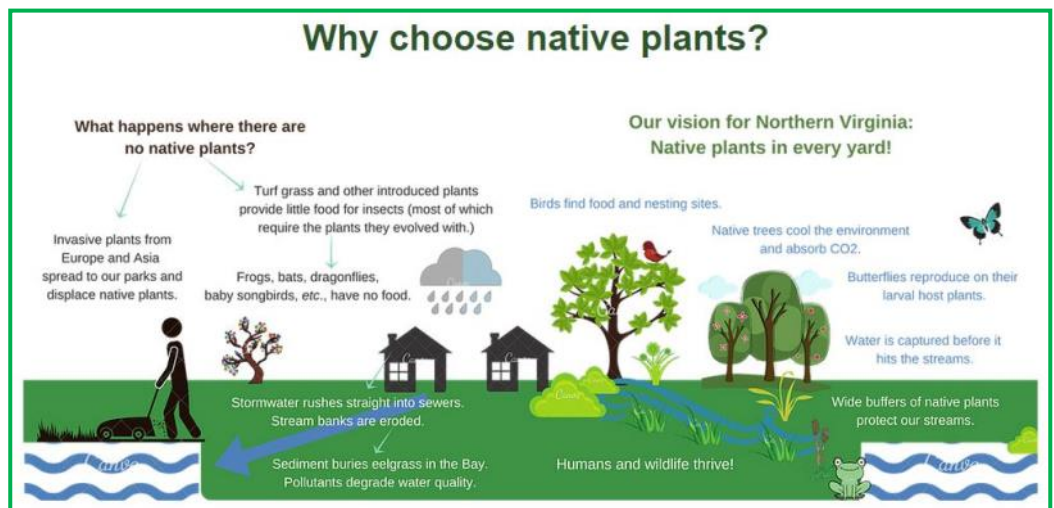
Why native trees in particular?

Only plants that evolved within a local area are able to participate meaningfully in the intricate plant/ animal/fungal interactions that make up its ecosystem. In other words, if we want to see songbirds and butterflies, we need to choose native trees and shrubs. (There is no important distinction between a tree and a shrub, other than size.)



We need everyone to help.

The greatest need for trees and tree care is on privately owned property. The budgets of our local governments are unable to cover the costs even on public land. It will be up to each of us to look around our places of residence, employment, education, recreation and worship to identify where more trees are needed and where the existing ones are under threat. The Plant NOVA Trees website



(<https://www.plantnovatrees.org/>) will provide a clearinghouse to link people to the resources needed to act, whether that be educational materials or sources of plants, services and discounts.

This isn't rocket science. Putting a tree in the ground is simple, especially when they are small. There are over fifty native tree

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OFFICER AND COMMITTEE UPDATES

(Continued from page 3)

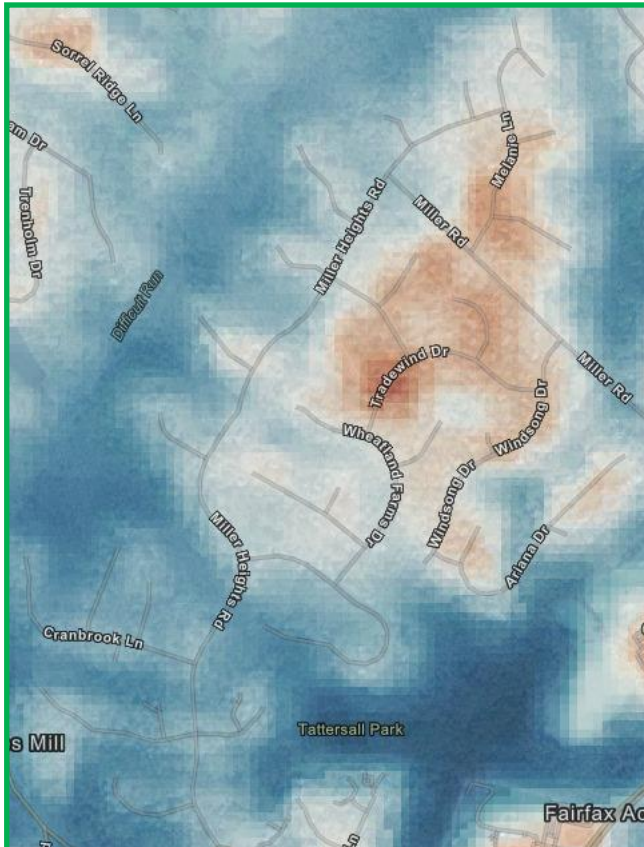
species in Northern Virginia, most of which will grow easily in almost any yard. Local garden centers are well stocked—21 of them have invited volunteers to put special tags on the native trees – in addition to the garden centers that specialize in native plants and carry smaller, easier-to-plant specimens. Let us get a shade tree up in every spare space before the temperatures go even higher. Every native tree planted brings hope for the future. Every native tree preserved gives us life today. See the article from Plant NOVA Trees

[/www.plantnovatrees.org/](http://www.plantnovatrees.org/)

The **Heat Map** below shows the surface temperature above or below the average temperature on July 13, 2020 compared to the surrounding area. The red colors show areas that are hotter than the average temperature & the blue colors show areas that are cooler than the average temperature. The white color shows areas that are the same as the average temperature. Plant more native trees! For more information:

https://storymaps.arcgis.com/stories/c225becc42c345c3a292a025ccb6acdb?fbclid=IwAR3Wy53dwEUtW_IC8YNNRN4k0DsSsVaPsZn26L5QqYLFy55voKGJkj391nk

Miller Heights Heat Map



LANDSCAPING

Did you know that this year, more people in the US have died of extreme heat than have died from fire, flood, hurricanes or other “weather disasters” combined! Our planet is in a climate crisis and it’s not going to get any better any time soon. Imagine living in the community of Watts in Los Angeles, California. It has only 5% of its city in shade from tree coverit’s all concrete. It’s HOT and getting hotter! Try walking your kid to the bus stop or talking your dog for a walk and there’s no escape from the sun above or the heat rising from below your feet!



Leslie Lilly

Now take a look out your window here in Miller Heights. We’ve had some hot days this summer but we’re lucky. We are so blessed to have this beautiful green forest in our backyard complete with critters to watch and study. The trees also buffer road and construction noise, soak up carbon greenhouse gases and put out oxygen. The trees shade our homes in the summer so our AC bills are lower and the forest also keeps our neighborhood a bit cooler on these increasingly hot days. You can see on this heat map, it’s the hottest is where all trees were cut down for new construction.

Lately, I’ve been reading (and I recommend) “The Hidden Life of Trees” by Peter Wohlleben. It’s a fascinating read and I’m amazed to learn that.... trees do communicate...not only with each other but also with pests. They learn and they can remember. They nurture each other. Some thrive in groups and others are more solitary and so many more mysteries revealed. Every time I look out my windows, I realize how lucky and special we are in Miller Heights. We live in a major metropolitan area and yet we have a “nature wonderland”, literally, just outside our doors. Our Difficult Run forest is ours to enjoy but we should also be good guardians of our neighborhood treasure. The Heat Maps and the links in the Celebrating Trees article submitted by Sara Holtz, illustrate the difference in surface temperature in our neighborhood and surrounding areas.

MHNA CALENDAR OF EVENTS

FOOD DRIVE FOR OAKTON HIGH SCHOOL PANTRY— OCTOBER 28 –30

JANUARY NEWSLETTER DEADLINE FOR SUBMISSION – JANUARY 1, 2022

MHNA GENERAL MEETING— DECEMBER TBA

OFFICER AND COMMITTEE UPDATES (CONT.)

