

A MESSAGE FROM THE MHNA PRESIDENT

January 2020

Dear Neighbors,

Happy New Year! From my family to yours, we wish you peace, health and happiness in 2022.



Speed. It's a thing on my mind as I walk the dogs on Miller Heights Road – kind of scary.

Maybe I'm becoming a little old lady and things just seem to move too fast. All I am saying is please slow down. Especially when you see walkers, bikers or groups walking on the road. I see the signs "Drive like your kids live here". How about one that says, "Drive like your Grandma or Nana lives here"?

We have no sidewalks; the gravel is slippery, and I choose to walk on the road. I'm careful, but a car flies by every 5 seconds or so. We're always relieved when Chester, LuLu and I get to a sidewalk.

I get it. You want to get home. You're tired, you're hungry and it's been a long day. But believe me, it will be a terrible day for everyone if someone gets hit, just trying to walk the dog.

Poop. What can I say? I stepped in some the other day.

Ugh. Please do not leave it. Please leash your dogs so you can keep a close eye on them (BTW, it is the law in Fairfax). Oh, please pick up your cute little bag after the deed is done.

Elections. In late February we will hold a Zoom call for a MHNA General Meeting and have elections. Please nominate your choice for the following offices:

- President
- Vice President
- Secretary

Send nominations to: info@mhnanews.com or contact someone

from the board to discuss. The Zoom call date and time to be announced shortly.

I know this president's message is a little "all over the place" - sorry about that. I just have a list of things to talk about and don't want to spend a whole page on just one thing. If you want to chat about something that is important to you or needs attention from the community, please feel free to reach out .

Best regards,

Judith

#BestNeighborhoodEver!

MHNA CALENDAR OF EVENTS

MHNA GENERAL MEETING – FEBRUARY 23

MHNA ELECTIONS – LATE FEBRUARY

MAY NEWSLETTER SUBMISSION DEADLINE – APRIL 30, 2022

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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 535 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 804 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>

MHNA Board Officers

President	Judith Schneider-Fletcher
Vice President	Doug Shuster
Secretary	<i>Vacant</i>
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 Poison Control (TTY)	1-800-222-1222 711
Police (non-emergency)	703-691-2131
Victim Assistance Network (Crisis Hotline)	703-360-7273
Animal Control	703-830-3310
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

THE IMPORTANCE OF COMMUNITY

by Abheshek Narain

As we continue to face unprecedented and ever-changing times, we are all facing scenarios we did not anticipate. We are all working hard to continue pressing forward, making the best of the cards we are dealt every day. We try to remain engaged, active and involved, while balancing the need to stay safe. We strive to be among one another, while not being amongst everyone.

Now is the time where we must rely and support each other, and work together as a community to encourage, nurture our neighbors where we can. The residents within the Miller Heights (MH) community continue to shine in this regard. Throughout the nearly two years since COVID impacted our lives, we have seen countless occasions where MH residents have come together to support one another, from food drives, to community gatherings, as well as organizing Halloween events for our children and building and setting up Little Libraries.

As Hellen Keller said, "Alone, we can do so little; together, we can do so much"

During the current Omicron surge, we heard from many neighbors willing to share their at-home COVID tests with those in need, so that loved ones can meet safely. During the most recent winter storm, several trees fell throughout Miller Heights, blocking roads. Our neighbors came to the rescue, removing the fallen trees and guiding neighbors to safety. In other cases, neighbors helped one another to remove snow from driveways. These acts of kindness only strengthen the importance of community and allow us to recognize how truly great it is to live in this amazing neighborhood.

-Abheshek Narain

Conestoga Ct.

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@mhnanews.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 167 paid member-residences (approximately 29% of known addresses in Miller Heights). Our new Membership Portal (launched in June 2021) has provided eased the process 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.

Most recently, we received a request from a resident to revise the Membership directory to identify street names for available sitters (pet, baby/child, etc.), which we promptly included in the site. Please continue to send us your feedback so that the Membership directory provides value to all residents!

Our residents continue to support our community and strengthen our bonds, by organizing community cookie exchanges, Scout cleanup and 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.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)

OFFICER AND COMMITTEE UPDATES (CONT.)

TRAILS & ENVIRONMENT

By Sara Holtz

Rescue your trees from these 6 tree killers



There are an estimated 3 million trees at serious risk of death due to non-native invasive vines. Some of these trees are in Miller Heights on personal property (in your yard!).

Quick facts about invasive vines:

- Invasive vines smother and strangle trees
- You can save these trees by simply clipping back the vines
- Trees made hazardous by vine damage are expensive to take down. Don't let that happen!

This brochure has six of the most common vines that can kill trees

Check out six of the most common invasive vines in these photos. If you have any of these invasive vines climbing trees on your property, 1) cut a foot long section of the vine & remove it carefully without damaging the tree bark and 2) remove the roots from the ground. There is no need to remove the entire vine from the tree or pull the vine from the tree as you could damage the tree bark and potentially cause branches to fall.

For more information about the Tree Rescuer program, see <https://www.plantnovatrees.org/tree-rescuers-volunteer-program> or contact me.

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



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

OFFICER AND COMMITTEE UPDATES (CONT.)

TRAILS & ENVIRONMENT

Submitted By Sara Holtz

NEWS



Nicole, Eric, and David are Project Linus volunteers from Oakton.



