

A MESSAGE FROM THE MHNA PRESIDENT

May 2022

Dear Neighbors,

Thank you for your support in electing me as the President of MHNA. I'm pleased to take the reins from Judith and give her a little reprieve. Of course, Judith was elected as Vice President in the same nail-biting election...well actually there were no contested seats. Finally, Nico Shuster has taken up the long vacant board member position of Secretary. Nico is a Junior at Oakton High School and we are hoping he can engage the neighborhood youth to play an even more active role in our civic association.

My vision for MHNA (in case you missed the nationally televised debates) is first and foremost to maintain MHNA's role as an active civic association that stands ready to engage on behalf of its members on any issue, large or small. If you've ever experienced a situation where your community suddenly needed a collective voice because of some proposed change (e.g., schools, transportation and traffic planning, zoning) you will know that it takes time to build an organization that can serve as a collective voice and get the attention of local authorities. I had an experience like this when I lived in the Town of Herndon and the Town Council put forward a shockingly dense and overbuilt plan for the area around the new Metro Station. It took many months for us to organize the community and eventually force the town to change its plan. Thanks to the good people who launched and ran MHNA for the past ~20 years, we are very fortunate to have an established institution to serve this purpose when the need arises.

In the recent past we have engaged with and facilitated outreach by the County on issues such as:

- Traffic calming for Miller Heights Rd.
- Park Trail improvement (removal of the concrete mess)
- Stormwater outfall and retention pond restoration work
- Kiss and ride traffic at Oakton Elementary School

Also important are the good things that we can do together,

such as food drives and park cleanups, and also improving community relations through social activities and communications like this newsletter.

A few key things that I hope we can accomplish over the next few years:

- Oversee full deployment of a community approved traffic calming plan
- Increase MHNA membership to become even more representative of the community
- Get a better understanding of member issues and concerns through surveys and outreach

We can't represent you if we don't hear from you so if you ever want to talk about any topic large or small, I'm all ears. Please send me an email or give me a call. I look forward to hearing from you

Doug Shuster

president@mhnanews.com

703-870-7164

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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 545 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 806 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	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	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	703-746-4774
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

MUSINGS

By Judith Schneider-Fletcher

Flowers. I love Fall, but Spring is my favorite time of year. Growing up in Florida, we only had two seasons - Hot and Hotter. It's nice to see the flowers after waiting all winter.



Another sign we are getting back to normal and winter is over: the Saddlestone Book Club met face to face on my deck in April. I really needed to see the faces of my dear friends. Our book club has been meeting continuously for over 15 years, and even through Covid, we never missed a month. We don't all share the same tastes in books, but we share a joy of reading and have read and discussed books we might not otherwise. I recently began using Audible to listen to the books; I needed to keep up with the monthly selection and this was the best way. Instead of listening to music while editing documents for work (I'm a proposal manager), I let Audible read a book. Last month was *"Fifty Things That Aren't My Fault"* written by the cartoonist who for years wrote *"Kathy"*. It was a hilarious romp, with a tear or two life journey as a career woman, single mom, and daughter of aging parents. Try a book club on your street, it's a great way to meet your neighbors.

You may have noticed a new face in the President's message! I am so grateful to Doug Shuster for taking the reins of our organization. He has been a great partner for the last 3 years and I look forward to working with him as VP. Doug's drive, motivation and attitude are just what we need in Miller Heights. A special welcome to our new Secretary, Nico Shuster. What a great way to build a college resume! If you want to become more active in your neighborhood, we are always looking for new ideas and assistance.

I will continue to chair special projects and assist Doug in making this the best neighborhood in Fairfax and want to thank everyone who assisted during my tenure.

Best regards,

Judith

[#BestNeighborhoodEver](#)

MEMBERSHIP UPDATE

by Abheshek Narain

The Miller Heights Neighborhoods Association (MHNA) currently has 105 paid member-residences. We continue to receive positive feedback on our new Membership Portal and the ease it provides for residents to join MHNA, submit their donation and most importantly, actively manage their membership information, view the directory online and connect with other members.

Our neighborhood continues to be recognized for its strong sense of community. Residents have found multiple ways to come together including play groups, walking buddies and sharing information with one another to help us maintain this beautiful community. We are very proud of how the neighborhood continues to come together.