Sharing some highlights from July-Sept

- 6 Eagle scout projects (with 200+ volunteers), led by Aditya, Sathiya, Jonah, John, Keenan, Jason. Filled several dumpsters with invasive plants
- VolunteerFest event on 9/11 with Volunteer Fairfax, attended by 35 volunteers, including Supervisor Palchik. Great newspaper & social media coverage
- Completed my role as a member of the CECAP (plan to move our county to carbon neutrality by 2050), representing Providence. The Board of Supervisors approved CECAP this month.
- Oakton Park Day 8/8/21: led nature walks & displays, at Oakton Community Park
- **Celebrate Trees: Nature walk & native planting**
Resident Nick Newberry (biologist & environmental scientist) led a nature walk to appreciate the importance of native plants & trees in our environment, followed by a native plant & tree planting on parkland.



Upcoming Eagle projects

- Oct 9 at 9-11 and 12-2 remove invasive plant wineberry from Tattersall Park, FCPA land
- Oct 9 at 3-5 native planting along the CCT near the big brown sign
- Oct 23 at 9-11 and 12-2 at Oakton Community Park. Invasive plant removal with Greater Oakton Community Association and FCPA IMA

BLOCK PARTY SUPPORT

To help encourage more neighborhood block parties on your street, while you practice social distancing, MHNA will provide for a \$50 donation to our members to get your party started. Contact Abheshek Narain, MHNA Treasurer, at info@mhnnews.com.

We do ask that you provide a short write-up and a few photos after the event so that we might include the event in the next issue of the newsletter. Again, we need you to ensure everyone is safe and practicing good physical distance rules during these trying times.

MEMBERSHIP UPDATE

by Abheshek Narain

The Miller Heights Neighborhoods Association (MHNA) currently has 152 paid member member-residences (approximately 27% of known addresses in Miller Heights). Our new Membership Portal launched in June 2021, allowing for Miller Heights residents to join MHNA, submit their donation and most importantly, actively manage their membership information, view the directory online and connect with other members.

On the 18th of September, MHNA held an event to celebrate our neighborhood and meet new and long-time residents, as we closed out Summer 2021. During this event, we were fortunate to welcome new neighbors into both Miller Heights and MHNA. Our new Membership Portal allowed new residents to join MHNA during the event, registering on their smartphones and even submitting a donation on the spot.

This event was another example of how our neighborhood continues to come together and a welcome to new residents who were able to enjoy what we all love about Miller Heights – a sense of community. The event included performances by a local resident / band, organized donations to the Oakton Food Pantry and visits from both Fairfax County Fire and Police Departments, which was a wonderful surprise for children at the event.

Additionally, our residents continue to step up, including organizing for local charities, food drives, trail clean-up efforts and other neighborhood activities that keep us engaged and active. We are very proud of how the neighborhood continues to come together.

As always, if you have any updates to your contact information, please visit our new Membership portal (<https://www.mhnnews.com/portal/login.php>), or reach out to membership@mhnnews.com. If you prefer to remit your donation by check, please feel free to submit payment to Miller Heights Neighborhoods Association

P.O. Box 538, Oakton, VA 22124

Thank you for your continued support of the Miller Heights Neighborhoods Association and its goals and activities. We look forward to your continued participation and in sharing information about MHNA and our activities with your neighbors.

-Abheshek Narain

Treasurer & Membership Chair

Miller Heights Neighborhoods Association (MHNA)

OFFICER AND COMMITTEE UPDATES (CONT.)

School Bus Safety Tips

Submitted by Judith Schneider-Fletcher

The most dangerous place for bus passengers is the 10-foot area around the outside of the bus. We call this the "danger zone" because this is where the school bus driver may not be able to see passengers. Here are some simple rules on the school bus and at the bus stop to stay safe: **Riders need to follow the rules below:**

1. Always be on time at the bus stop.
2. **Always stand back from the curb.**
3. Always walk to and from the bus. Do not run.
4. Always wait your turn to get on or off the bus. Do not push and shove.
5. Always stay in your seat unless the driver tells you otherwise.
6. Always keep the aisle in the bus clear.
7. Always talk quietly to the people sitting around you. There's no need to yell and shout.
8. Always obey the driver. His or her job is to look out for your safety.
9. Always take at least 10 giant steps before turning when you get off the bus. This is so the driver can see you.
10. Always wait for the driver's okay before crossing the street.
11. Always cross the street at least 10 feet in front of the bus. This is so that the driver can see you.
12. Never crawl underneath a school bus. If you drop something, tell the drivers, and he or she will tell you what to do.



While it may be tempting if you're in a hurry, it is never OK to pass a school bus, speed through a school zone or ignore a crossing guard's direction.

Drivers must stop in both directions, unless separated from the bus by a median. Please remember, it is considered reckless driving - a criminal offense - if you pass a stopped school bus unloading children. It is not worth getting to your destination a few seconds faster when you are risking the safety and lives of others.

**First Day of Waples Mill School !
Waiting for the bus**



MHNA Website Update

As we mentioned in the June newsletter, the MHNA Website has been updated and contains more information for you. The upgraded site is working very well and allows you to update your directory and sitter information yourselves. We have added the Member Portal, containing the MHNA Directory and the Sitter/Helper Directory. You can quickly pay your MHNA dues on the site and your information there can now be easily updated and accessed by you.

Check out the new site at www.mhnanews.com

To claim your household, register and update your profile and pay your dues, go to:

[MHNA Member Portal Login - MHNA Membership Portal \(mhnanews.com\)](http://www.mhnanews.com)

WE NEED YOUR HELP!

We send out over 500 emails to our MHNA residents for MHNA announcements, meeting notices, Newsletters, other communications. Although we have 550+ homes in Miller Heights, we only have email addresses for about 360 homes, as many homes have multiple email addresses and the others have not supplied their email addresses. If you know some of your neighbors are not receiving our mailings, please suggest they provide their email addresses to us so we can keep them in the loop also. They can provide this information by contacting us at info@mhnanews.com or going to our website www.mhnanews.com for more information.

We also see that many who should be receiving the announcements and newsletters are not opening their emails or their emails are going into their JUNK or SPAM folders. Please check to see if you and your neighbors are getting their MHNA Information emails.

You can help get the word out.



OFFICER AND COMMITTEE UPDATES (CONT.)

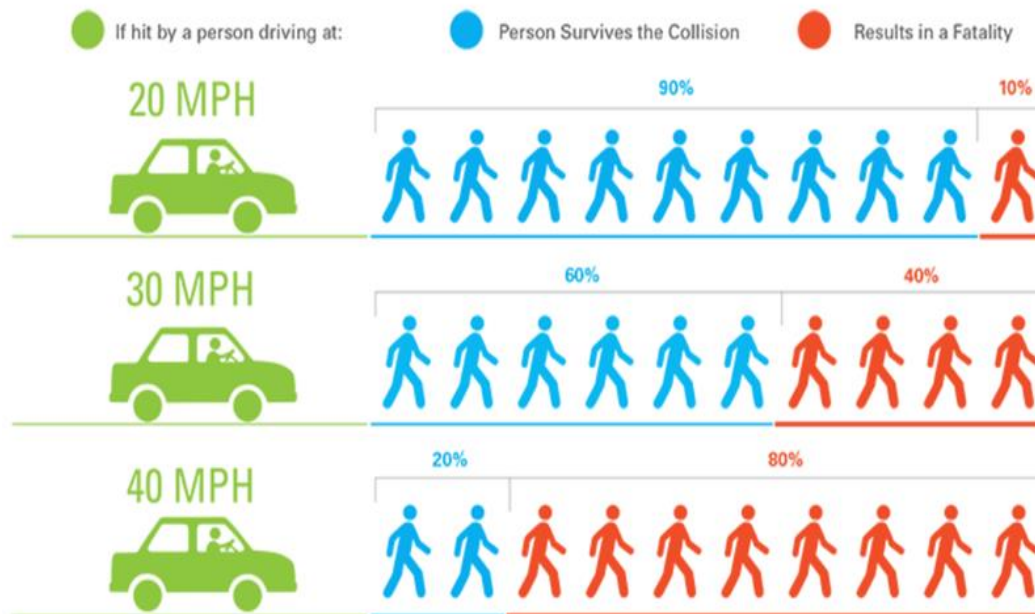
RELAX ...SLOW DOWN...YOU'VE ARRIVED

Brought to you by the Miller Heights Neighborhood Traffic Calming Task Force

As part of the work of the Miller Heights Neighborhood Association Traffic Calming Task Force, we will provide updates and insights in the MHNA quarterly newsletter in this section titled "Relax...Slow Down...You've Arrived". The name suggests that a big part of calming traffic is psychological. All the physical barriers and reengineering of roads imaginable won't stop people from driving recklessly if they so choose and most of the speeding and reckless driving in residential neighborhoods is done by the residents themselves. This has been proven by many studies and by police enforcement in Miller Heights. The name of the section is intended to invoke recognition that all of Miller Heights is our neighborhood and we are fortunate to live in this peaceful enclave where we have such a high number of active walkers, bikers, and children playing. So we need to remind ourselves that whether traveling in or out of the neighborhood we should relax and slow down because we are in this beautiful neighborhood where we have chosen to live, work, raise families, retire or whatever the heart desires.