HealthWorks of Northern Virginia is a recipient of Project Linus blankets.



Herndon Elementary School is a recipient of Project Linus blankets.

Linus Had His Blanket, Now 1,300 Locals Have Theirs

A weft of comfort and warp of love bind the woven flannel.

BY MERCIA HOBSON
THE CONNECTION

Residents in Oakton's Miller Heights neighborhood who made the fleecy no-sew blankets for Project Linus never saw the child press the soft nap of the blanket against her cheeks.

Supervisor Dalia Palchik (D-Providence) and her team never saw the teen wrapped in the blanket and cocooned in its warmth. And the returned Peace Corp volunteers never saw the young Afghan refugee finger the silky, loosely woven fabric of her new blanket.

But perhaps they and other Project Linus volunteers across Fairfax County, like Carine Newberry of Oakton, who knotted away making 85 blankets and counting, knew she was doing something to help children. Those who, as she said, for whatever reason, needed warmth and hugs more than she did. "I thought about them with every knot, and I like to think that my blankets are a little bit warmer and fuzzier because of that," Newberry said.

Nearly a year ago, volunteer Sara Holtz of Oakton unexpectedly became the recipient of a substantial donation of fleece. "Like hundreds of pieces, thousands of pieces," she said. With a plan in mind, Holtz cut the fleece to the proper size for no-sew fleece blankets. She reached out to Annabelle



Sara Holtz, left, and Supervisor Dalia Palchik (D-Providence)

Hammer, Reston Chapter Coordinator, Project Linus Fairfax County Chapter, Northern Virginia.

"Can we make blankets for you?" Holtz recalled asking.

According to Hammer, Project Linus <https://www.projectlinus.org/> is a national charitable organization that distributes new, handmade blankets, quilts, and afghans created by volunteers in the local community, or "blanketeers," through service opportunities. "As the head of one foster/adoption program told me, a child was amazed that a total stranger would take the time to hand-make a beautiful blanket," Hammer said.

Project Linus requires that all blankets be handmade of new material, washable, pin-



free, come from smoke-free environments, and free of chemicals, pet and animal hair.

At some point, a silky Project Linus tag is sewn to each blanket. Generally, finished items are delivered in bulk to designated "blanket transfer" locations. Finally, they are distributed to local needy or traumatized children ranging from newborn to eighteen years of age. Common sites include hospitals, clinics, foster-adoption agencies, crime victim units, and shelters.

According to Holtz, early in 2021, with the pandemic raging, she started contacting her Miller Heights neighbors in Oakton through Facebook and local Girl Scout troops, saying she had tons of fleece and asked who could help make blankets. "Next thing you know,

I'm putting bins at the front door, and people are coming and saying, 'I'll make ten, I'll make fifteen,' and they take them home," she said. Then, when they were done, they would bring the fleece blankets back to Holtz, and she would bag them up and give them to Project Linus.

As this was happening, more fleeces kept coming to Holtz's home, and she began sending them out in larger quantities to volunteers, including to teen Girl Scouts from Oakton, Reston, Herndon, Fairfax, and Great Falls. "People would say, 'I'll make 50, or my Girl Scout Troop will make 80. We had returned Peace Corp volunteers.' It just kept on going like that all year long," Holtz said.

Local groups that received blankets include Food Justice DMV, Healthworks for Northern Virginia, Inova Fairfax Hospital, The Nest Collective, Forestdale and Herndon elementary schools, The Salvation Army, Sleep in Heavenly Peace, Catholic Charities, Diocese of Arlington Migration and Refugee Services for Afghan refugees, Bailey's Crossroads Community Mutual Aid, Gracing Spaces, and Fairfax Circle Church.

No scrap of cloth goes to waste either. The smaller pieces left after Holtz cut the blankets; the Girl Scout troops used to make blankets for the animal shelter.

"There are a lot of good things going on in the world and around here, despite all the COVID, political disagreements, climate change, and all of that. We have some good things, at least bright, bright lights here and there, that we can focus on," Holtz said.

To learn more about Project Linus, visit ProjectLinus-AboutandFairfaxCounty.VA.org/projectlinus.net.

VIENNA/OAKTON / McLEAN CONNECTION ♦ DECEMBER 1-7, 2021 ♦ 3

OFFICER AND COMMITTEE UPDATES (CONT.)

2ND LITTLE FREE LIBRARY IS HERE!

Feel free to take a book and leave a book

By Judith Schneider-Fletcher

This fall, we installed our 2nd Little Free Library in Miller Heights. Mark and I were happy to be the donors of the box for the newest (and hopefully not the last) Little Free Library. If you haven't seen it, go down Miller Heights Road to the Difficult Run Park entrance (the big brown sign), the Little Free Library is across the street at the home of Linda Dodson. We hope to make this 2nd Little Free Library as active as the one on Cranbrook Court.



This Library is dedicated to the memory of our friend and longtime Miller Heights neighbor, Hal Dodson, who passed away in 2020. A special thanks to my handy husband (and his engineering mind) in assisting to make this happen, and a big thank you to our VP Doug Shuster for helping with the install.

There are programs we may want to become involved with at LFL. We are called "Stewards" and they have new programs and services to support our efforts to grow our network. Two new programs were created in 2021 - a new book directory resource that connects stewards with potential book donors. This evolving program creates "book partner connections" within the Little Free Library network. But the biggest news was the debut of their online series, "Little Free Library Unbound."

