

A MESSAGE FROM THE MHNA PRESIDENT

January 2023

Dear Neighbors,

I hope everyone had a beautiful holiday season. Not cold and snowy enough for my liking but who's to complain. I'd like to thank everyone who has contributed to the wellbeing of our community over the past year, by volunteering for park clean up activities, participating in food drives, writing articles for our newsletter, and providing a helping hand to neighbors. Miller Heights is unique in northern Virginia because we are truly a connected neighborhood...a community. I've even noticed more people waving to passersby, which reminds me of the small town in New Hampshire where I spent summers as a child.

Small steps can add up to long walks over time and we took a few small steps forward on some key issues in the neighborhood. The proposed Miller Heights Traffic Calming Task Force presented its preliminary plan to the community and has made some revisions to address community feedback. The new plan will be presented to the community soon. We would then go for balloting. We also made some progress on the Oakton Elementary School kiss and ride traffic backup issue (see article).

When dealing with government to try to get something done or changed, patience and persistence are critical. We are very fortunate to have the Providence Supervisor Palchik's Office to facilitate our work with Fairfax County Government, serving as a tireless ombudsman to make sure things get addressed by the right offices in a (relatively) timely manner.

Please remember to renew your MHNA membership and (if you choose to) pay your voluntary dues (recommended \$20 per year). Also, please tell your neighbors about MHNA so they can register as well. Our objective is to be connected to as many members of the community as possible so that we can share important information on events and key issues and get feedback. For example, Fairfax County Government uses

MHNA to provide additional outreach when they have projects and plans for our area.

Happy New Year!

Doug Shuster

MHNA President

president@mhnanews.com

703-870-7164

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MHNA Annual Garage Sale

Saturday May 20th with rain date of Sunday, May 21st.

Watch for the eBlast for details and get started cleaning out your basements!

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 **586 members** and it is still growing with lots of posts.

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

The Miller Heights Nextdoor group has grown to 849 members as of now 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>

What to do with your cut brush? Think about building a habitat pile.

By Doug Shuster

According to Virginia's Department of Forestry, brush/habitat piles provide wildlife with cover for escaping predators, resting, feeding, sheltering from bad weather and sometimes for raising young. Animals that use brush piles regularly include mammals (e.g. rabbits, chipmunks, skunks, raccoons, foxes); birds (e.g. thrashers, cardinals, sparrows, bobwhite quail); reptiles and amphibians (e.g. fence lizards, box turtles and gray treefrogs) and a host of insects and other invertebrates. https://dof.virginia.gov/wp-content/uploads/Brush-Piles-for-Wildlife_pub.pdf Of course the brush pile should be on your property and not include any invasive species.

MHNA Board Officers

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

MHNA Committee Chairs

Membership	Abheshek Narain
Hospitality	Adrienne Sleight
Trails & Environment	Sara Holtz
Landscaping	Judith Schneider-Fletcher

IMPORTANT NUMBERS

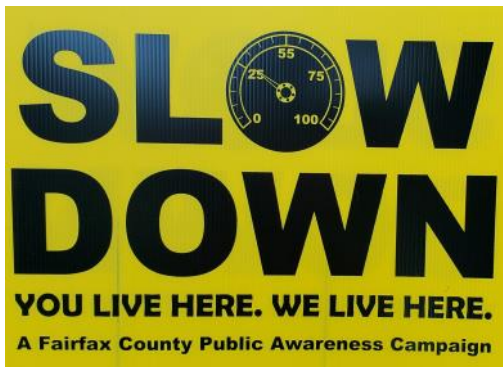
Emergency - Police, Fire, Medical)	911
Poison Control Poison Control (TTY)	1-800-222-1222 711
Police (non-emergency)	703-691-2131
Victim Assistance Network (Crisis Hotline)	703-360-7273
Animal Control	703-746-4774
Animal Shelter	703-830-1100
Fairfax County Fire Dept. Hdqtrs.	703-246-2126
Fairfax County Health Dept. (Code compliance)	703-324-1300
Fairfax County Health Dept. (sewer/septic)	703-246-2201
Fairfax Park Authority	703-324-8700
Fairfax Water Authority (after hrs. emergency)	703-698-5613
Hazardous Trees	703-324-1770
Household Hazardous Waste Infoline	703-324-5033
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

PLEASE SLOW DOWN!

By Barry Ingram

As much as we have discussed, pleaded and warned drivers throughout the neighborhood, we are still seeing far too many instances of drivers, especially on Miller Heights Road, exceeding posted speed limits. We have many neighbors walking and enjoying the fresh air along the roads, children playing throughout the neighborhood and contractors providing service to our residents. Over the years, we have had speed bumps and speed limit signs installed and asked the FFX County police to place speed cameras in various locations now and then. Now, we have added more visible yard signs to remind drivers to slow down and are also working with the County to install additional speed humps to help control speeds.



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

UPCOMING NEARBY EVENTS

Fun in Fairfax VA

Explore, dine and play in Northern Virginia

See events here for 2023 FuninFairfaxVA.com

Dulles Expo Center Events

[Events \(dullesexpo.com\)](https://Dullesexpo.com)

Washington Golf and Travel Show

February 10 – 11

INTERNATIONAL Gem & Jewelry Show

February 17—19

The Steven F. Udvar-Hazy Center

[Steven F. Udvar-Hazy Center | National Air and Space Museum \(si.edu\)](https://StevenF.Udvar-HazyCenter|NationalAirandSpaceMuseum(si.edu))

Thousands of aviation and space artifacts, including the Space Shuttle Discovery, a Blackbird SR-71, and a Concorde, in two large hangars

14390 Air and Space Museum Parkway
Chantilly, Virginia 2015

WE NEED YOUR HELP!

We send out over 560 emails to our MHNA residents each time we have MHNA announcements, meeting notices, Newsletters, and other communications. Although we have 560+ homes in Miller Heights, we only have email addresses for about 380 unique homes, and many homes have multiple email addresses and 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. They can provide this information by contacting us at: info@mhnanews.com or going to our website www.mhnanews.com for more information. When residents provide their information, such as address, phone numbers and email addresses, they have the option of keeping the information private if they prefer.

We also see that many who are receiving the announcements and newsletters are not opening their emails or their emails may be going into their JUNK or SPAM folders.

You can help get the word out

OFFICER AND COMMITTEE UPDATES (CONT.)

Miller Heights Front Entrance Landscaping

By Judith Schneider-Fletcher

Plans are underway to refurbish/renovate the Front Entrance area at Miller Heights and Oakton Road. On a shoestring budget, MHNA will revitalize the look and replace the invasives with better choices. We are looking to start work on March 18th and 19th (weather permitting) and are gathering a team to start the work. The first weekend will entail removal of some plants (but not all) and reconfigure the bed to incorporate large boulders. We also anticipate lengthening the bed to enlarge the planting space.