A lot of people are asking why we need more traffic calming measures in Miller Heights. There are a few simple ways to think about this.

First, there is a direct and dramatic correlation between speeding and serious injury or death of pedestrians, as shown in the graphic below. **Based on a recent FCDOT traffic study on Miller Heights Rd., 15% of cars were travelling at over 40 mph.** According to US Department of Transportation studies: "If struck by a motor vehicle traveling at a speed of 20 miles per hour or less, a pedestrian is typically not permanently injured. If struck by a motor vehicle travelling at a speed of 36 miles per hour or more, a pedestrian is usually fatally injured" **And at 40 mph, 80% of pedestrians die.**



Second, a lot of Miller Heights residents live on cul-de-sacs and side streets where they would consider it shocking to see cars driving over 40 mph. Miller Heights Rd. is the main artery of our neighborhood but the speed limit is 25 mph, just like every other street in the neighborhood. The residents who live on Miller Heights Rd., the children waiting for school busses, other drivers, and the huge number of residents who walk and bike on this road every day have the same right to a safe environment as those living on cul-de-sacs and side streets.

Please contact Doug Shuster at dougshuster@gmail.com if you have any questions or would like to discuss.

https://safety.fhwa.dot.gov/speedmgt/ePrimer_modules/module2.cfm

OFFICER AND COMMITTEE UPDATES (CONT.)

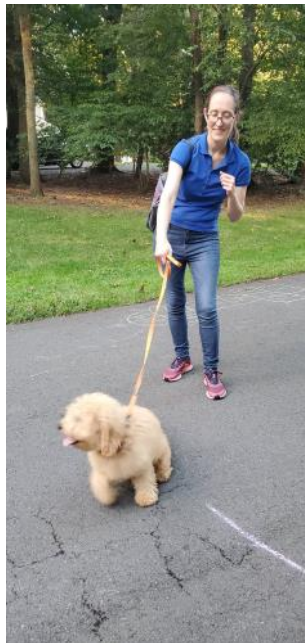
PHOTOS FROM THE MILLER HEIGHTS NEIGHBORHOOD BASH

MHNA, on September 18, organized a neighborhood gathering at the intersection of Cranbrook Lane and Saddlestone Court, providing an opportunity for neighbors to meet one another. We were lucky to have first responders from Fairfax County Fire and Police Departments come, which was definitely an event for the neighborhood children. **Below and on the following page are some of the photos submitted.**

MHNA setup a free ice cream stand for all attendees, while live music was performed by local resident Mark Ribiero of Molly and Mark. Kids enjoyed chalk drawing, games and other activities throughout the early evening. Thank you to everyone that supported the event and to our great neighbors !



OFFICER AND COMMITTEE UPDATES (CONT.)



NEIGHBORHOOD CONNECTIONS

FRIENDS OF OAKTON LIBRARY

GOOD NEWS FOR OAKTON BOOK LOVERS!

Submitted by—Mary Colombi

The Fairfax County Library System is once again accepting donations of your gently used books. At the moment please donate just one bag or box per day at the Oakton branch so that our sorters are not overwhelmed. If you have a bigger donation, or any questions, please email Mary Colombi at Mary.colombi@gmail.com.

Even better news! The Friends of the Oakton Library will once again hold a HUGE used book sale at the library, on Wednesday November 17 - Saturday November 20. Stock up on books for all those winter months. We sell everything - fiction, nonfiction, children's, premium special interest books. The profits from your donations and purchases help our library system acquire new books and fund activities. In particular there has been a great demand for ebooks, which the Oakton Friends was able to help meet with a recent \$10,000 donation to the Fairfax County Library System.

Thank you all for your support.

Mary Colombi - VP Friends of the Oakton Library

LEMONADE STAND

The Miller Heights Neighborhood Lemonade Stand is available for any interested

child entrepreneurs or other events - it's not just for lemonade, use your imagination!

Just send an email to dougshuster@gmail.com and we will arrange to get it to your location.



Upcoming Elections

November 2, 2021 General Election Oakton Library

- **Offices on ballot:** Governor, Lieutenant Governor, Attorney General, House of Delegates, some local offices (varies by locality).
- **First day of in-person early voting** at [local voter registration office](#): Friday, September 17, 2021.
- **Deadline to [register to vote, or update an existing registration](#):** Tuesday, October 12, 2021.
- **Deadline to apply for a ballot to be mailed to you:** Friday, October 22 2021. Request must be received by [local voter registration office](#) by 5:00 p.m.
- **Voter registration offices open Saturday**, October 23, 2021 and October 30, 2021 for early voting.
- **Last day of in-person early voting** at [local voter registration office](#): Saturday, October 30, 2021 at 5:00 p.m.
- See who is on your ballot by viewing the candidate [lists](#).
- Register to vote or apply for a ballot online using the [Citizen Portal](#).



FAIRFAX COUNTY NEWS ITEMS

Local Pet Resource for Lost/Found, Rehoming, and Adoption: Setting the Record Straight

Submitted by Stefanie Hives

There is no question that we all love our pets and in Fairfax County, we are very lucky to have great local resources. Like every other subject however, there are massive amounts of misinformation out there and below are some basic facts to help set the record straight on the most pressing issues.

1. **Lost a pet?** There are many things you can do after posting in our Miller Heights Neighborhood Facebook group (<https://www.facebook.com/groups/843169759036826>) but you definitely should **file a 'lost report'** with the Fairfax County Animal Shelter asap, here: <https://www.fairfaxcounty.gov/animalshelter/lostandfoundpets>
2. Their website also has many excellent tips on how to find lost pets. There are a couple of very successful local (privately owned) pet trackers, found by using Google. You can also post about your lost pet, with a picture, on Nextdoor.com. (Caveat emptor: Nextdoor is a very helpful resource for lost/found pets, but there is also a lot of false information, so please check the FCAS's website for facts.)
2. **Found a cat, dog, or pet bird pet in our neighborhood?** First, try to get a picture, and post in our local Facebook page, the Miller Heights Neighborhood group. The next thing to do is to **file a 'found' report** with the Fairfax County Animal Shelter, the same link as in #1. *Do not bring the animal to the shelter*, unless they instruct you to do so. If it is injured, definitely call right away and see if they will take it. Again, posting to Nextdoor is extremely helpful as well.
3. **Rehoming:** Unfortunately, there are times when a pet must be rehomed, but we have great "safe" resources locally, so there is never any reason to abandon a pet somewhere. (Unthinkable to most of us, but it happens every single day in our county.)
 - a. Your first step, after exhausting the friends, family, neighbors and co-worker avenues, and your own social media channels, is the local shelter. (Emphasis on local—a county shelter will not take a pet in from another county.) **Fairfax County Animal Shelter ***does not euthanize pets for age, time there, or space considerations*****. Importantly, you will not be judged, and your pet will be cared for by their many dedicated volunteers and staff until they are adopted. Do call first to make an appointment, to be sure they have room. If you have never been there, I encourage you to visit; it is a clean, pleasant, and well-run facility.
 - b. **Rescues:** An animal rescue's first and most important priority is saving pets from euthanasia in shelters in more

rural and less affluent counties. (ie, *not* Fairfax County or Loudoun County.) Therefore, they rarely have open cages (or the funds) just waiting for people to surrender their cat or dog. They are usually run 100% by volunteers, and pets are mostly housed in foster homes, not a dedicated facility. And because most rescues don't have a facility, they must rely on adoption fairs or potential adopters going to fosters' homes to meet the pet. This means pets, especially if they are younger, will usually get adopted *faster* from the Fairfax County Animal Shelter than a local rescue. So while the connotation of the word "rescue" is better than "shelter", the reality in these parts is that the shelter is the best bet for a faster adoption. *Again, FCAS does not euthanize for age, space, or time considerations.*