[Little Free Library Unbound - Little Free Library](#)

While we did not know about this program until the email came (and I read it for this article), I will try to become more active in 2022. If you want to be part of this program for Miller Heights, please feel free to contact me and let's talk about expanding from two Little Libraries to other great reading opportunities in 2022.

To close, a note from the Director of the Little Free Library Network:

On behalf of all of those who find a book in the Little Free Library network, thank you for all that you do. Thank you for your partnership, your support, your time, and your donations. Our impact is made possible through your contribution.

MHNA Website

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 join MHNA, 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 560+ homes in Miller Heights, we only have email addresses for about 365 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. 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 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.)

Can Beaver Dam Analogs (BDA) Help Restore Our Wetlands?

Articles By Doug Shuster

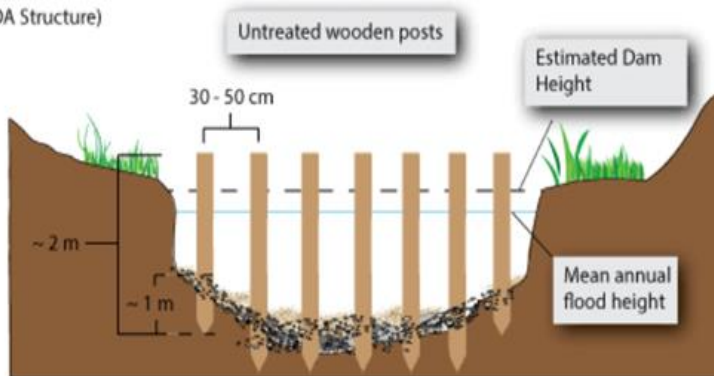
I walk along Difficult Run Stream often and the erosion is happening incredibly fast with small, medium and very large trees falling down along the banks every year. The stream bed keeps getting lower and the banks steeper and the erosion brings more sediment downstream along with all the other runoff, e.g., fertilizers. With no time for natural processes to consume the nutrient load, they quickly reach the Potomac and the Chesapeake Bay. Degraded water quality is the most obvious result, but the onslaught of nutrients has a more insidious effect. Fertilizer runoff causes coastal algae to proliferate; the algae take most of the oxygen in the water, causing fish to die and disrupting the food chain for humans and other organisms.

And so I wondered what can be done to ebb the flow. Recent restoration work on the outfall from Miller Rd. and Miller Heights Rd. by the Department of Public Works was very destructive, using huge machines and cutting trees and bringing in huge amounts of stone and gravel. And then I remembered that beaver dams had helped turn Huntley Meadows into a phenomenally diverse wetlands habitat years ago. And then I stumbled on something called a beaver dam analog as one solution that has had success in other parts of the country.



A Beaver Dam Analog (BDA) is basically a man-made structure designed to mimic the form and function of a natural beaver dam. The basic concept is to use low impact, cost effective building techniques (e.g., a pneumatic pole pounder, untreated wood posts and branches woven between the posts) to create a series of dams similar to what beavers would build prior to their near eradication - creating a healthy creek, where dams slow water flows, capture sediment, and counteract erosion. They can also help to increase the probability of beaver translocation to help with the work! I recently learned that there are actually some beavers just upstream south of Waples Mill Rd.

Cross Section View
(Generic BDA Structure)



BDAs have been mostly used in the western USA with great success. There are some BDA projects implemented by Biohabitats in Ann Arundel County and Fairfax County is considering the use of BDAs in some areas. I have spoken with the County about the use of BDAs in the park but so far they are a bit skeptical given the high flow rates of the stream during heavy rains. But based on the very low cost and virtually no negative impact, I can't see why it wouldn't be worth a try. Even building a few of these a year could have a huge impact over time and could create a habitat for a wide range of wildlife that has been lost over time.

<https://www.americanscientist.org/article/the-increasing-problem-of-nutrient-runoff-on-the-coast>

<https://www.anabranchnsolutions.com/beaver-dam-analogs.html>

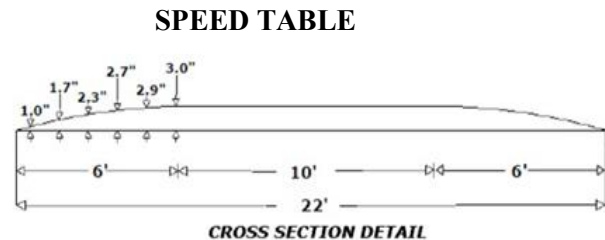
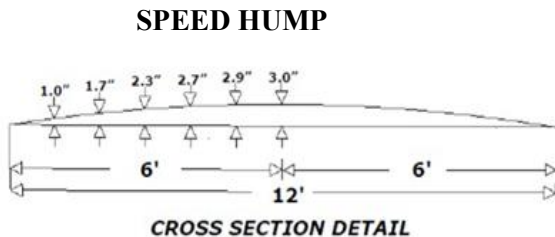
<https://www.biohabitats.com/project/beards-creek-annapolis-landing-stream-restoration/>

OFFICER AND COMMITTEE UPDATES (CONT.)