Plants on the list include:

- Winterberry Holly
- Red Twig Dogwood
- Panicum
- Schizachyrim (Little Blue Stem)
- New England Aster (purple flower)
- Heuchera Villosa (Autumn Bride)
- Almsonia Hubrichtil

Rachel Schneider, Landscape Architect at Rhodside Harwell <https://rhiplaces.com/> has offered her assistance and expertise in the planting choices and layout. Plans are to have color in all 4 seasons, and apply the mix and drift method of landscaping.



We will need help with removal of the old stuff, boulder placement, and preparation of beds. In April, we will plant when the weather is best. If you, your family, or scout troop would like to participate in one of the workday sessions, contact me at jschneider1862@hotmail.com.

Here are a few pictures:



Red Twig Dogwood Blooms



OFFICER AND COMMITTEE UPDATES (CONT.)

Oakton Elementary School Kiss and Ride Daily Traffic Jam

By Doug Shuster

During a November meeting with officials from Supervisor Palchik's Office, Fairfax County Public Schools, and Fairfax Department of Transportation (FCDOT), MHNA implored them to recognize that it is unacceptable to have traffic from Miller Heights completely blocked every day of the school year, causing a dangerous situation where drivers are trying to pass stopped traffic with an uphill blind spot – a perfect scenario for a head on collision.

During the meeting, there were some potential options tabled, from short- to long-term, including: police enforcement, better school management of the kiss and ride drivers, doubling the width of the existing kiss and ride lane, extending the 3rd lane to the west on Miller Rd., changing to earlier final bell/pickup times so less parents need to pick up their kids, and making the curb adjacent to Oakton ES building a No Parking zone. FCDOT approached VDOT and there was agreement to put up the additional No Parking signs before the end of the school year. Unfortunately, Oakton ES only wanted an additional 50ft of No Parking because they want to reserve the other 100ft for on street parking for their own staff. It will only add about two additional parking spots for kiss and ride drivers. We have expressed our disappointment with this solution to all parties involved.

We also spoke with the Oakton Elementary School PTA about the situation during a virtual PTA meeting. They were relatively unaware of the issue but seemed genuinely interested in improving the situation. We recommended that the PTA advise kiss and ride drivers to park anywhere else besides in the middle of Miller Rd. blocking traffic.

Very small steps for a relatively small issue I suppose, but this has been going on for at least five years (there was an FCPS study on potential measures to alleviate the situation in 2018) and Oakton ES has heard countless complaints and done nothing. I've experienced this back up on Miller Rd. a few times myself and it is extremely frustrating and a bit frightening and just needs to be fixed.



1st Annual Coat Drive – Success!!!

Submitted by Judith Schneider-Fletcher

Well, we did it again – we knocked this coat drive out of the park! We hit a three pointer, did a hat trick, and scored the game winning touchdown (it was that great). I surprised the Supervisor's office with 6 large bags (we're talking the 55 gallon bags) of coats for their Coat Drive. They were happy and astounded by the generosity and frankly the bulk of the donations. The lobby of Supervisor Palchik's office is now full!

A special thanks to all the kind neighbors of Miller Heights that contributed coats. Dalia Palchik thanks you, the needy folks who will be warm this winter thank you and I bet your closets thank you too!

It was easy to do, I used the same method as the Food Drives we have regularly in Miller Heights and this first one was a big success. First one you ask? Of Course! Next January, we will do it again. Looking at the calendar, let's shoot for Jan 12-14th 2024.

If you missed this drive and still want to participate, you can take your coats to the Providence Office on Vaden Drive – not far from here. Here are the details:

703-560-6946

providence@fairfaxcounty.gov

Providence Community Center
3001 Vaden Drive, Fairfax, VA 22031 (2nd Floor)

Dalia A. Palchik, Providence District Supervisor'



OFFICER AND COMMITTEE UPDATES (CONT.)

MHNA WEBSITE

As we mentioned in previous newsletters, the MHNA Website is continually updated with new features and more information for you. The upgraded site is working very well and allows you to join MHNA, update your directory and sitter information yourselves. The **Member Portal**, contains 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 our website at www.mhnanews.com

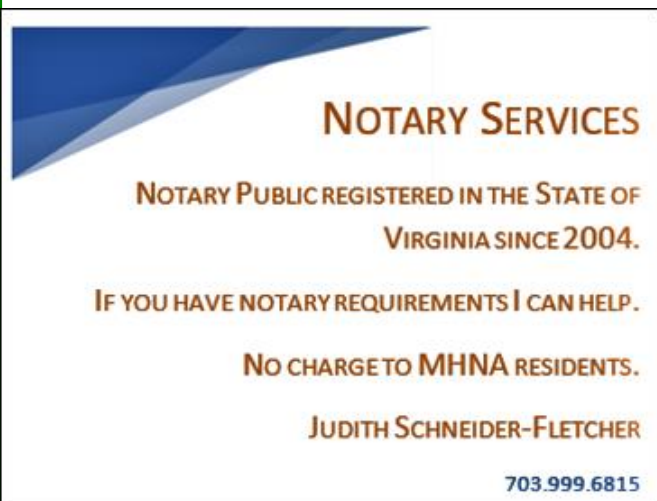
To claim your household, register and update your profile and pay your dues, go to:

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

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 invited and welcome.**

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



NOTARY SERVICES
NOTARY PUBLIC REGISTERED IN THE STATE OF
VIRGINIA SINCE 2004.
IF YOU HAVE NOTARY REQUIREMENTS I CAN HELP.
NO CHARGE TO MHNA RESIDENTS.
JUDITH SCHNEIDER-FLETCHER
703.999.6815

MEMBERSHIP UPDATE by Abheshek Narain

In late November, MHNA focused on a membership drive, by mailing out postcards to our neighbors reminding them of the upcoming membership renewal period, the great benefits afforded to the neighborhood from MHNA and the process to renew. This was coupled with signage throughout the neighborhood. While it is encouraging to see so many people renew their membership, we are still well behind our enrollment numbers from the previous year (40% drop).

We know many of our residents were quite busy during the recent holidays, but we implore you to visit our website (www.MHNAnews.com), re-register and submit your annual donation.

In meeting with our new neighbors during various events over the last few months, we are encouraged by their immediate recognition of our strong sense of community. New residents immediately recognize the neighborly feel after moving in and meet one another at block events, community meetings and at the recent Traffic Calming meeting with Fairfax County.