As we enter these warmer months and spend more time outdoors, let's encourage one another to meet in a safe manner and get to know our neighbors and form common bonds. Let's find ways to help one another in any way possible and welcome new neighbors into the Miller Heights fold. We ask that you share your ideas of how MHNA can help you further and encourage your neighbors to join MHNA and participate. Perhaps its organizing neighborhood yard sales, or facilitating a summer yard work help guide. 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 (<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

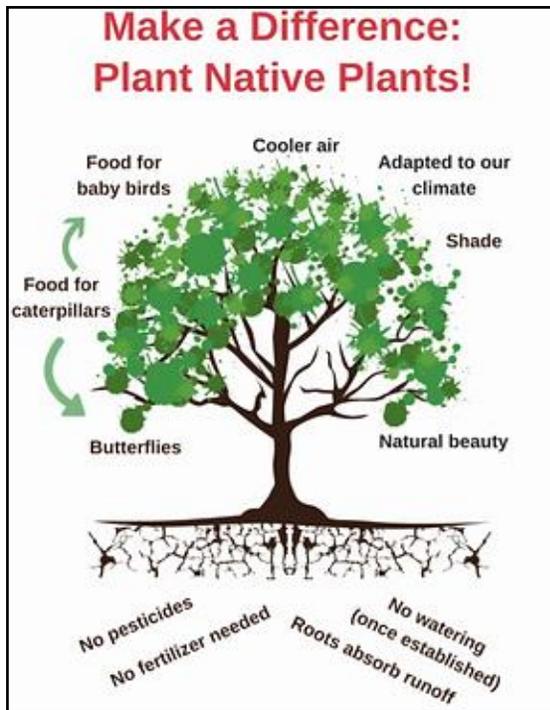
Now is a great time to plant native plants



By Sara Holtz

Why Native Plants?

1. Naturally beautiful! Native plants will add beauty to your garden. Not convinced?
2. Made for here! Native plants are adapted to local conditions. Planted in the right place, native plants need less water and other care than our non-native lawns.
3. Good for the Earth! Native plants support butterflies, birds and pollinators AND healthy water!



Here's an excellent guide called [Native Plants for Northern Virginia](#)

Volcano Mulching Can Kill Your Trees

By Kurt Brandt M.D.

Proper tree mulching is pleasing to the eye, prevents weeds, and retains moisture. Nature, however, never intended for mulch to be piled over the primary roots and against the bark of the tree. This unfortunate practice called volcano mulching is where mulch is mounded or tented up against the tree base. This can lead to root suffocation, fungal and insect invasion, moisture rot, roots growing up into the mulch mass, and debarking; in time culminating in severe damage and death. A couple of years ago my wife and I watched mature oaks die in the neighborhood as the owner volcano mulched the several trees in his front yard.

To correct this it is recommended that mulch be taken away from the base of the tree and from over any root mass growing up into the mulch and primary roots as soon as possible with appropriate root pruning. You Tube has an excellent video from This Old House on what to do and how to remulch to no more than two inches.:

<https://www.youtube.com/watch?v=fl12XNNqldA>.

Hopefully many MHNA homeowners will make sure that their trees are well mulched, maintained, and that the beauty of this lovely community will continue for years to come.



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.)

MHNA Website

As we mentioned in the January newsletter, 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. 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 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 welcome.**

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



Our New Neighbor on Saddlestone Ct - Likes the Trampoline

MHNA CALENDAR OF EVENTS

OAK MARR FARMERS MARKET OPENING – MAY 4

MHNA FOOD DRIVE– BENEFITING OAKTON HS PANTRY - MAY 20-23 - LOCATION 3312 SADDLESTONE CT.

SEPTEMBER NEWSLETTER SUBMISSION DEADLINE – AUGUST 15, 2022

WE NEED YOUR HELP!

We send out over 550 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 369 unique 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. 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

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

NEIGHBORHOOD CONNECTIONS

FRIENDS OF OAKTON LIBRARY

Oakton Library News

Thank you all for supporting the Oakton Library with your wonderful book donations. Needless to say, the demand for ebooks has skyrocketed and we have been able to allocate funds for additional purchases.

Please keep your donations coming. We need plenty of gently used books, audio books, CDs, and DVDS for our May sale.



OAKTON FRIENDS BOOK SALE

May 4, 5, 6 10 - 5:30
May 7 10 - 3

info@friendsofoaktonlibrary.org
www.friendsofoaktonlibrary.org

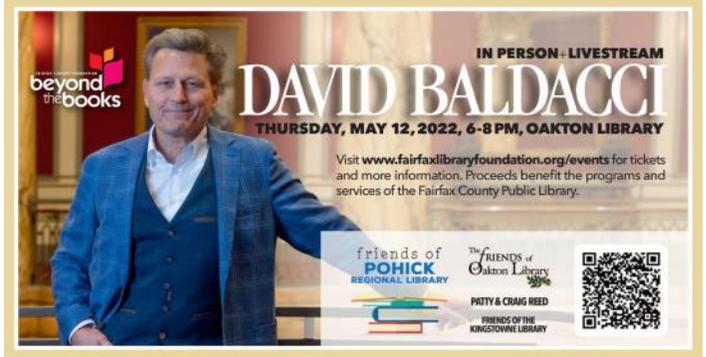


The Friends of the Oakton Library will hold their Spring Book Sale, a nice selection of gently used books for all ages, as well as CDs, DVDs, audiobooks and more.