Relax...Slow Down...You've Arrived

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

The Traffic Calming Task Force has been working with the Fairfax County Department of Transportation over the past six months to develop a plan for traffic calming in Miller Heights. We hope to bring a plan to the community for consideration shortly. One of the major components of the plan is an increase in the number of speed humps and tables along Miller Heights Rd. As seen below, the main difference between a hump and a table is that a table is much more gradual (22 ft. vs. 12 ft. in length) so it is less jarring than a hump (there is one on Blake Lane in Oakton). However, the impact on reduced speeds has been shown to be very similar between the two.



An FHWA study on speed reduction found that the 85th percentile speed was reduced by an average of 18% with speed humps, 19% with speed cushions, and 18% with speed tables.

Research abounds on the effectiveness of speed humps and other traffic calming methods in reducing speed and improving safety. The American Journal of Public Health found that children who live within a block of a speed hump have significantly lower odds of being struck by a vehicle. *The Journal also found a 53-60% reduction in the odds of injury or death for children with traffic calming in their neighborhoods.*

Help welcome an Afghan family to Northern VA!

Submitted by Sara Holtz

As we all are aware, refugee resettlement agencies in northern Virginia have been working since August to quickly resettle hundreds of Afghan families. Miller Heights has an opportunity to help provide all the household items needed for an Afghan family to comfortably settle into an unfurnished home. In addition to in-kind donations such as furniture, kitchen items, clothing, cleaning supplies, toiletries and food items, we would also very much welcome monetary donations to purchase larger items that must be new (mattresses) and help the resettlement agency cover some of their administrative fees.

This neighborhood has demonstrated its generosity over and over again, and we are asking once again for your assistance. As soon as we are matched with a family, we'll know the family composition (number of adults, kids, their ages) and will know exactly how many of each item we'll need. At that point we'll send a SignUpGenius and request that you register to purchase or donate items. We will also be looking for people to help transport items to the family's new home.

Thanks in advance for your interest in helping resettle an Afghan family!

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:

[Fall 2021 Fairfax Recycles Newsletter \(fairfaxcounty.gov\)](#) .

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

FRIENDS OF OAKTON LIBRARY

Oakton Library News

Thank you all for supporting the Oakton Library with your wonderful book donations. Despite the pandemic in 2021 we made over \$15,000 from book sales in the library, online, and at popup sales. All of this revenue helps purchase materials and programs for the library. Needless to say the demand for ebooks has skyrocketed and we have been able to allocate funds for additional purchases.

The good news is that you may now bring up to three bags or boxes of donations per day to the library lobby. A cart is there for your convenience as well as receipts for tax purposes. Please keep your donations coming. We need plenty of gently used books, audio books, CDs, and DVDS for our planned early May sale.



The one unfortunate bit of news is that because of Covid and staffing shortages the library will be closed on Mondays from January 16 until March 25. Hours will be Tuesday 10 - 9, Wednesday through Saturday 10 - 6.

The Friends of the Oakton Library thank you all for your continuing support. Our November sale was a huge success!

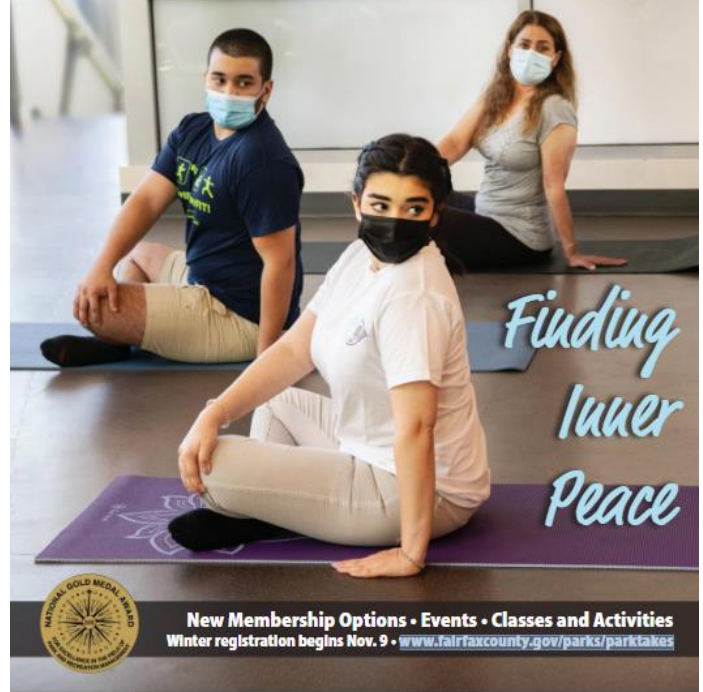
Mary Colombi - VP Friends of the Oakton Library

FAIRFAX COUNTY PARKS

A Quarterly Guide to Parks and Recreation • Fairfax County Park Authority

Winter 2022

Parktakes



New Membership Options • Events • Classes and Activities
Winter registration begins Nov. 9 • www.fairfaxcounty.gov/parks/parktakes

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. 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@mhnnews.com

COMMENTS AND INPUT FROM OUR RESIDENTS

Opportunity to help the neighborhood & the environment and get service hours

By Deven Nayar on Tattersall Trail

On February 27th I will be doing my Eagle Project in Tattersall Park, part of the Cross County Trail. We will be pulling invasive plants, specifically Japanese barberry and Leatherleaf mahonia.