We continue to ask that you share your ideas of how MHNA can help you further and encourage your neighbors to join MHNA and participate. We are here as your neighborhood voice to support your interests.

As always, if you have any updates to your contact information, please visit our new Membership portal at (<https://www.mhnanews.com/portal/login.php>), or reach out to membership@mhnanews.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)

NEIGHBORHOOD CONNECTIONS (CONT.)

GREATER OAKTON COMMUNITY ASSOCIATION

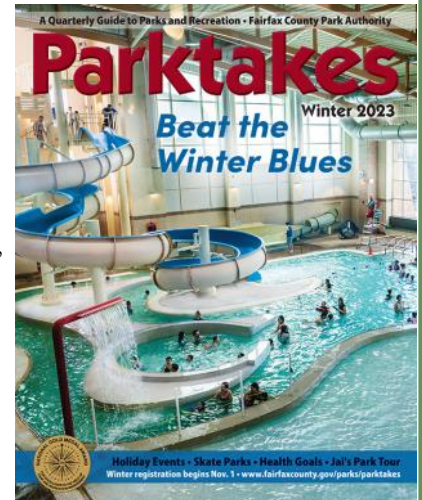
Submitted by Jackie Davey-

The Greater Oakton Community Association (GOCA) is an all-volunteer, non-profit organization dedicated to preserving the history and environmental assets of our community, sharing community information and establishing programs to benefit the community. Its priorities are set at an annual meeting of local residents each fall. Much of the organization's work has so far centered on Oakton Community Park and the historic Oakton Schoolhouse on Hunter Mill Road. Working closely with the Fairfax County Park Authority and with the help of a great group of volunteers, the association has made improvements to the park including clearing invasive species, establishing a meadow field and walking trail, and installing a bike rack. GOCA has also been advocating strongly with Fairfax County for the installation of a sidewalk along Hunter Mill Road. The organization sponsors school and community events at the location including the annual Oakton Day in the Park. Upcoming events include a Civil War talk, a historical bus tour of Oakton, and a Spring birdwatching event. To learn more visit greateroakton.com and sign up for the quarterly GOCA updates by emailing contact@greateroakton.com.



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 Winter Guide from the Fairfax County Park Authority. 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>

Outdoor, indoor and virtual class options are available in a wide range of interest areas including:

- Outdoor and indoor fitness classes
- Learn to swim group lessons and private lessons
- Children's and Adult classes
- Nature & History programs
- Sports
- Scouting
- Golf lessons
- Gardening
- Virtual Classes and Camps – Fitness, nature, music, drama, coding
- Astronomy

The fitness centers offer a wide variety of cardiovascular machines, including treadmills, ellipticals and bikes, most with personal television viewing screens. For strength training, we have several lines of Cybex and Free Motion strength training machines as well as free weights.

A Special Note on Trash and Recycling

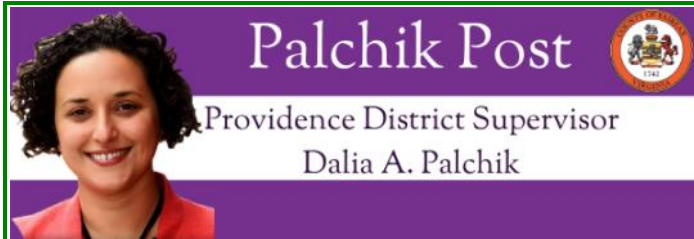
There is a lot of very good and helpful information on handling your trash, composting and recycling at the following Fairfax County link for the Fairfax Recycles Newsletter:

[Recycling and Trash | Public Works and Environmental Services \(fairfaxcounty.gov\)](https://www.fairfaxcounty.gov/publicworks/recycling)

MHNA has been a big supporter of recycling and composting, an effort that Sara Holtz has championed for our neighborhood.

Check it Out

NEIGHBORHOOD CONNECTIONS (CONT.)



Palchik Post

Providence District Supervisor
Dalia A. Palchik

Last week, I was extremely honored to be taking on the role of Chair of the [Northern Virginia Transportation Commission \(NVTC\)](#). I look forward to working with our neighboring jurisdictions and the Commission as we continue to focus on regional transit systems to help move more people safely throughout Northern Virginia.

I also want to congratulate our new Vice-Chair Matt de Ferranti from Arlington County, and our new Secretary-Treasurer David Snyder from the City of Falls Church.

[Meeting materials can be accessed here.](#)

[A recording of the Commission meeting can be watched here.](#)

[The 2022 NVTC Annual Report can be accessed here.](#)



Seed Swap

Calling all gardeners! [Hands On Harvests](#) will host their 2023 Seed Swap on **Saturday, January 28, beginning 2pm** at the **Tysons-Pimmit Regional Library**

Questions? Email

admin@handsonharvests.com.



SEED SWAP

PROGRAM

MINI-PRESENTATIONS

Soil testing: Why do it? What do the results mean?

- Speaker: Stacey Evers, [Hands On Harvests](#)

Seed-starting

- Speaker: Elias Castillo, [GardenForaged](#)

Seed-keeping

- Speaker: The Farmers of [SeedEd Farm](#)

SWAP AND MINGLE!

**SATURDAY
JAN. 28, 2023**

2-3:30 pm

TYSONS-PIMMIT LIBRARY
7584 Leesburg Pike, Falls Church 22043

Gardeners of all ages and experience levels welcome.
Children under 13 must be accompanied by an adult.

All seed types welcome (except invasives). Prepackage and label for individual distribution before the swap.

No seedlings, plants or other garden materials.

Prizes! Cookies! And so much talk about gardening.



[GardenForaged](#)
Elias Castillo



SeedEd Farm

Children will have the opportunity to make seed tape, decorate seed envelopes and pack sunflower seeds during the mini-presentations.

THE NATURE CORNER

TRAILS & ENVIRONMENT

By Sara Holtz

Make your yard a haven for native wildlife



Now is the time to start planning your native plant garden to create a sanctuary for native wildlife! Begin with the booklet [Native Plants for Northern Virginia](#), available for free at the Plant NOVA Natives website (<https://bit.ly/3W7iRcz>)

Native Plants for Northern Virginia



This guide showcases the attractive variety of plants native to Northern Virginia. The Northern Virginia native plants featured here were selected because they are attractive, relatively easy to find, easy to maintain, and offer many benefits to wildlife and the environment.

Property owners and land managers can make a profound difference in the ecological sustainability of our region by choosing to plant species that are native to Northern Virginia rather than species that are not native to this area. Native

plants attract a variety of birds, butterflies, and other wildlife by providing diverse habitats and food sources. Native plants feed the insects that are the base of the food web, and they are especially important as food for young songbirds. Native plants also feed pollinators including hummingbirds, bats, bees, beetles, butterflies, and flies.