The Library is now open 6 days a week. Monday - Tuesday 10AM - 9PM and Wednesday - Saturday 10 AM to 6 PM.

Thank you to all those Miller Heights residents who donate to and shop at our used book sales. All proceeds benefit the Oakton Library and the collections of the Fairfax County Public Library.

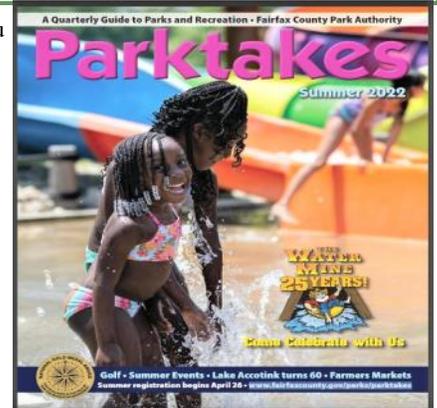
Mary Colombi - VP Friends of the Oakton Library



Oakton's own David Baldacci will present a program at the Oakton Public Library on Thursday May 12 from 6 - 8PM. Visit www.fairfaxlibraryfoundation.org/events for tickets and more information. All proceeds benefit the programs and services of the Fairfax County Public Library.

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 Spring or Summer Guides 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:



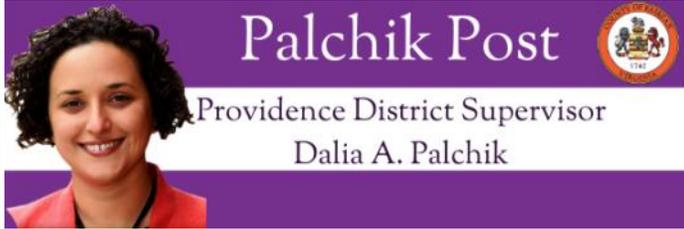
<https://www.fairfaxcounty.gov/parks/parktakes>

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.

NEIGHBORHOOD CONNECTIONS (CONT.)



Palchik Post
Providence District Supervisor
Dalia A. Palchik

BUDGET INFO:

The Board approved the [FY 2023 Budget Mark Up Package](#) at its meeting on [Tuesday, April 26th](#). After months of conversation with our community, the Board approved a number of changes to [County Executive Hill's Proposed Budget](#). I want to thank each and every one who provided testimony or contacted my office with your input. Your feedback was an important part of the process. As we prepare for the final vote, I especially want to thank those who spoke on behalf of our County's parks, affordable housing, employees, environment, small businesses, arts, youth, and seniors. Your voices and participation truly made a difference.

Some changes I'd like to highlight are outlined below. As a reminder, the Board will adopt the budget on May 10th.

- **Real Estate Tax Rate was reduced from \$1.14 to \$1.11 per \$100 of assessed value.**
- The Board approved **15% tax relief for personal property taxes on cars, trucks, and other vehicles**. This provides for almost \$98 million in tax relief in total for vehicle owners.
- The **expanded tax relief program for seniors and people with disabilities**, which was approved by the Board in December 2021, is now in effect and is estimated to make an additional 2,000 residents eligible for the program.
- **The Machinery and Tools (M&T) Tax was reduced by more than half, from \$4.57 to \$2 per \$100 of assessed value**, to help businesses like craft breweries and small-scale producers.
- The Board worked with the FCPS School Board to identify **\$10 million to be added towards this joint priority of expanding the availability of affordable housing in the County**.
- The Board is committed to working with the Park Authority Board to address needs and provide necessary funding including **over \$750,000 in additional support for a natural resources sustainability effort and \$500,000 for a parks equity pilot program**.

To address retention and recruitment issues, the Board approved a **4% pay increase for all County employees**. Additionally, **all eligible uniformed employees will receive a one additional step on their respective pay plans**. This, combined with longevity increases, amounts to a 14% pay increase for some pub-

lic safety employees.

EVENTS:

[Carbon-Free Fairfax: Ask an Expert Session](#)

Up to 25% of your household energy bill could be for wasted electricity from electronics and appliances that act as energy vampires, sucking electricity even when they're turned off. Sign up to speak with a Certified Energy Manager about how to increase the energy efficiency of your home. Register and learn more [here](#).