- c. **Other rehoming:** There are many reasons for rehoming, but as someone who has been in animal welfare for many years, I can tell you that pets needing rehoming because their person died or went to a nursing home is a huge, huge reason. Older people tend to have older pets, so the shelter can be less appealing in this case, as older pets are more vulnerable to illness and depression, especially once in a shelter environment. To that end, there is now an organization that, if planned in advance, will take your cat should you pass away or move to a permanent care facility, www.novacatsrestassured.org. (*Full disclosure, I created and run this nonprofit organization.*) For dogs, there are many organizations found on Google, but I am happy to help you find something if those resources don't pan out.

4. **Adoption:** There are many resources for adopting dogs, cats, guinea pigs, small reptiles, mice, etc., both locally and further out. Our local shelter, the Fairfax County Animal Shelter, as well as any surrounding county shelter, always has plenty of the above available, especially cats and dogs. The outdated myths that shelters have nothing but bully breeds, mutts, or older pets are untrue. (Not that there is anything wrong with those stigmatized breeds, mutts or older pets, but that is a different subject.) True, you won't find puppies, purebreds, or trendier breeds too often, but they *do* pop up on occasion.

Tip: Puppies: If you are willing to drive a couple of hours, you can usually find more choice in shelters in more rural counties. Kittens are easier to find at FCAS most months, but year-round, as with puppies,

(Continued on page 12)

FAIRFAX COUNTY NEWS ITEMS (CONT.)

(Continued from page 11)

you may need to seek out local rescues or further out.

Bonus tip: *if you are willing to foster an adult for a rescue, you will have first dibs on puppies or kittens.*

Another outdated myth is that shelter pets are somehow damaged goods, but nothing could be further from the truth. Having seen the same dozen reasons for owner surrenders for so many years, I can tell you that 99.9% of the pets in shelters did absolutely nothing wrong to cause their surrender.

At any given time, you can see FCAS' available animals in real time: <https://www.petango.com/FairfaxCountyAnimalShelter>.

Another excellent resource to find adoptable pets is www.petfinder.com, and you can filter by location, breed, etc., and even sign up for alerts for your preferred pet types. If you have any questions about finding the right resource, please email me at sgs1@hives.us.

Meet Just a Few of Our Residents



Chipotle



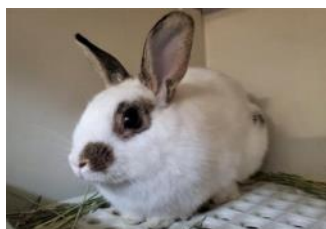
Felix



OK Google



Blue



Muriel

FAIRFAX COUNTY PARKS



Looking for things for you or your family to do? Classes to take? Recreation or exercise? Well, take a tour through the Parktakes Fall Guide from the Fairfax County Park Authority. It is full of information about activities throughout the county. You can pick up a copy at the various Parks and Recreation facilities. Of course, the Oak Marr Recreation Center is the closest one to Miller Heights. You can also view the guide at the Park Authority website:

<https://www.fairfaxcounty.gov/parks/parktakes>

NEWSLETTER NEWS

This is your newsletter. If you have information, items of interest to our community, or human interest stories you would like included in the Newsletter, send it to us. We want to get community event updates, block party news, general neighborhood news, questions (and answers) about issues, opinions (nothing political, and just neighborhood stories written by our residents). **Photos are always welcome.**

If you do have input or ideas about content, contact Barry Ingram at: editor@mhnanews.com

FAIRFAX COUNTY NEWS ITEMS (CONT.)

DISPOSABLE PLASTIC BAG TAX IN FAIRFAX COUNTY

On September 14, 2021, the Fairfax County Board of Supervisors adopted an ordinance enacting a five-cent tax on disposable plastic bags provided by retailers in grocery stores, convenience stores and drugstores within its borders. The tax will take effect on January 1, 2022, and will be administered and enforced by the state in the same manner as the Retail Sales and Use Tax.

The purpose of the tax is to curb our collective use of disposable plastic bags, to reduce the amount of plastic waste in our local waterways and the damage it causes. Plastic pollution is a serious problem for ecological and health reasons. Plastics do not biodegrade like wood or other natural materials. Instead, plastic materials photodegrade, breaking down into smaller and smaller pieces but never fully disappearing. Pieces of plastic both large and very, very small can wreak havoc on our natural resources and can find their way into our food and water.

Revenue from this tax will be collected by the Virginia Department of Taxation and will be disbursed to Fairfax County monthly. Fairfax County's ordinance tracks both enabling legislation passed in the 2020 session of the Virginia General Assembly, as well as guidelines adopted by the state Tax Commissioner, which were finalized on September 1, 2021. The legislation requires that the plastic bag tax be collected by the retailer at time of purchase, with revenue to be allocated toward:

- Environmental cleanup programs
- Pollution and litter mitigation programs
- Educational programs on environmental waste reduction
- Provision of reusable bags to recipients of Supplemental Nutrition Assistance Program (SNAP) or Women, Infants, and Children Program (WIC) benefits

https://www.google.com/url?client=internal-element-cse&cx=005001772569716229004:a1ko_yakvwk&q=https://www.fairfaxcounty.gov/environment-energy-coordination/disposable-plastic-bag-tax-fairfax-county&sa=U&ved=2ahUKEwjW2MWmJPzAhXeEVkFHRIEAVUQFnoECAUQAQ&usq=AOvVaw3slmagD7-n34GFkDJSruUq

CECAP

Carbon neutrality for Fairfax County by 2050

The Fairfax County Board of Supervisors has accepted the final **Community-wide Energy and Climate Action Plan, or CECAP**. With this, our community is aiming for carbon neutrality by 2050. Implementation of our climate action plan will now begin in earnest, building on existing and ongoing efforts to reduce greenhouse gas emissions across the county.

Among the sector-specific goals included in the final plan are retrofitting at least 100,000 housing units with energy efficiency measures by 2030, and increasing transit and non-motorized commuting to 30 percent, including telework, by 2030. These goals directly address the two largest sources of greenhouse gas emissions in Fairfax County: energy use in buildings, with 49 percent of total emissions, and transportation with 44 percent.

The plan outlines 12 strategies, such as implementing green building standards for new buildings and increasing the production of onsite renewable energy. Within the strategies, 37 actions are specified such as supporting the use and improvement of bicycle and pedestrian infrastructure or expanding the county's tree canopy. Together, the strategies and actions are intended to empower individuals and organizations within the community to take part and contribute to the emissions reductions required to achieve carbon neutrality.

Read more here <https://bit.ly/3Cb5WfZ>



COMMENTS AND INPUT FROM OUR RESIDENTS

What does MHNA do for ME?

- A Collective Voice for our Community
Addressing issues affecting our neighborhood
- Close communication with Providence Supervisor, Dalia Palchik
- Provide Updates on community happenings
- MHNA website – www.mhnanews.com
- Quarterly Newsletters
- eBlasts
- Block Party Sponsor
- Traffic Calming Task Force
- Entrance Landscaping
- Mowing of common areas
- Yard Sales
- Food Drives
- Blood Drive
- Earth Day events
- Little Library #1 on Cranbrook, #2 planned for Miller Heights Rd
- Stewards of the Difficult Run Stream Park
- Native Plantings
- Crucial input to the county for Stream rehabilitation projects
- General Meetings
- Volunteer opportunities
- Food Drive Giving Campaign
- Surveys of Neighborhood residents (Coming)
- Elections (Coming)
- Chalk4Peace
- Bike Rodeo
- Lemonade stand (available for all kids)
- Welcome new neighbors

Need service hours?