Tips for Getting Started

Incorporating natives into your garden can be achieved gradually as you work to maintain and improve your yard for yourself and local wildlife. Here are some ideas:

- Plant lots of woodies - canopy trees if possible, understory trees, and a lively shrub layer. These provide structure to your landscape and habitat for wildlife. Different birds nest at different heights.
- Fill in around these trees and shrubs with native perennials and grasses as a living mulch for the ground layer.
- Such commonly used ornamentals as Asiatic azaleas, hollies, and cherry trees have native counterparts; consider using them instead.
- Mass plants. Plant densely to attract birds and butterflies, and to reduce runoff along any streams near your property.
- Install a swale or a rain garden to slow stormwater runoff and allow the water to be absorbed by your ground.
- In a hot sunny location, create a mini meadow dominated by native grasses, adding accent and color with flowering perennials.
- If located near a park or natural area, consider how to connect your property and expand that natural area.
- Let nature work for you, take advantage of common plants such as the Common Violet that are already on your property.
- Find sellers of native plants on www.plantnovanatives.org.



THE NATURE CORNER (CONT.)

NOW IS THE PERFECT TIME TO FREE YOUR TREES

Important as it is to be planting native trees - we need new trees just to keep up with the natural death rate - it is even more useful to preserve the ones that we already have. A mature tree has incomparably greater benefits than a sapling - far more storm-water capture, carbon sequestration, cooling, etc. But Northern Virginia trees are under constant threat from invasive vines.

Take a look at this brochure and look for these vines on your property.

If you find any of these vines **on your property**, use the instructions on the following page to Free Your Trees from these tree killers. If you see these vines on parkland, please do not pull them but instead join us for an invasive plant removal work session with Fairfax County Park Authority Invasive Management Area (FCPA IMA) program.

ARE ANY OF THESE TREE KILLERS IN YOUR YARD?

Check out six of the most common invasive vines in Northern Virginia.

Want more information?

Find out about:

- Invasive vines not in this brochure: Kudzu, Japanese Hops, Sweet Autumn Clematis, Five-leaf Akebia, Mile-a-minute, Multiflora Rose
- Native vines you should leave alone
- Instructions on removing invasive vines

PlantNovaTrees.org/Rescuing-Trees



[@PlantNovaNatives](#)
[@NovaNatives](#)
plantnovanatives@gmail.com

Porcelain Berry

- Large leaves
- Multicolored berries in the fall



Oriental Bittersweet

- Red and yellow berries in fall



English Ivy

- Evergreen vine
- Stem is plain or hairy



Wintercreeper

- Evergreen vine
- Pink to red berries in fall



Asian Wisteria

- Woody vine
- Fragrant purple flowers in spring



Japanese Honeysuckle

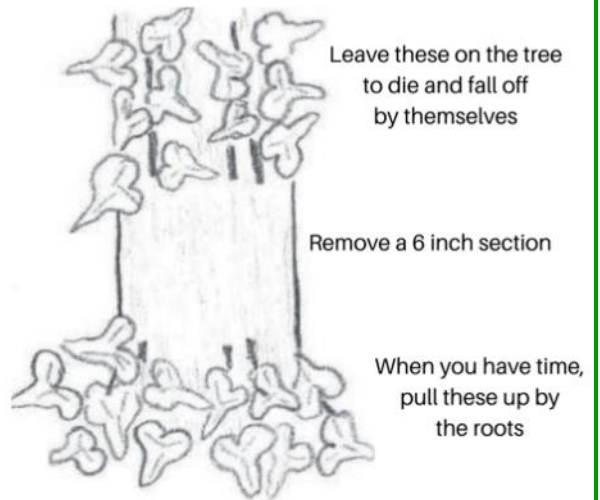
- Fragrant flowers in summer
- Black berries in fall



THE NATURE CORNER (CONT.)

How to save your tree from English Ivy or Winter Creeper

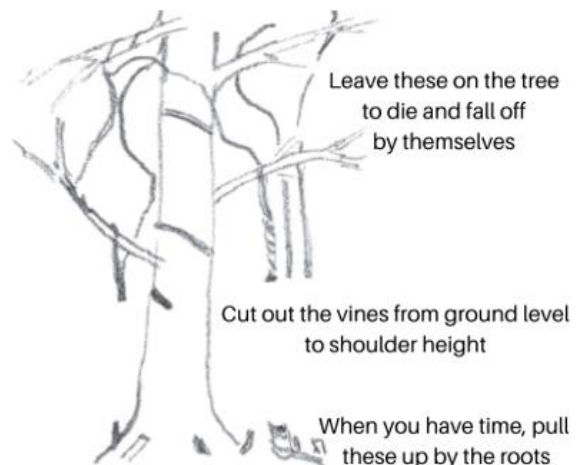
1. Use garden clippers (or a saw for large vines) to cut the vines at the bottom in a ring around the entire trunk of the tree. Be very careful not to cut the bark of the tree. You might find it easier to scrape off the leaves first with a saw so you can see the stems better.
2. Cut them again around six inches higher and remove the vines in between the two cuts. A screwdriver might help.
3. When removing the six inch section of vines in between. Be careful not to pull off the tree's bark with it.
4. Leave the rest of the vines on the tree. Trying to pull them off may hurt the tree and also could pull branches down onto your head.
5. Congratulations - you have saved the tree! To keep the vines on the ground from growing back, pull them up by the roots.



Thick English Ivy and Wintercreeper stems are hairy, but so are those of Poison Ivy! Poison Ivy loses its leaves in the winter, and English Ivy and Wintercreeper keep them, but sometimes more than one vine may be climbing on the same tree, so be careful! Poison Ivy is a native vine which is valuable for wildlife and does not damage trees, but you might not want it in your yard. Try not to accidentally cut any other native vines such as Virginia Creeper, which also sticks to the trunk of trees. For more information, see [Tree Rescuers volunteer program | My Site \(plantnovatrees.org\)](#)

How to save your tree from Japanese Honeysuckle, Invasive Bittersweet and Asian Wisteria (and from other invasive vines that wrap around or drape themselves over trees)

1. Use garden clippers (or a saw for large vines) to cut the vines close to the ground.
2. Cut them again around shoulder height and remove the vines in between. This makes it easy to see what you have done and keeps the vines from providing a ladder for new vines to grow up.
3. Leave the rest of the vines on the tree. Trying to pull them off may hurt the tree and also could pull branches down onto your head.
4. Congratulations - you have saved the tree! To keep the vines on the ground from growing back, pull them up by the roots.