2/27/22 at 10-12 and 1-3

Meet near 11129 Tattersall Trail

Invasive plants can reduce tree cover, decrease water quality, increase erosion and create a favorable habitat for other invasive species. Japanese barberry has dangerous barbs, kills native plants and acts as a tick haven.

Currently Japanese barberry has not encroached on the main trail yet but it is getting there. If we pull them now we can significantly slow it down. I will need a bunch of help - so please join me in this task.

Maybe you need service hours, maybe you don't want your kids to get hurt by the thorns or to get Lyme disease for the tick, or maybe you just want to help the environment.

Please join us! We could use all the help we can get.

- Just make sure to wear layers and bring the most protective work glove you own. Sign up with this SignUpGenius <https://www.signupgenius.com/go/9040449A5AF2C7-deven>



Japanese Barberry

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

Snow Photos from Sara Holtz



On Blue Roan



On Lakenheath



On Miller Heights

COMMENTS AND INPUT FROM OUR RESIDENTS

MYSTERY OF THE PAINTED ROCKS ALONG THE DIFFICULT RUN TRAIL

By Karen O’Gorman

We have a creative artist in our midst...have you noticed?

Have you been lucky enough to see any of the beautifully painted rocks placed along the Difficult Run Trail in the Miller Heights neighborhood by an artist that remains unseen and anonymous?

This fabulous rock art began to appear in Spring of 2020 just as the Covid lockdown encouraged many to use the Cross County Trail, especially families with young children. While some people spent time during the lockdown cleaning closets, rearranging the garage or binge-watching favorite shows, our local artist was busy creating rock art.

My husband and I marvel at the artistic abilities of this unknown artist and are awed by the artist’s thoughtfulness. Spotting this creative art adds to our enjoyment of walking along the Difficult Run portion of the Cross County Trail. If the artist’s desire is to brighten the day of anyone who happens to see the rock art, then mission accomplished!

These are photos of some of the rock art that we were fortunate enough to see this fall while walking along the county trail. You will recognize the holiday themes of Halloween, Thanksgiving, and Christmas. There were many more painted rocks which we saw since March 2020 that I regret I did not photograph such as two broken M&Ms exposing the inside chocolate. This talented artist made these painted rocks look so real.

Next time you walk on the trail, you may be lucky enough to spot the rock art. Look for the art at the base of tree trunks or on stumps close to the trail.



Will the mystery artist continue to create joy through rock art? I hope that we will be lucky enough...



Editor’s Note::

With the FCPA’s focus on the public encroaching on Parkland, and littering on the property they manage, we also need to determine if they consider this encroachment, or just beautifying what is already located in the parkland. *Please treat parkland like your neighbor's property - don't dump your leaves, leave litter, build a bench, create a mulched trail, etc on parkland*

COMMENTS AND INPUT FROM OUR RESIDENTS

WARM THOUGHTS AND SMILES IN THE BLEAK MID-WINTER

By Gordon Brown (Farmer Brown)

The weather in fall was still conducive to some final harvest opportunities. I managed to pull out a good haul of *Jerusalem Artichokes*, made a ton of scrumptious green *Fig* jam and some wonderful *Maypop* cocktails! I even had the pleasure of making my own *Horse Radish* sauce for Christmas dinner! Last years effort really paid off! Interestingly, I've found that *Chrysanthemums*, when they are done flowering transfer easily into flowerbeds, and will come back again next year – saving you some money for next Fall!

That was fall, then ...*In the bleak midwinter, frosty wind made moan, Earth stood hard as iron, Water like a stone, Snow had fallen, snow on snow, snow on snow, In the bleak midwinter...* (courtesy of Christina Rossetti).

While I scoffed at winter this year, the snow arrived... I've diligently tracked the chill hours over the fall and early winter since I have an Olive and a few Feijoa trees that require enough chill hours to fruit. So, when the snow came, I figured it would be a good time to pull the trees indoors, but I didn't get one in on time, and one snapped halfway up the trunk due to the ice and snow. I'll be learning from this as I learned on the fly, to splint and wrap the break which I hope will save the topmost branches. It wasn't just my fruit trees, it was other, well-established trees in my garden that succumbed



My plum, a foot, and a half around, fell right over. It's currently tied to a stake in efforts to save it but I think that's a goner. My Chinese Elm lost 3 huge branches as did my Crepe Myrtle, and Red Bud. Trees in the wood, bordering our property also gave in – losing some massive branches under the weight of the snow.

Anyway, now all potted plants are indoors, and I'll need to keep an eye on their watering. I expect a lot of leaf loss with the lack of sunlight and will only start fertilizing in spring when I can get them back outside in the warmer weather. For the shrubs I brought in earlier in the year, many lost their leaves within a few days and many of my warm weather herbs have perished entirely – Cuban oregano, lemon balm, and stevia. Those may need to be replaced next year if they don't spring back to life.

Take solace in knowing we're past the shortest day in the year and can start looking forward to longer days! Scant reward, really, when you look out into the garden and see this coming years hard work under a foot of snow! Don't be deterred, as the New Year got underway, I figured I'd get some seeds into the ground under my cold frames. My son was very helpful, and we got to talking about the benefits of getting your hands dirty in the soil. Good soil benefits everything and the Arugula is already sprouting.