Join our effort to remove invasive plants from parkland in Miller Heights and replace them with native plants, for the benefit of local wildlife such as birds and pollinators/ butterflies

Contact Sara Holtz at sh12sh34@gmail.com for upcoming dates

Musings.. Thoughts about what I see in the neighborhood.

by Judith Schneider-Fletcher

Sept 27, 2021



THIS IS A PUBLIC SERVICE ANNOUNCEMENT.

I have been a Notary in Virginia since 2004. My stamp and supplies are here at the house if you need anything notarized.

Remember, A Notary's duty is to screen the signers of important documents for their true identity, their willingness to sign without duress or intimidation, and their awareness of the contents of the document or transaction. Some notarizations also require the Notary to put the signer under an oath, declaring under penalty of perjury that the information contained in a document is true and correct. Property deeds, wills and powers of attorney are examples of documents that commonly require a Notary.

Cost? Free. Maybe a cup of coffee or a cookie...

If there are other services in the neighborhood that people can share, please let us know. Thriving neighborhoods are a great place to live!

Remember our featured Artist from the June Issue? - Eleanor Wang

Our neighbor Eleanor on Cranbrook Ct had an art display this weekend.

Sarah Holtz and her children attended the exhibit and received a private tour.



COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

EVERYTHING GOOD, EVERYTHING MAGICAL HAPPENS BETWEEN THE MONTHS OF JUNE AND AUGUST

By Gordon Brown (Farmer Brown)

Perfect summer. Period. I've been recording rainfall (when my kids haven't broken my rain gauge) and we've had about 20" this summer in among some really hot days particularly through July which helped to build really good root systems! My peppers, tomatoes, beets all did well now that they have the space and the sun, each being fruit or root and needing as much sun as possible.



As part of the re-configuration in my veggie patch, I've dedicated a distinct space to herbs by using Jack Daniels barrels (available at Lowes) and a smallish, raised bed. The price of lumber this year has forced me to better plan and design the growing space to be more efficient and it's all paid off and I'd recommend using what may already be available or spending time at the design board before splurging.

Speaking of expenses, I appreciate folks sharing the very well kept "secrets" that have fabulous plant sales at nurseries in the area: Walker Nature Center, Meadows Farms Nurseries and not to mention the Virginia Soil and Water Conservation seedling sale as well! I've made a concerted effort to seek out native plants to integrate into my landscape. And it's borne tremendous results – a plethora of bee species big and small, butterflies and birds. We had two successive and successful nesting's by our Blue Bird family who found my daughters' wildly flamboyant purple and pink bird house to their liking.



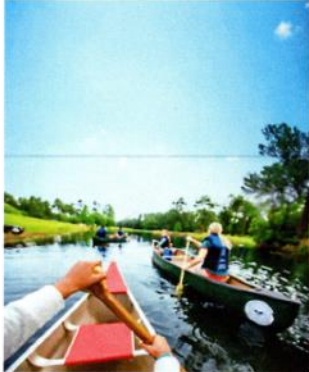
Both beehives are running full tilt – bit like me when I had a wardrobe malfunction a month ago and was rolling in the grass and running through the woods in a cloud of bee's intent on showing me who was boss. Fun times. Aside from the honeybee, I've been incredibly surprised by the number of native bee species I've seen and found in my garden... everything from *Xylocopa* (Carpenter bee) to *Halictus* (Sweat bee) to the *Hesperapis* (Miner Bee) *Osmia* (Mason bee), to *Nomada* (Cuckoo bee) and *Agapostemon* (Green Sweat bee). The birds loved pulling my mason bee house to pieces, so I'll need to fix that over the winter.

I've tried some new and exciting things in my garden this year: Virginia Peanuts, Horseradish, Jerusalem Artichokes and a new (to me) egg-plant species (*Melanzana Rossa di Rotonda*), all of which I am happy to say have excelled! Potatoes – easy game, peppers – also easy, even if you plant *Chiltepin* (Birds Eye Peppers) which is native to the US and incredibly hot! Strangely, I had some slow goers – Kuri squash, watermelon and Malabar spinach, the last two are racing the frost clock! September begins our fall session so if you are getting out into the garden, here are a few things to do: Remove plant matter from the base of shrubs to prevent insects (*nunoo*'s where I come from) and rot attacking your plant. Also, you'll probably be cleaning out plants that are past their prime or a last weeding, so drop them into a compost pile with any leaves you clean up and get that cooking to destroy the weed seeds, if any. Do leave some leaves in your beds as this is a cheap source of fertilizer and home to all manner of insects hibernating through winter. Put some trunk guards around those new, young shrubs you finally bought (possibly an Asian Pear or grafted apple) to stop rodents eating the bark. If you are pulling up dead plants, consider getting those spaces filled for spring next year – maybe drop in some bulbs or divide and transplant.

If you are getting into gardening, have any gardening questions and/or are enjoying this hobby and are looking for likeminded folks feel free to join the Miller Heights Garden Club here: <https://www.facebook.com/groups/504388523527992/>.

COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

Cub Scout Pack 1530 Oakton, Virginia



Cub Scout Pack 1530, which has been chartered by Vale United Methodist Church for 53 years, provides fun activities for boys and girls, focused on service, civics, and experiencing the great outdoors. Scouts are organized into Dens of 5-10 kids in the same school grade who work together to complete challenges and receive recognition for their accomplishments. Dens are led by parent volunteers who support the scouts and facilitate activities. The Pack, which includes all age groups, meets monthly for a larger Pack Event, such as:

- Weekend family campouts
- Pinewood Derby
- Raingutter Regatta
- Space Derby
- Day Camp and Summer Camp
- Scout Day at Washington Nationals Stadium

How to Join

- Go to <https://beascout.scouting.org/> and complete an application for your child
- Once the Pack receives and approves the application, we will help connect you with the appropriate Den and provide information on Pack activities

2021-22 Program Fees

- \$250 for full program year for most scouts
- \$200 for full program year for Lion Scouts (Kindergarten)

Pack Contacts

- Pack Website: <http://www.pack1530.com/>
- Cubmaster: Eric Lacey 703-409-0681 3riclacey@gmail.com
- Committee Chair: Mark Sommer 571-212-1083 mark.sommer@gmail.com
- Recruiting Chair: Andrea Aufderheide 301-540-2318 aaufderh@hotmail.com
- Treasurer: Ashok Patel 703-953-4471 ashpatel26@gmail.com



INTERVIEW WITH AN ARTIST

Submitted by Beth Eltinge and Nicole Nikolich

Nicole Nikolich no longer lives in our neighborhood, but she grew up here, attending London Towne Elementary School in Centerville, Franklin Junior High School and Oakton High School. Nicole's mother, Kerry Jetton, still lives in the area. Nicole received her BFA in Fashion from Virginia Commonwealth University and moved to Philadelphia in 2016. Nicole experimented with various artistic outlets until she discovered crochet in the winter of 2017. She taught herself with the use of multiple You Tube tutorials and found that crochet satisfactorily combined her love of texture and color.

Nicole's approach to crochet is heavily influenced by her love of street art. She is drawn to the yarnbombing movement, where fiber artists cover outdoor objects with crochet or knit fabric. She has created installations all over Philadelphia, and also creates mural-sized installations for clients both in the United States and abroad.

Questions:

- 1) **Your business name is "Lace in the Moon," does that have a special meaning?**

I have always loved art and knew I wanted to be an artist. I started with small experiments with different media, including some lace from my grandmother that I used to make wall hangings. I would often work late at night, and hence the name "Lace in the Moon." When I made the switch to crochet, I decided to keep the name.