Try not to accidentally cut any native vines, which don't hurt the trees and which are an important food source for birds and other wildlife. Common examples are native grape vines, Greenbrier, and Trumpet Creeper. For more information, see [Tree Rescuers volunteer program | My Site \(plantnovatrees.org\)](#)

THE NATURE CORNER (CONT.)

Oakton Nature Instagram Page (@oakton_nature)

Submitted by Nick Newberry

If you're ever curious about the flora and fauna that call Oakton home, then you are not alone. Neighbors Sara Holtz and Nick and Tucker Newberry created the Oakton Nature (@oakton_nature) Instagram page to showcase sightings from the Oakton area. Most of the pictures included so far are from Difficult Run Stream Valley Park, but the other parks such as Oakton Community and Waples Mill Meadow are also poised to make appearances. This page has story highlights from all 12 months of the year and showcases birds, wildflowers, deer, butterflies, and much more. While we are excited to share what we've seen, we're even more excited to see what others have found. Please send your photos to Oakton Nature via Instagram direct message for potential inclusion in our stories and posts. We also intend to share tips for finding interesting wildlife and for using apps to identify and learn more about what you see.

To those of you on Instagram, check out our new account @oakton_nature & follow, like, comment, share our stories & posts. Message us through IG to share nature photos you take in Oakton



Winter Scenes from Our Parkland



A Fun Time in the Parkland

COMMENTS AND INPUT FROM OUR RESIDENTS

Winter Weather Safety

Winter is upon us in Northern Virginia! While this season can be a beautiful time of year, winter weather can cause dangerous situations if not properly prepared for. Taking time to implement weatherproofing and safety measures in your home will help you and your family stay warm and safe this season. Follow these tips to ensure a safe and cozy winter:

- Drain outdoor pipes and hoses to prevent pipes from freezing and bursting. If indoor pipes become too cold due to a power outage or extreme cold temperatures, periodically keep a small amount of water running from each faucet to prevent indoor plumbing from freezing.
- Have your home heating system inspected by a professional to ensure it is functioning properly and reduce the risk of fires.
- If you have a fireplace or woodstove, ensure the flue and chimney are free of buildup and debris prior to use.
- Remember never to leave vehicles, generators, or other appliances that omit exhaust running in enclosed spaces like a garage or shed.
- Do not place space heaters in small, confined rooms.
- Never use a generator indoors.
- Check the batteries in your smoke and carbon dioxide detectors.
- Make sure you have a snow shovel and ice melt on hand before snow starts to fall.
- Ensure you know how to access weather information and alerts in your area. You can sign up for Fairfax Alerts for free at <https://www.fairfaxcounty.gov/alerts/>
- Keep an eye on pets when they are outdoors. They are also susceptible to cold temperatures and should not be left outside for extended periods of time.



For more information on winter safety from the National Safety Council, visit

[Winter Safety Home - National Safety Council \(nsc.org\)](https://www.nsc.org)

Thanks to Elliott Norman for organizing our annual Miller Heights Turkey Trot. This is a hugely popular event for residents of all ages. Can't wait for the 2023 Turkey Trot!!



COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

LOOKING FORWARD TO SPRING THIS YEAR?

By Gordon Brown (Farmer Brown)

How much are we all looking forward to spring this year? It appears the weather isn't quite sure what's going on and I feel as confused as my Feijoa and Olive trees that get brought in when the temps drop below freezing overnight but are then popped outside when the temps stay above 34 degrees. While I'm moving those around, I keep thinking about how much wilder 2022 seemed to be and how we're all unsure of what's coming next – deep freeze, huge winter rain... Anyway, enough rambling.

This week, I was stopped on the trail by a neighbor who asked, "what does a farmer do in the winter"? I could bore you with the hibernation techniques of farmers from well in the past, or that some dodgy authors like Malcom Gladwell think we should be making the most of our shorter days in preparation for spring and how that improves our mathematics performance, but I won't.

Here's what I plan to do or have done:

- I've left my leaf litter to decompose, giving me more time to do other things, save money and you all from that incessant drone of leaf blowing that's sounds like we're under the wing of a 747 prior to take off.
- In the haze of enthusiasm from years past, I've plundered gardening centers for odds and ends to fill space in the garden and this chaos needs to end. So, I've been reorienting and relocating some of the shrubs with a focus on the rule of 3, that is give my beds a little less symmetry, and more flow. I'll be poking around whatever catalogues come my way to fill in empty space but am preparing to be smarter about my garden design this year.
- Previously, I thought I had the youthfulness and ability to "farm" my yard, a grandiose dream that needed a

trim, so this spring, I'll be reducing the size of my raised beds for better access and smarter planting. This way I can be more selective when planting something and then managing what's in each bed. I need to do this pronto so I can get some seeds in the ground by mid/late February to get ahead in the spring.

- At the same time my homemade worm composters need to be re-done and in doing so I am going to see if I can figure out if I can grow mushrooms using a similar box.
- I'll be pausing on starting seeds indoor in favor of getting the seeds into the ground sooner, and under cover, but will clean up my seed bank and get some orders in soon. I do, however have a few self-grow mushroom boxes instead, which promises to be exciting!
- And... I have some fruit trees (mulberry and peach) to relocate because of my enthusiasm overtaking common sense. I'm probably going to put my back out doing it. There are a few smaller saplings I want to relocate around the garden as well – a few pawpaw clones and a weeping cherry. Watch this space.

On a positive, even optimistic note, it looks like my bees were saved. I'd missed the nectar dearth in late summer and my hive dwindled to a handful of lethargic lady workers. Frantic calls to the Fairfax Bee club experts had me force feeding them a ton of sugar syrup and last week I poked my head in to readjust a sugar brick and so far, touch wood, they're in good shape. Should they survive and not swarm in the spring this could be my second successful year in keep bees through the winter but I'm yet to extract honey. Much to learn still!

As usual – check out the Miller Heights Garden Club Facebook page and ask any questions you might have there! Till next time “keep your hands dirty, and don't be afraid to learn something new”. Farmer Brown

SOME EXAMPLES FROM THE WEB OF ITEMS MENTIONED BY FARMER BROWN



Leaf Litter



Raised Bed



Mushroom Box

COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

Community Garden Plot Rental Program

Submitted by **Judith Schneider-Fletcher**



Last Spring, after being on the waiting list for two years, Mark and I were able to secure our very own garden plot at Nottaway Park in Vienna. It is part of the Fairfax County Park Authority Community Garden Plot Rental Program whose mission is to give Fairfax County residents the opportunity to garden.