(Continued on page 13)

COMMENTS AND INPUT FROM OUR RESIDENTS

(Continued from page 12)

My rotten luck continues as a novice beekeeper. I manage 2 hives and when I peeked in under the over on New Years Day to make sure they were doing okay and eating the sugar and pollen substitute, I found one hive totally abandoned. The bees had absconded! Since the bees from my second hive were helping themselves to the capped honey, I've just let them carry on – saves me feeding them and they can grab it at any time. Come the spring, if the remaining hive survives, I'll learn how to split a hive and start again!



While things are slow, there are a few things you can do in the meantime:

- Leave those leaves if you haven't blown them off your lawn, or out of your flowerbed. It's an hour of your time, maybe two you get back. Also, it saves in fertilizer costs as well!
- Check your seeds to see what needs to be replaced, or restocked. Not fond of diligent administration, I typically find myself reviewing photos from the year to remind me how well things did in the veggie garden. I do need to restock on seeds in the coming week though – particularly leafy veggies such as *lettuce* and *bok choy*. Baker Creek Seeds has been my go-to for some time now. They also do wonderful work in supporting good causes! Good timing all round as the beds are keeping warm under the snow.
- Use sticky tabs in your indoor flowerpots to nab any fungus gnats, or white fly or any other fly that loves the warm indoor temps, and moist soil!
- Check out good literary sources – Farmers Almanac and other online blogs have super information for the coming year.
- Plan your planting, plan your beds, and plan your garden! Its tun to daydream and design and no better time to look at those bare spots in the garden and think about what to fill them with.



Come February I'll get cracking on sowing seeds under lights in the basement. I've been advised a good mix of perlite and potting soil allows seeds to grow without succumbing to rot. The trick, however, is to ensure that I get the timing right when planting seedlings outside to beat the frost.

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/>.

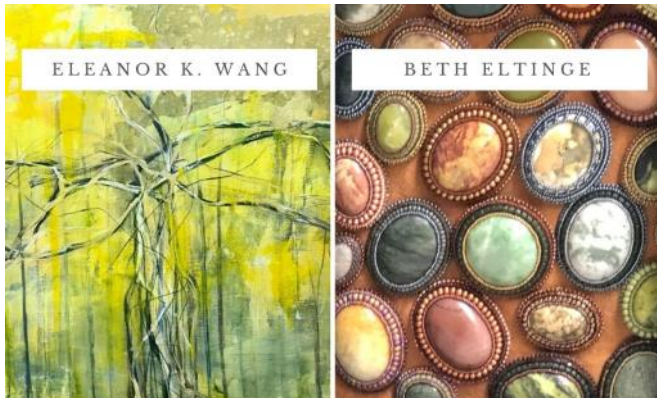
OUR ARTISTS AT WORK

Submitted by Beth Eltinge

During the month of January, Studio Gallery on R Street in Washington, DC will feature work from three neighbors from our neighborhood.

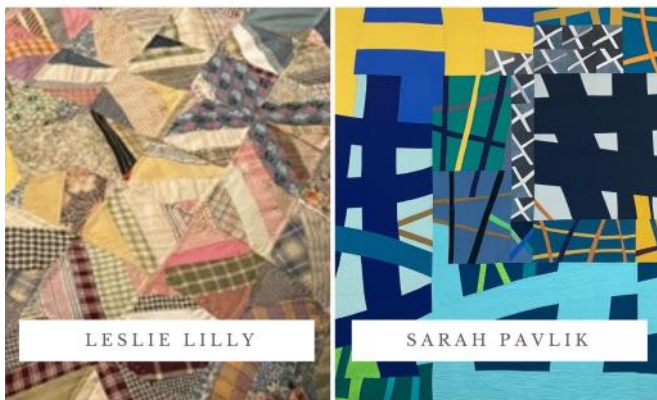
Leslie Lilly will display a family heirloom quilt she lovingly restored. Painter Eleanor Wang and bead artist Beth Eltinge have been collaborating with each other and they have created new work based on what they see in each other's work. The show, called Conversations, runs from January 5 to January 29 at Studio Gallery, 2108 R Street, NW. Hours for the gallery are one to six on Wednesday through Friday and eleven to six on Saturday. Masks are required for all visitors. The show will also feature the work of Sarah Pavlik, a quilt artist from Delaware.

Below is the Digital Postcard for the Show.



Conversations

January 5-29, 2022 at Studio Gallery
studiogallerydc.com
2108 R St. NW, Washington, DC
Wednesday through Friday: 1pm-6pm
Saturday: 11am-6pm
Reception: Saturday, January 8th, 3-6 pm



Artist Statement from Leslie Lilly:

Years ago, I was gifted with an old suitcase full of quilt pieces in various stages of completion. As I sorted through them, one particular batch of pieces spoke to me. They were sewn into a wonky shaped small quilt, some pieces still clinging to bits of old brown newspaper and some of the seams had come apart as the edges frayed while some of the fabric disintegrated with my touch. The muted colors of age and the simple beauty of the designs that were once coveted flour and feed sacks from the 1940s and 1950s touched my love of history. I actually told myself it deserved to be completed and loved, its story told.



With countless hours of restitching, recutting and reimagining, this quilt truly was a labor of love. And its origin-story, 7 decades in the making, is quilted into the white border.

1950- Pieced by Aunt Byrdielee, Flour - seed sacks & old clothes. Stashed in Grandmother Edna's Attic in Selma, Alabama

Forgotten through the years but discovered in 2002

Given life anew in 2021 by Leslie Lilly - Oakton, Virginia

(Continued on page 15)

OUR ARTISTS AT WORK (CONT.)