- 2) **You have a line of work that combines crochet food items and vintage frames, how did that idea develop? Is there a special reason for your use of breakfast foods, especially the huge sunny-side up egg?**

This is a newer thing for me and it has been a lot of fun. In 2018 I quit my job to work on art full time, but to make ends meet I worked part time at a restaurant. I started crocheting the food items and customers at the restaurant responded well to them. They are smaller than my installation work and offer a more flexible option for my customers. I like the sunny-side up egg because I like to use puns in my work.

- 4) **Where do you draw your inspirations?**

I like to work with things that promote positive mental health and positive LGBT images. I look to pop culture and I especially like things that are punny. Crochet helped me with my own mental health, and I want to share that.

- 5) **What was your most challenging piece and why?**

I would say my most challenging piece was my first large scale piece, which was for the Philadelphia Airport. It is a large 8 x 8 foot mural titled "Watch Me Grow." It was challenging because I had to really put myself out there.

- 6) **Your web page has a picture of children crocheting, do you have an outreach to children? Have you taught crochet classes?**

Yes, I teach in elementary, middle and high schools. The picture you refer to was taken during an artist in residency program in Italy. I participated with other crochet artists in an amazing yarn bombing event.

I am going to spend six weeks working with refugees from Burma in a crochet class. They already know how to crochet, but their style of crochet is very different from mine. I use large crochet hooks, lots of yarn and create big pieces as compared to small, delicate crochet.

- 7) **Where do you get your materials? Do you need special types of yarn for outdoor installations?**

I look for yarn that is cheap and bright. I especially like Lion Brand. For outdoor work I use acrylic yarn.

- 8) **Your work seems very free form, do you ever use a pattern? For example in your piece "I Change with the Seasons" you have a lot of leaves, did you develop a pattern for those?**

For the most part I do not use a pattern. I primarily use a single crochet stitch in a very free form manner.

- 9) **Your covered rocking chair is amazing. How did that project develop?**

That is another piece at the Philadelphia airport. I have decorated a couple of chairs for display there.

- 10) **Do you sketch out your ideas first or do you just start crocheting.**

I often have an idea pop into my head, and I may sketch it out. The project continues to emerge and it may or may not end up looking like the sketch.

Where do you see this work taking you?

I am very excited about a long term project I am planning. I want to cover an RV with crochet, then travel in it to every state in the United States. During this time I want to teach people to crochet and use this activity to promote positive mental health. I also want to help organize yarn bombing activities in various communities.

(Continued on page 18)

INTERVIEW WITH AN ARTIST (CONT.)

(Continued from page 17)

I really enjoyed talking to Nicole and learning more about her work. Her work just makes me smile. One has to appreciate the whimsy that bubbles through, as well as the skill she has developed to express so much with just yarn and a crochet hook. I look forward to following her journey. To learn more about her and to see more pictures of her work you can go to her website laceinthemoon.com or her Instagram [Instagram.com/lace_in_the_moon](https://www.instagram.com/lace_in_the_moon).

A FEW PHOTOS OF NICOLE'S WORK FOR YOUR ENJOYMENT



Even More on the Next Page!

INTERVIEW WITH AN ARTIST (CONT.)



the girl behind the yarn
Want to see more? Visit
Nicole's website at —
laceinthemoon.com

Are you an artist? You could be interviewed also and exhibit some of your pieces. Our neighbors would enjoy the chance to meet you.

MILLER HEIGHTS REAL ESTATE UPDATE SEPTEMBER 2021

Hi All -

As summer comes to a close, with school starting, and fall just around the corner, September brings a time of transition. If you're thinking about selling your home, you may be hearing reports of inventory trickling back on the market in some locations and bidding wars appearing to be slightly less common. Here's some insight on the market.



One Month Does Not Make a Market Trend

The operative word is trickle. Housing inventory has been declining for six years, so rather than comparing month-to-month data, we look at the industry over a 10-year span. Although inventory and days on market are trickling up in some markets and the number of multiple offers are trickling down, there are still multiple offers, low inventory, homes selling in less than 30 days, and for top dollar.

Buyers Re-entering the Market

Some buyers may have taken a summer break from looking for a home after losing five, six, seven, or more deals last

spring. We believe buyers re-entering the market after Labor Day are likely to cause a buying surge in the fourth quarter of this year.

Significant Appreciation

Although median sale prices have increased by an average of more than 20% over the last year in our market, we don't believe this level of appreciation will last forever. Affordability for buyers is still very attractive due to interest rates remaining under 3%, as they tend to buy monthly payment, rather than price.

Declutter, Stage, and Price Right

Homes receiving high and multiple offers over the past year were staged, decluttered, in good condition, and priced right – which are all still necessary in this market. Buyers used to have a vision for what they want the home to be after settlement. Now, the majority of consumers seem to want move-in ready. Many buyers don't have the time or capital to invest in renovations and want to move in and start living.

Liz Potemra, Realtor
Long and Foster, Oakton/Vienna Office
lizp@longandfoster.com

**The information contained in this letter is not intended to be and does not constitute financial or investment advice.*

Status	Street Name	Date	DOM	Close Price	List Price
Contract	3175 Ariana Dr	9/2/2021	7		\$1,850,000.00
Pending	3110 Whimbrell Ct	8/31/2021	5		\$2,200,000.00
Closed	11108 Lochinver Ln	8/26/2021	11	\$1,152,000.00	\$1,110,000.00
Closed	11015 Blenheim Dr	8/20/2021	7	\$949,900.00	\$949,900.00
Closed	2933 Melanie Ln	8/18/2021	4	\$1,253,000.00	\$1,225,000.00
Closed	2896 Melanie Ln	8/17/2021	1	\$1,050,000.00	\$1,025,000.00
Closed	3102 Wheatland Farms Ct	8/17/2021	5	\$1,700,000.00	\$1,699,900.00
Closed	11120 Tattersall Trl	8/10/2021	5	\$912,500.00	\$925,000.00
Closed	3101 Wheatland Farms Ct	8/10/2021	5	\$1,950,000.00	\$1,799,000.00
Closed	11003 Devenish Dr	8/3/2021	5	\$1,000,000.00	\$960,000.00
Active	2902 Melanie Ln	7/13/2021	78		\$849,980.00
Closed	3115 Windsong Dr	6/30/2021	5	\$1,852,500.00	\$1,799,900.00
Closed	3100 Wheatland Farms Ct	6/9/2021	2	\$2,050,000.00	\$1,799,000.00
Closed	3180 Wheatland Farms Dr	6/1/2021	1	\$1,400,000.00	\$1,370,000.00

This is not intended to suggest any of these homes were sold by Liz Potemra or Long & Foster Realtors, and is not intended to be a solicitation of your business.

MHNA KIDS NEWSLETTER!

MHNA September Newsletter

Kids Edition

By: Avery, Julia, and Samantha

[And other participants from around the neighborhood!](#)

Welcome to the MHNA Kids Edition! We hope you enjoy the activities and fun stories that we put in here for all of you! If you have any ideas or want to include something of yours in the next edition, please email sammypecci@gmail.com. Enjoy!

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2. Haunted House Madness
3. What Do I wear for Halloween?
4. Best Apple Picking
5. Best Caramel Apple Recipe
6. Football Update- Week 2
7. Print Out Mazes

Homemade Apple Cider Recipe- [Sally's Baking Addiction](#)



Ingredients

- ⇒ 1 Orange
- ⇒ 10 Medium Apples
- ⇒ Three Cinnamon Sticks (or 1 tbsp of ground cinnamon)
- ⇒ 2 tsp ground cloves
- ⇒ Granulated sugar

Before making, ask parents for help. Peel the orange and place the segments in a 4 quart or larger slow cooker. Cut apples into quarters, and place in slow cooker. Add the cinnamon sticks, ground cloves, and sugar. Add enough water to cover the fruit. Cook on low heat for 6-7 hours. (Or high heat for 3.) The fruit will be soft. Mash the fruit to release its liquids. Allow the cider to cook on low for 1 more hour. Slowly strain the chunky liquid through a fine mesh sieve into a large pot or pitcher. Discard the solids. Strain the cider one more time. Serve cider warm. Yield: about 1 and 1/2 quarts

MHNA KIDS NEWSLETTER!