They have a policy of ‘next plot, next person’ for the registration list and this ensures a healthy mix of backgrounds and a fair distribution of plots. The Garden Plot Program is on the forefront of the [One Fairfax Initiative](#). Garden tenants represent the full range of diversity that is present in the County, including all socioeconomic strata. We have made many new friends as we garden and share tips, tricks and veggies!

Did you know that the Fairfax County Park Authority rents more than 700 garden plots in ten county parks to Fairfax County residents on an annual basis? That’s a lot of tomatoes! Here are a few facts:

GARDEN SIZE, COSTS, ACCESSIBILITY, AND PLOT RENEWALS

Size: Most plots are approximately 20’ x 30’ and are surrounded by their own fence, with their own gate and lock. The exception is at Hogge Park in Falls Church, where raised beds are located inside one communal fence with a shared gate and lock – each rental plot is 6’ x 9’.

Cost: Large plots rent for \$140 each year, and carry the responsibility of maintaining the fence, gate, and lock if you use one. Small plots rent for \$80 per season, with the communal elements such as fence, gate, and lock provided and maintained by the Park Authority.

Accessibility: All plots are accessible during daylight hours, 365 days per year, unless special conditions require park closure.

Plot Renewals: Large plots may be renewed annually if the plot is kept in compliance with the program rules. Small Community Plots at Hogge Park are rented for one season only.

The Address of our plot is:

Plot # 69

Nottaway Park

9537 Courthouse Rd., Vienna, VA 22181

The Gardener Eligibility is pretty easy, and if you are willing to wait a year or so, it is a great experience.

1. Must be a resident of Fairfax County.
2. Must register with and maintain an active, working email address (garden business is largely conducted by email).
3. Must sign and return rental contracts with payment by the date on the contract.
4. May have only one garden plot per household or organization.
5. Must grow crops for non-commercial purposes only.
6. Must agree to comply with the Rules and Guidelines for the duration of the rental agreement.

I’m happy to meet anyone at our garden if you are interested. We are excited to get started early this year. I am already thinking peas and lettuce in March. And I planted garlic and onions this fall before the frost, so they may poke their heads up this spring!

Happy Gardening,
Judith



Tending my Garden Plot



Tomatoes from my Garden Plot



Sunflowers from my Garden Plot

Oakton High School Pantry Founder Shares Impactful Mission

By Jaya Patil / Fairfax County Times

“So many people know there’s a problem, they want to help, but they don’t know what way will be most effective,” said Oakton Pantry Founder Cathy Jaquette. When Jaquette founded the Pantry at Oakton High School, she built a way for the community to help each other.



The Oakton High assistant principal at the time attended Parent Teacher Student Association (PTSA) board meetings, mentioning the food insecurity issue in their population. “She would tell us these stories of kids coming to the front office ... who clearly had nothing. The staff in the front office would get together on their own to chip in some money to get this child a Target gift card,” Jaquette said.

“This wasn’t just a one-off thing, this was happening a lot,” she added. “Any family is just one crisis away from food insecurity.” Oakton High always wanted a pantry but imagined students running it and couldn’t realize it because of student turnover.

Volunteering was part of Jaquette’s normal thanks to her mom. Through her co-ed service fraternity in college, she got “a chance to see all the different types of service that are out there,” she said. “I was drawn to helping at the local Boys and Girls Club,” she said.

She remained involved in volunteer efforts supporting kids ever since. On the PTSA, she brought the drive for seeing people’s visions to reality. At those meetings with the assistant principal, Jaquette suggested the PTSA handle the pantry.

They put the word out in 2016 that the school was giving them the space to build a pantry and they were setting it up with storage bins and shelving. “The response was incredible. We raised like \$800 in just a matter of days... It just took off from there,” Jaquette said. “Three weeks later we had it up and running.”

The Oakton Pantry serves students, their families, and Oakton residents with school supplies, non-perishable food, per-

sonal hygiene products, and household cleaning items. People can access the pantry through their store, snack packs throughout the school, or curbside grocery distribution on Thursday afternoons.

They have a no-question, no-limit policy, and an open door to the community.

“It’s important not to judge people’s circumstances based on what [you’re] seeing,” Jaquette said. “A lot of families don’t feel comfortable in the school [and] don’t necessarily want to communicate with the school.” The pantry’s message is that the school is safe.

“The pantry is so much bigger than one thing or person,” Jaquette said. “You need a team of people because everyone has a different area of expertise.” The pantry is a team effort of counselors, staff, adult volunteers, Work and Awareness Training (WAT) students, and the student-led organization The Pantry Club. Everyone has the common goal of supporting the Oakton students and community.

Seeing the way that the community has met every need they advertise through physical or financial donations to the nonprofit pantry—even during COVID—reminds Jaquette that “We’re all in this together,” she said. “It’s about more than just a meal.”

For the Oakton Pantry, it’s about supporting the students who fall between the cracks when they get rejected from free and reduced lunch. It’s about giving students and families what they need as much as what they want.

Around the holidays, they give students restaurant and shop gift cards. “What it means is maybe that student, instead of going home by themselves, can go with a group of friends and hang out in a safe space,” Jaquette said.

This was the season for coordinating their Thanksgiving meal donations—flexible, meal ingredient packs with gift cards to pick up the protein of their choice. They also assisted families with gifts over the holidays through wish lists supplied by the families and donors to sponsor them.

The staff has measured improved student grades, attendance, and behavior since the pantry’s founding.

“Food is common ground... It’s something that doesn’t have anything to do with behavior, discipline, or grades. It’s just something very human,” Jaquette said. “Everyone should have the ability to feed themselves.”

Visit <https://oaktonpantry.com/> to learn more.

Oakton volunteer returns to the village she served in 27 years later

By Jaya Patil / Fairfax County Times

As the last leaves fall and the holidays rise, it's the season for home.

“Volunteering became a great way to get to know Northern Virginia, my new home,” said Oakton resident Sara Holtz. “You learn so much about what the needs are in the community when you volunteer.”



While attending the College of William & Mary, Holtz applied to the Peace Corps for cross-cultural volunteering. She started serving as a Peace Corps volunteer in the rural village of Togo in August 1995.

“I wanted to be a health volunteer because I had volunteered as a youth at the hospital right down the street from where I grew up,” Holtz said. She worked in a basic health hut with two other health volunteers, Henou and Adjoua.

They educated the community on services to improve women’s and children’s health, such as pre-and antenatal care, labor and delivery, infant growth monitoring, family planning, STI prevention, and HIV/AIDS care.

“The welcome that the two volunteers gave was so incredible that people ... would cross the border and even pass another health facility to come to the one that was in my village because the care was so great,” Holtz said.

They dug wells, distributed bed nets, held safe sex demonstrations, and biked door-to-door to administer polio vaccines. She trained the Togolese volunteers so the services would continue beyond her service.