(Continued from page 14)

The quilt has come full circle when I gifted it to the granddaughter and niece of the women who were just recycling and piecing scraps of old fabric together to create something new.

Artist Statement from Eleanor Wang:

Some paintings are my personal responses to Beth's **Winter Tree**. Others are a back and forth dialogue with the color BLUE being the cue for Beth's beadwork, and my paintings.



Anticipation

Artist Statement from Beth Eltinge:

I discovered beading some twenty years ago. I had an idea to make a wall quilt that looked like an open jewelry box and I planned to make a dozen pairs of earrings that were very large and showy and attach them to the quilt. My thought was that these would be earrings I would never wear myself, and I would call the piece "My Other Earring Box." I started making earrings for the wall hanging, and became absolutely fascinated with beading. The wall quilt never got made and instead I started an amazing beading journey.

During the pandemic, I have tried to focus on using what I have on hand. This concept of creating with what I have comes in part from my elementary art school class when our art teacher would walk around the room with a black marker and draw a big squiggle on a large sheet of paper. We each got very different looking marks, and from these marks we were to create a picture. I love this concept of being given something to start with, then creating with it.

Eleanor Wang, a neighbor and artist with the Studio Gallery approached me this year and suggested we collaborate. She would respond to something I made and I would respond to

something she made. This fits very nicely in my mind with the concept of being given something and creating with it. We presented each other with some work and responded. In my responses I tried to limit myself to using only materials I had on hand. I find that working within certain restrictions is actually liberating and allows me to focus on the process of creating.



Cascading Pearls

CONVERSATIONS

Beth Eltinge

Leslie Lilly

Sarah J. Pavlik

Eleanor K. Wang

**See Photos of More Art from
the Show on the Next Page!**

OUR ARTISTS AT WORK (CONT.)



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 JANUARY 2022

Hi All -

Here are a few trends that our team at Long & Foster Real Estate expects to impact the market in 2022.



Inflation and economic challenges could slightly affect interest rates.

Interest rates have been at historic lows the past few years. While our current inflationary environment and other economic challenges could put upward pressure on rates, we believe they will stay relatively low throughout most of the year. At the end of 2022, we may see 30-year fixed mortgage rates rise to between 3.5% and 4%.

Inventory issues will continue to affect buyers. The lack of listings has been severe for about five years and the demand for homes has grown even more robust since the pandemic began in March 2020. Although real estate is hyper-local, demand is expected to wane somewhat in 2022, but will remain very strong when compared to a more normal market.

New construction will face supply chain, labor shortages. Despite supply chain challenges, the shortage of skilled labor and the cost of land and materials, demand for new homes will be robust in 2022.

Price appreciation will remain healthy. A rise from 7% to 12% is expected in 2022, which is a solid gain—but not the astronomical 20% rise in home values we’ve seen in some markets in the past two years.

Home sales, although still brisk, will normalize. The number of home sales should continue strong in 2022, although we may see a 2% to 3% drop in sales compared to 2021 due to a lack of housing inventory.

May 2022 be a healthy and happy year for all!

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	Address	Date	Close Price	List Price	DOM
PND	10801 Bryant Pl	1/7/22		\$2,199,900	86
PND	10800 Bryant Pl	1/7/22		\$1,499,900	115
CLS	10907 Willow Creek Ln	12/20/21	\$2,199,000	\$2,199,000	8
PND	3102 Miller Heights Rd	12/13/21		\$1,075,000	4
CLS	11016 Blue Roan Rd	12/8/21	\$975,000	\$1,000,000	12
A/C	2902 Melanie Ln	12/3/21		\$849,980	132
CLS	3175 Ariana Dr	11/15/21	\$1,800,000	\$1,850,000	7
CLS	3192 Wheatland Farms Dr	11/12/21	\$1,560,000	\$1,599,000	26
CLS	2912 Melanie Ln	11/5/21	\$950,000	\$999,900	11
CLS	3105 Whimbrell Ct	11/1/21	\$1,600,000	\$1,550,000	4
CLS	3110 Whimbrell Ct	10/28/21	\$2,240,000	\$2,200,000	5
CLS	2938 Miller Heights Rd	10/21/21	\$939,000	\$939,000	4

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 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!



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-

Pinecone Crafts

We happen to live in a neighborhood full of pinecones on the ground, so why not take advantage of it? Here are a couple of our favorite pinecone crafts you can do at home!

Find more at <https://feltmagnet.com/crafts/crafts-using-pine-cones>

Wash pine cones and place on a pan covered in tin foil, then bake at 200°F for 1 hour, checking to make sure they do not catch on fire. Next place in Zip-lock bag and drop essential oils into bag (two oz per pound of cones). Close the bag tightly and shake to spread the essential oils over all of the pinecones. Let sit for 24 hours to 1 week, the longer the better!



MHNA KIDS NEWSLETTER!

Football Updates: Week 18

For those of you who follow football, January is an interesting time of year. The playoffs start, and everyone is looking at the path to the Super Bowl. This year, things surrounding playoff teams have been very chaotic up until around last week, when the divisions started to cement and the playoff picture slowly formed.