Haunted House Madness



With Summer coming to a close, and Autumn peeking around the corner, there is only one thing I can think of, Halloween. That sweet fall night where the only thing in your mind is the delicious stuffing of your mouth happening as soon as you've got enough treats. However, one other thing crosses all teens' and children's minds that night: the spine chilling terrors of that wonderful night. Now even though there is a common humiliation for most people in being scared, on this night, it's an exhilarating story for Monday morning.

Here are some of the best sites to get your scare on before Halloween!

- ⇒ Haunted Happenings in Historic Manassas! Open only on Saturday October 30th from 10am to 12 pm! Includes a costume contest at 11:00am (must check in at 10:45am) and there will be many more games and activities in all of downtown Historic Manassas! Is recommended for the whole family, all ages! For any more info, please click [here!](#)
- ⇒ Haunted Hollow. Includes a bonfire, haunted hill and selfie barn! This attraction allows children of all ages, and parents can decide how suitable the park is for their child, but some advise that this may not be for children under the age of 6. However, no matter the age, this trail will get your scare on! \$20 a ticket, however the first weekend (Sep. 24th and 25th) tickets are only \$15! Only open Fridays and Saturdays. Go [here](#) to get tickets!
- ⇒ Cox Farms- Fields of Fear. This scene is NOT intended for children, it is recommended that everyone should be ages 12 and up, and any child under the age of 14 must be accompanied by an adult. The general schedule is Friday, Saturday, and Sunday, from September 24th to November 6th. It is a corn maze with actors working for Cox Farms to make the experience one that you will never forget! You can find it in Centerville, VA, and find more info [here](#).
- ⇒ The Haunted Hill. This Halloween attraction is top notch, and is NOT recommended for children under the age of 12. It has been voted 4 TIMES the creepiest, most intense haunted attraction in all of Virginia! You begin the journey with a haunted hayride and must travel through almost a mile of frightening woods to safety! Ticket sales begin at 7:30pm and end at 10:30pm open only Fridays and Saturdays starting October 1st! It takes about 1 and ½ hours to drive there starting at Miller Heights Rd. Read [here](#) for more info.



MHNA KIDS NEWSLETTER!

What Do I Wear For Halloween?

Once October rolls around I always spend hours trying to find the perfect Halloween costume! I search and search and sometimes just wish someone one would make a list of all the trending costumes! Well look no further, here is a list of trending Halloween costumes for 2021!

21 Trendy Halloween Costumes For The Year Of 21!

1. Cruella
2. Black Widow
3. Baby Yoda
4. Maleficent
5. Sulley and Mike Wazowski
6. Ghostbusters
7. Harry Potter
8. Minecraft Skeleton
9. Strawberry
10. Violet Beauregard from Charlie and the Chocolate Factory
11. Cookie Monster
12. Pac Man
13. Scarecrow
14. Lego
15. Magician
16. Pineapple
17. Thing 1 / 2
18. Cactus
19. Wonder Woman
20. Baby Shark
21. A Descendants Character



Apple Picking



As you will most likely notice as you scroll through our Kids Newsletter, fall is the BEST time of the year to eat apples as they are most delicious during these times. But what makes the pies, and ciders and just plain apples even sweeter is when you have picked them yourself. It is one of the most typical traditions in the fall for family and friends to go out to the beautiful mountains of Virginia and pick some delicious fruits, and we have decided to help you find the best areas to pick from! We hope you enjoy!

- **Carter Mountain Orchard**
- **Crooked Run Orchard**
- **Stribling Orchard**
- **Great Country Farms (Includes corn maze!)**



MHNA KIDS NEWSLETTER!

Best Caramel Apple Recipe

Before making, ask parents for permission/ help!

Ingredients:

- ◆ 2 cups sugar
- ◆ 1/4 cup light corn syrup
- ◆ 1/2 cup heavy cream
- ◆ 2 tablespoons unsalted butter
- ◆ 1/2 teaspoon pure vanilla extract
- ◆ Kosher salt
- ◆ 6 medium very crisp apples, well washed and dried
- ◆ Candy Apple Sticks
- ◆ Sprinkles, coconut, M&M's, nuts for decorating (optional)



Instructions:

1. Add the sugar, corn syrup and 1/2 cup water to a small saucepan over medium-high heat. Stir a few times before the sugar begins to boil to combine the ingredients. Attach a candy thermometer to the inside of the pan and bring the syrup to a boil. Cook until syrup begins to turn an amber color, then swirl the syrup to even out the color. Continue to cook until the syrup is a deep amber and the thermometer reads between 375 and 380°F, then remove from the heat. Pour in cream and gently whisk. Stir in butter, vanilla and a pinch of salt until smooth. Keep thermometer attached to the pan.
2. Pierce the apples through the stem ends about halfway through with candy apple sticks. Line a baking sheet with parchment and lightly spray with nonstick cooking spray.
3. When the temperature of the caramel reads around 190°F, dip an apple, using the stick as a handle and swirling to coat completely. Allow excess caramel to drip off the bottom and use a spatula to help remove any large amount of caramel, let cool on the lined baking sheet. Repeat with the remaining apples. If it gets too thick for dipping, heat caramel on the stovetop over low heat, stirring. Allow the caramel to set and cool completely before serving, about 1 hour

Recipe found at foodnetwork.com



MHNA KIDS NEWSLETTER!

Football Update — Week 2

The most exciting time of year for me? Football season! This season kicked things off with a tense game between Tampa Bay and Dallas, but we're talking about Week 2 now. Week 2 was action-packed with exciting matchups, but let's focus on the winners.



Winners, Week 2

The Ravens came out on top in a thrilling win over the Chiefs on Sunday Night Football. The Patriots busted the Jets in a brutal 25-6 loss where Zach Wilson, the rookie Jets quarterback, threw four interceptions. Another brutal loss? The Bills beat the Dolphins, 35-0. The entire NFC West division was successful this week except for the Seahawks, who were the only team in the NFC West to lose, falling to the Titans. The Browns won against the Texans in a 31-21 victory, while the Broncos beat the Jaguars 23-13. Now, that's not all of the games, but it's a start. Let's look at some losers.

Losers, Week 2

The Giants fell to Washington 30-29 on Thursday Night Football, with Washington winning by a field goal off of a penalty. Quarterback Justin Herbert, leading the chargers, lost to the Cowboys on Sunday. The Saints, who crushed the Packers in Week 1, fell 26-7 against the division rival Panthers. The Colts were edged out by Matthew Stafford's new Rams team, 27-24. Another close game? The Bears' victory over the Bengals, 20-17.