“The year I left the village ... the country decided [that] because the health services were going so well in the village health hut they would build a larger health facility,” she added. The larger facility was equipped with running water and electricity and staffed with salaried employees.

Holtz stayed until August 1998—a year beyond the standard two years of service. When she returned to the U.S., she got her master’s and doctoral degrees in public health before settling in Virginia.

“The experience of being in the Peace Corps really deter-

mined what my career was going to be,” Holtz said.

She spent the next 21 years writing letters in French to Henou. In 2019, Henou told Holtz that his entire family returns home every Aug. 15 and encouraged her to come. Holtz took the chance this year.

“What can I do to continue the effort that I started 27 years ago to improve the lives of women and girls?” she asked herself when she was anticipating her return to Togo. “Like in many other cultures, in Togo when you come home after going someplace you bring a gift.”

She decided on reusable menstrual pads made by the nonprofit she volunteers with, Days for Girls. She filled two checked bags with 60 reusable menstrual pad kits.

Upon her return, she reunited with many of the villagers she knew before including the health volunteers Henou and Adjoua. In addition to Henou’s entire family, she got to see some of Adjoua’s kids. “They’re taller than me, ... they have kids, and they were driving me on their motorcycles,” Holtz said, chucking. “For me, it was so much about the people.”

She also got to see the way the services and facilities they established during her volunteer service have continued to benefit the community. The wells they built during Holtz’s service are still functional and have increased the development of nearby communities.

This year marks the 61st anniversary of the Peace Corps Act. Since its inception, more than 240,000 people have volunteered in 142 countries, but “somehow it’s a small community because ... you constantly run into people that you’re connected to somehow through the Peace Corps,” Holtz said.

Holtz is part of a broader community of volunteers. She has volunteered with the Girl Scouts and Boy Scouts, the local Days for Girls chapter, and Volunteer Fairfax among others. She and her kids have participated in Give Together as part of Volunteer Fairfax’s Dr. Martin Luther King, Jr. Weekend of Service for years.

Volunteering is as much about learning about your community as it is learning about yourself and meeting your need for connection. While people define what home is to them this holiday season, Holtz finds hers in Oakton as much as in Togo. To the Togolese villagers who were amazed Holtz remembered them, “You’re with me always,” she said.

COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

NEW YEAR'S RESOLUTIONS — IN ACTION

By Judith Schneider-Fletcher

What's your resolution? Are you keeping it? Let's start a chat group to help keep us motivated!

This year, I decided to stop talking about losing weight and getting back in shape and do something about it. It's hard, sitting at a desk all day. When do you exercise? I felt guilty walking in the middle of the day when I was supposed to be working. So, I solved the problem a bit with a Stationary bike stand!

I found it and had it shipped here, and voila, I am again riding my bike. A few of you may know that last March, I fell on my bike, broke a toe and gashed up my leg. (Sorry Landscape Maintenance Trailer on Tattersall....) Well, needless to say, I was a little hesitant to get back on the bike. Fast forward to last month. I was talking to a friend, and he recommended spin classes at the gym to lose weight. Since I don't belong to a gym, and don't plan to join, I went with the next best idea and cheaper too.



My Bike on my New Stand

My goal is to ride 45 minutes each day and get my confidence back so I can go riding outside again – and not hit any standing vehicles....

So far, I am keeping my resolution, although 45 minutes a day is hard. Some days, it's more like 10 minutes. I envision riding my bike to work rather than winning some crazy bike race. Plus, YouTube has me watching videos of biking through Norway or Vietnam, so that's pretty cool too.

Happy New Year!

Judith

HUGE THANKS FOR WELCOMING AFGHAN FAMILIES

Submitted by Sara Holtz

Thank you for your generous support of the Afghan refugee families that we helped resettle in Reston a year ago. I cannot begin to tell you how thankful the parents & kids are for the furniture, mattresses, cribs, microwaves, TVs, sewing machines, kitchenware, bedding, rugs, car seats, strollers, clothing, winter coats, toys, books, Halloween costumes, art supplies, and money you donated.

I visit the families regularly and can report that the dads are employed, moms are learning English while at home with preschool aged kids (& hope to get jobs once these kids start school), children attend school & are rapidly learning English. In 2022 I took them to the national zoo, Water Mine, Wolf Trap, Lake Anne, fire station, and OHS volleyball & girls basketball. We also picked up trash from the trail, pulled invasive plants, marched in the 4th of July parade, and went trick or treating.

If you have clothes or Halloween costumes (especially superhero costumes) you no longer need, I would love to give them to these families. Please email or message me. Thanks!!!!



MILLER HEIGHTS REAL ESTATE UPDATE SEPTEMBER 2022

Hi All -

Four Reasons Why It Is Still a Seller's Market in January



While the housing market traditionally heats up with the weather, current buyers are looking year-round as inventory continues to trend lower. Here are some reasons we still think it is a seller's market even as homes are now staying on the market longer.

Appreciation. A home's value is based on the market, not the season. In the last few years, home values have increased by more than 20% in some areas, creating a significant profit for homeowners when selling.

Motivated buyers. Spring and summer are generally considered the "peak seasons" for real estate, but prospective home buyers that start shopping in January are serious, motivated and ready to buy.

Reduced competition. Inventory is already tight, and it can

be even more restricted in the winter months. With fewer homes on the market, sellers face less competition. A home that's in great shape and shows well will stand out and sell faster.

Winter weather: Colder temperatures can help a seller make a home look and feel warm for showings with plenty of heat, warm lighting, a cozy fire and perhaps the smell of freshly baked cookies, with less attention being paid to the landscaping.

If you are considering selling your home, I'll be happy to provide you with a comparative market analysis of your home's value. Plus, I can offer advice on how to get your property ready for market and guide you throughout the entire selling process, no matter the time of year.

Alternatively, if you're planning to buy a home, I can help you prepare so you'll be ready to make a winning offer.

Have a happy and healthy 2023!