Big wins around the NFL in the past couple of weeks:

The Packers clinched the #1 seed in the NFC with a win over the Vikings, which guarantees them a first-round bye and they get to play all their playoff games at home.

The Rams edged out the Ravens, bringing them one step closer to becoming NFC West champions (each team is part of a division with three other teams), . This also severely damaged the Ravens playoff hopes, as now they need to win their last game against the Steelers and get some outside help through losses by other teams to make the playoffs.

Continuing the domino effect from the Rams-Ravens game, this makes it increasingly harder for the Arizona Cardinals to secure the top spot in the NFC West, although they are guaranteed a playoff berth on at least a wild-card basis. To take the NFC West championship from the Rams, the Cardinals must beat the Seahawks, who stand at 6-10, and the Rams must fall to the 49ers, who are 9-7. The NFC West is one of the most packed divisions in the NFL, so we'll just have to find out who takes the division at the end of Week 18.

Switching over to the other conference in the NFL, the AFC, the Chiefs, led by superstar quarterback Patrick Mahomes, and the Titans, led by Ryan Tannehill, are going into Week 18 hoping for a loss from the other team, as it would secure the #1 seed in the AFC. However, the schedule slightly favors the Titans, as they are playing the 4-12 Texans, while the Chiefs are playing the 7-9 Broncos. For the Titans to secure the top seed, they must beat the Texans, but for the Chiefs to secure the top seed, they must beat the Broncos *and the Titans must fall in an upset loss to the Texans. It's looking good for you, Titans fans!*

Overall, the 2021 NFL season has been a crazy roller-coaster ride, with many highs and lows for almost all the teams in the league. The playoff picture is slowly cementing, and the path to the Super Bowl will follow through the end of January. Good luck to all of your teams!

MHNA KIDS NEWSLETTER!

Simple Nail Designs to do at Home

We've all been wearing masks for almost two years now, so makeup has lost some appeal. You can't see your whole face, and it might smudge under the mask and make you look worse. But, there is an alternative to give yourself a little extra pamper: do your nails at home! Here we'll give you two easy nail designs you can do at home, no nail tools required! Of course, you can always paint your nails one color, but why do that when you can add a little more style?

Nail design #1: Half and half

For this easy nail design, choose two colors for your nails. Paint the lighter color on your nails as the base color until you have a solid coat and can't see the natural nail. Once it's dry, take a piece of tape- Scotch tape, masking tape, whatever- and place it the long way over half your nail. Then paint the other color over the uncovered half, count to five, and peel off the tape. You should be left with one half one color, and the other half the other. Wait at least 20-30 minutes for it to dry fully, and voila! You have a beautiful manicure!

Nail #2: Checkers

Our next nail design is slightly harder, yet similar to the first. If you're ready to step up your nails, try a checkered pattern. Again, choose two colors for your nails, and paint the lighter one as the base. When it is completely dry, take two small pieces of tape and lay them in opposite corners of your nails. Then, take your other color and paint it over the nail. You don't have to worry about getting the polish over your whole nail, since you have tape covering the parts you don't want painted. For example, I could paint a pink base coat and lay tape over opposite corners, then apply a black coat over it. Once you're done painting the darker color over the lighter one, count to five and then slowly peel off the tape. You can touch up the lines if needed, but don't play around with it too much, since the polish will still be wet. Wait at least 20-30 minutes for it to fully dry, and you should have a stylish manicure!



MHNA KIDS NEWSLETTER!

Homemade Rock Candy

Ingredients

- 3 cups sugar + extra
- 1 cup water + extra
- 3 Wooden sticks, popsicle sticks, cake pop sticks, string
- Three small glasses/ Containers
- Three clothes pegs
- Food Coloring (optional)
- Flavoring (optional)

Instructions

Bring water to a boil, then add half a cup of sugar to the water and stir with a wooden spoon until the sugar dissolves, repeat this process with the rest of the sugar. Cool for 15 mins. Next, dip wooden sticks halfway into extra water, and dip into extra sugar. Let dry. Put one drop of coloring into each glass and then one drop of flavoring(optional). Pour sugar water into all three glasses and mix with spoon. Insert stick into the center of the glass containing about a centimeter from the bottom of the glass and attach the clothes peg to the top of the stick. Leave the glass in a cool place for at least 3 days and up to several weeks. When it is the desired size, pour out the excess sugar water, and remove candy from the glass by pouring hot water on the bottom of the glass. Enjoy!



A Guide to Studying

It's a new year, and it may be time to change up your study habits. Maybe you have found that the way you study just doesn't get you the grade that you desire, or maybe you just get bored out of your mind while studying. Whatever the reason, sometimes a change in any habit you may have is good.

Every student, no matter the age, has to take a test at some point in the year, and for many, the actual test isn't the worst part, it's the hours of studying that take place the night before. However, these hours could turn into only an hour, and not be so terrible, if you find the way that works best for you! We decided to ask students currently attending elementary school, middle school, high school, and even college to share the study habits that get them the grade and free time they want.

- Create your own study guide
- Make flashcards and test yourself
- Explain the topic to a family member or friend
- Make a rap/ song having to do with the material
- Repeat the material out loud
- Create a Quizlet
- Study in your favorite place
- Create acronyms that you'll remember
- Study with friends on a video call
- Create and finish practice problems
- Review your notes

MHNA Kids NEWSLETTER!

Martin Luther King, Jr Word Search

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

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