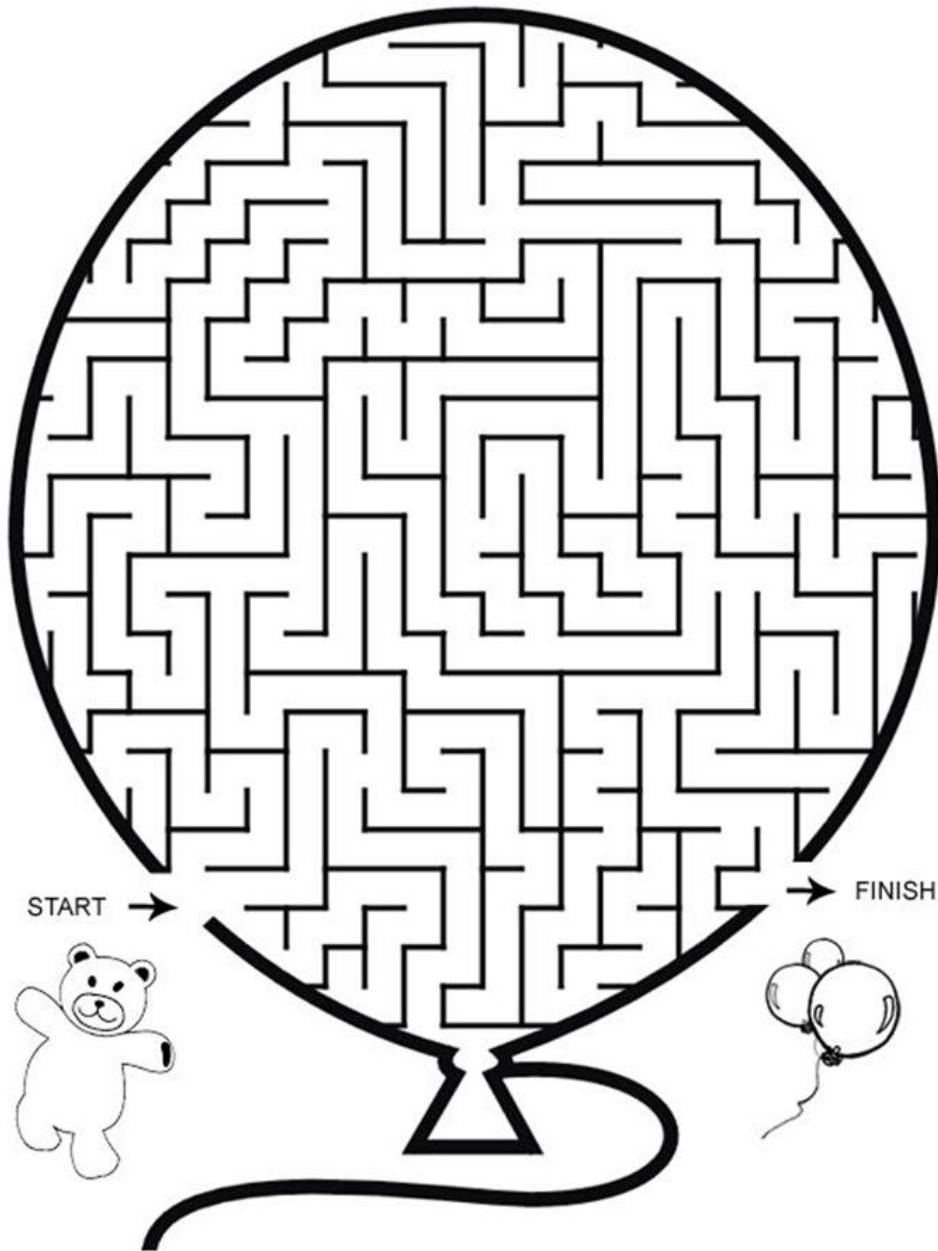
Well, that's just a brief overview of Week 2 of the 2021 NFL season. There are many more great games to come, and I can't wait to watch them!

MHNA KIDS NEWSLETTER!

Print Out Mazes

Found at: <https://www.bestcoloringpagesforkids.com/wp-content/uploads/2018/11/Hard-Printable-Maze-Puzzles-1024x1024.png>

Medium:

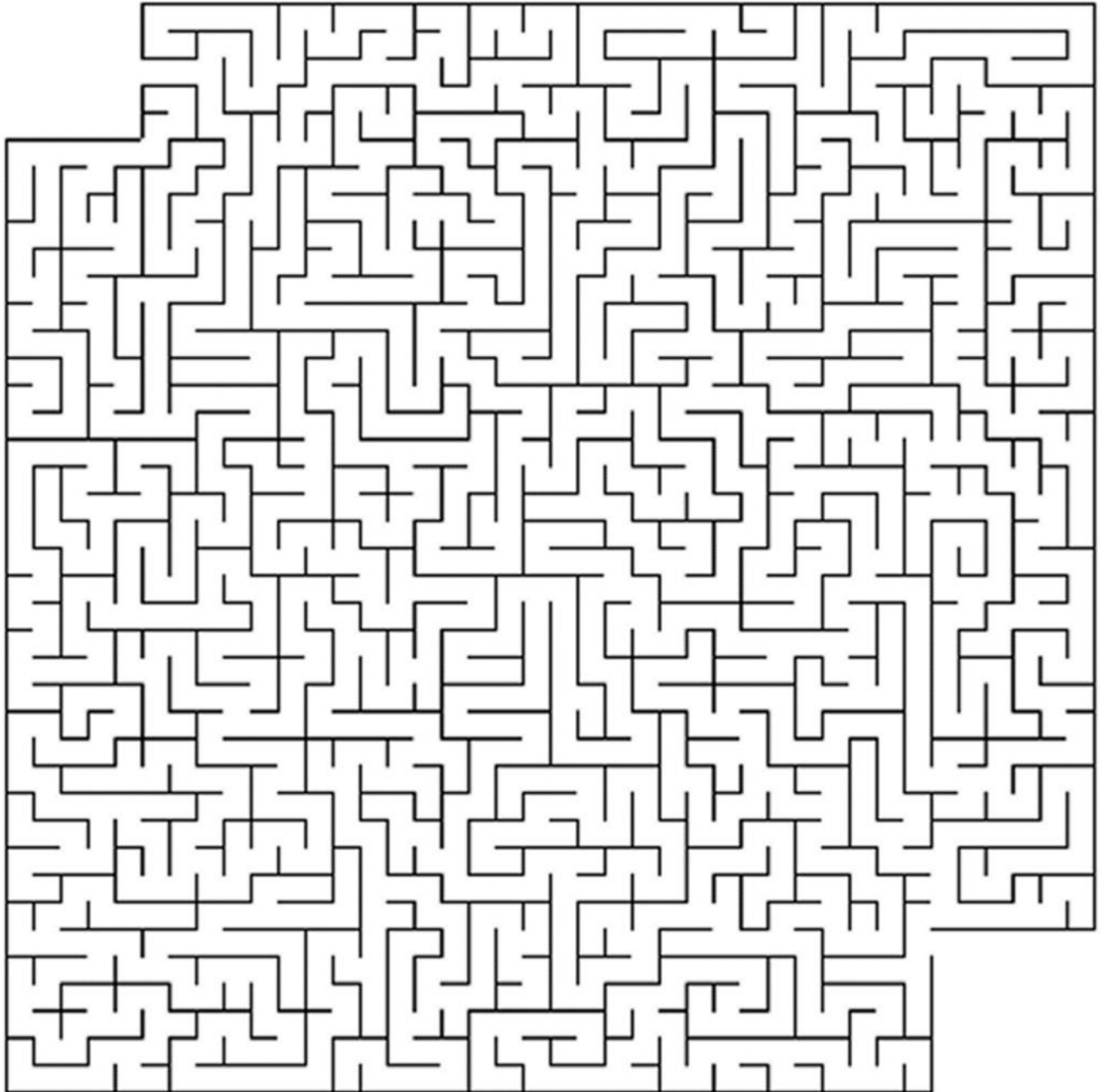


MHNA KIDS NEWSLETTER!

Print Out Mazes

Found at: <https://www.bestcoloringpagesforkids.com/wp-content/uploads/2018/11/Hard-Printable-Maze-Puzzles-1024x1024.png>

Extreme:



OUR SPONSORS

Sponsoring Cost for Directory and Newsletters

Newsletter - one year or 4 publications – Sent to all residents for whom we have email addresses.

Rates for package:

- Full page \$100
- ½ page \$50
- ¼ page or Business Card \$25

Advertising of resident family member services; baby-sitting, dog/cat sitting, etc. will be included in the Newsletter or Directory for free.

Questions about the advertising policy can be directed to Judith Schneider-Fletcher, MHNA President, at: president@mhnanews.com. If you wish to place an ad in the newsletter, please send an electronic copy of your ad to editor@mhnanews.com and send your check payable to MHNA to the following address with your final ad copy to:

MHNA
P.O.Box 538
Oakton, VA. 22124

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SALON

2952 Chain Bridge Road

Oakton, Va. 22124

T: 703-255-1114

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