Liz Potemra
Long & Foster Real Estate
703-581-7759
lizp@longandfoster.com

Recent Real Estate activity in Miller Heights:

Status	Address	Last Update	Close Price	List Price	DOM
Closed	3321 Cranbrook Ct	9/13/2022	\$1,110,000.00	\$1,099,000.00	5
Closed	3206 Wheatland Farms Dr	9/29/2022	\$1,650,000.00	\$1,599,000.00	5
Closed	11011 Langton Arms Ct	10/7/2022	\$1,007,500.00	\$1,025,000.00	39
Closed	10909 Willow Creek Ln	10/14/2022	\$2,000,000.00	\$2,275,000.00	46
Closed	10812 Melanie Ct	12/6/2022	\$900,000.00	\$900,000.00	15

FAIRFAX COUNTY 2022-2023 SCHOOL CALENDAR

Fairfax County Public Schools 2022-2023 Standard School Year Calendar

July 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

4 Independence Day
9 Eid al-Adha (begins sundown 7/9) *

August 2022

S	M	T	W	T	F	S
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NT NT NT NT SD
SP TW SD SP TW
F

September 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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H
TW

2-5 Labor Day Break
26 Kosh Hashanah (begins sundown 9/25 - sundown 9/27) *

October 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

o H
SD
H
TW

5 Yom Kippur (begins sundown 10/4 - sundown 10/5) *
10 Indigenous Peoples' Day
24 Diwali *

November 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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1-2 Dia de los Muertos
8 Election Day
11 Veterans Day *
23-25 Thanksgiving Break

December 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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8 Bodhi Day
19 Chanukah (begins sundown 12/18 - sundown 12/26)
19 - 31 Winter Break
25 Christmas

January 2023

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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1 New Year's Day (observed January 2)
6 Three Kings Day/Epiphany
7 Orthodox Christmas
18 Martin Luther King, Jr.'s Birthday
19 Orthodox Epiphany
22 Lunar New Year *

February 2023

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

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20 Washington's Birthday and Presidents' Day

March 2023

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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23 Ramadan (begins sunset 3/22 and continues with daily fast and nightly prayer until 4/21)

April 2023

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

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6 Thiruvada New Year
6 Passover (begins sundown 4/5 - sundown 4/13)
27 Spring Break
7 Good Friday
9 Easter
14 Orthodox Good Friday *
18 Orthodox Easter
21 Eid al-Fitr (begins sundown 4/20 - sundown 4/21) *

May 2023

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

H

29 Memorial Day

June 2023

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

YE
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19 Juneteenth
20 Optional work from alternate location
21 Optional work from alternate location



*Dates will continue to be recognized as student holidays through the 2024-2025 school year.

Legend

F	First Day of School
ER	2 Hour Student Early Release
QE	End of the Quarter
YE	Last Day for Regular Classes (179 days) Early Release
O	Religious and Cultural Observance(s)
SD	Staff Development Day / Student Holiday
SP	School Planning Day / Student Holiday
TW	Teacher Workday / Student Holiday
H	Student Holiday
NT	New Teacher Training

Quarter Duration

Quarter	End Date	Duration
1	October 28	44
2	January 25	45
3	April 13	47
4	June 16	43

Updated 1/10/23
Updated 5/26/22 per Board Budget Adoption



MHNA *January* 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!

Table of Contents

1. **Calling All Artists!**
2. **Random Facts**
3. **Oreo Ice Cream Recipe**
4. **Winter Word Search**

Calling All Artists!

Do you like to draw? To paint? Or just art in general? Well, come submit your artwork to the MHNA Kids Newsletter! You could have your artwork featured in the next edition of this newsletter for the neighborhood to see! Send a picture of your masterpiece to juliamgbaer@gmail.com to submit!

Random Facts About Random Things

If you've ever been interested in game shows, then this article is definitely for you. Here are some random facts about random topics that we hope will serve you well someday!

There are 11 time zones in Russia	It's impossible to hum while holding your nose
The heart of a shrimp is in its head	Cats sleep for about 16-18 hours per day
The letter Q does not appear in any state names	Someone once bought a cow in an auction for \$1.3 million
Ketchup was once sold and marketed as medicine	Elephants have four knees
The only animal capable blushing are humans	You can smell a skunk from a mile away

Oreo Ice Cream Recipe

Ingredients:

- 2 cups heavy whipping cream, 1 pint
- 14 oz sweetened condensed milk, 1 can
- 2 cups chopped Oreos



Instructions

1. 20-30 minutes before beginning, place a metal mixing bowl and the beaters from the mixer in the freezer to chill
2. Remove the bowl from the freezer and add the heavy cream, using an electric mixer beat the heavy cream until stiff peaks form, about 5-7 minutes.
3. Stir in the sweetened condensed milk and mix with a spatula or mixer.
4. Add in the 2 cups of chopped Oreos and combine
5. Pour the ice cream into a freezer-safe container.
6. Top the ice cream with additional broken Oreo pieces. Cover the container and freeze overnight.
7. Once frozen, scoop and serve!

Want more information on making Oreo Ice Cream? Go here:

<https://thefirstyearblog.com/oreo-ice-cream/#recipe>



Winter Word Search

Winter Wonderland

L I X W S C A H C L B R S T E J W U R B
A G L K N U Q O A A S W C L N J O R Y B
B X A H O S I T R X N Z N A D Y S X B S
E N E W W C M C O I R D C A S W H Q A J
Z L C D B B X O L K T L Y J K R J S X Q
P I A W A E W C I P O A L Y L B N U O E
K R L N L L P O N S S U E M S H D Z B I
F A P A L C U A G L X G U S L O P M I P
U E E M U I L H F R J F S S Y L R K F C
O K R W T C Q L J W M N T D R I F Q A Y
T H I O G I X U F V O S B P Q D H N U G
D C F N U V I S U W L T G E H A N R N B
O G K S K D W O F I B N N U E Y E I E W
P W Y I I N H L U J W E I W B S D K X V
V A D J Y Q A S S K A M T R R D I F R V
N I I Z A K E O Y F G A A A E U B U H F
M R O Y E L N I M X G N K L A K V S W T
T C A V A I E Q N F G R S H K I A F A T
L Y B I J Z K C A N E O T Z F D B F L R
K W X N K A V V P K W B U P R M P C O W

SKATING
HOTCOCOA
CANDY
ORNAMENTS
CAROLING

SNOWFLAKE
BREAK
CANE
SLEDDING
ICICLE

SNOWMAN
FIREPLACE
HOLIDAYS
SNOWBALL
COZY

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 or comments about the advertising policy can be directed to Doug Shuster, 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

RONNIE ELIAS

SALON

2952 Chain Bridge Road

Oakton, Va. 22124

T: 703-255-1114

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WE ROAM TO YOUR HOME!

Just book online, and we will come sharpen
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About Dr. Niloo Mofakhami

- Board-certified pediatric dentist
- Consistently recognized as a Top Dentist by *Northern Virginia Magazine* and *Washingtonian* and a Next Door Neighborhood Favorite

A Miller Heights resident and Oakton High School alumna, Dr. Niloo brings a small-town feel to her practice. Dr. Niloo and her team offer high-quality, comprehensive care for infants, children, and adolescents using the most current dental technology, including laser dentistry and digital x-rays.

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