[The PARC at Tysons Mural Debut](#)

Save the date! Celebrate Fairfax will be debuting The PARC mural on [Saturday, May 7th!](#) To kick off the debut of the mural we will be celebrating with live paintings by the artist, Rodrigo Padrel, live music from DJ Cabezon, Caboose Brewing, food trucks, and more! The event will have activities for all ages, so grab your family and head down to the PARC at Tysons! You won't want to miss this free, fun-filled event.

For more information, visit [here](#).

[Live Healthy Fairfax Educational Session](#)

The [Fairfax Food Council](#) is leading an educational session on [May 12 from 9:30am to 11:45am](#) during the Partnership for a Healthier Fairfax (PFHF) annual meeting.

This educational session will take the place of the Food Council's yearly summit. The PFHF educational session will end with a Prezi video presentation highlighting the many ways the food system is lifting the community voice. These stories will be illustrated through photos, video snippets, and quotes/testimonials.

For more information, visit [here](#).

[Providence Presents](#)

The [Park Authority's Summer Entertainment Series](#) is back!

Welcome to the newly expanded *Providence Presents!* I am thrilled to announce that in addition to **Nottoway Nights in Vienna**, we've now added the **Global Music & Dance in Falls Church**. This new program will highlight local international arts groups, with a focus on dancing. All shows are free, outdoors, and appeal to all ages. Thank you to our corporate and private donors for making this event possible. If you would like to volunteer for the event, email us at Providence@fairfaxcounty.gov to coordinate. Join us to listen and dance to the world of music!

NEIGHBORHOOD CONNECTIONS (CONT.)

Oak Marr Farmers Market

Wednesdays, May 4—November 9, 2022

8 A.M to Noon



[Audrey's Kitchen](#)
[Baguette Republic](#)
[Garner's Produce LLC](#)
[J & W Valley View Farm](#)
[Kuhn Orchards, LLC](#)
[Luke & Son for Global Food](#)

[Pau's Delights](#)
[Pinch & Peck](#)
[Sip Coffee Inc](#)
[Sweet Twist of Ecuador LLC](#)
[Ana's Twist](#)
[Woerner Orchards](#)

VENDOR LISTING

Parkland Encroachment

With so many county communities bordering parkland, it is not surprising that park neighbors occasionally enter into activities that go beyond their property lines. Encroachments are illegal, are punishable by law, and can take many forms:

- Dumping yard waste and debris
- Removing trees and other vegetation
- Extending yards onto parkland
- Storing equipment and materials
- Erecting fences and structures such as mulch/stone paths

Encroachments damage park resources. Piles of yard waste attract rodents and snakes and may introduce destructive, invasive plants into natural areas. Removal of trees and other foliage decreases the vegetative cover that filters pollutants from the air and modifies temperatures. Removal of natural ground vegetation encourages erosion and allows surface runoff to contaminate water sources. Digging and removal of artifacts on undeveloped land destroys the integrity of archaeological and historic sites. Extending yards, storing material and equipment, and erecting private fences or other structures on parkland effectively limits access to acres of public land by fellow citizens.

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



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:

[Spring 2022 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

COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

Interview with Cathy Jaquette, founder of the Oakton Pantry at Oakton High School

By Sara Holtz

How did the Oakton Pantry begin?

In 2016, during my tenure serving on the Oakton High School (OHS) PTSA Board, one of the school's assistant principals (AP) began mentioning the desperate situations of some of the school's students in need. She said that often the front office staff would pool together money to buy a gift card for a student so that they could buy some basic necessities. Some of the students were brand-new to the country and were living on their own or with relatives. Some were in foster care. And others had a parent who was unemployed or suffering a health crisis. No matter the reason for their current situation, the students were consistently overwhelmed with gratitude by the kindness shown by the staff.



At one of the meetings, we discussed organizing something within the school to be able to serve these students on a regular basis. The AP replied that her dream was to start a pantry but that it just hadn't happened. That was my cue. Within 3 weeks, in October 2016, I had the Pantry up and running. I knew we would have community support; it was just a matter of putting the organization into place. We put out a call to the school community that we were collecting funds to start the Pantry. We mentioned that we needed shelving, plastic containers to store supplies, and, of course, donated items. The response was immediate and overwhelming and within a matter of days, we had collected \$700-\$800.

What is the Mission?

The original mission of the Pantry was: The Pantry is available to help OHS students and their families in need. We offer non-perishable food, personal hygiene items, and household cleaning supplies.

Now, 5 1/2 years later, the mission has been expanded: The Pantry is available to help OHS students and their families, as well as members of the greater Oakton community, who are in need. We offer non-perishable food, personal hygiene items, household cleaning supplies, and school supplies.

When we started the Pantry the idea was simple: students and families would be able to shop for free any time during school hours with the assistance of a school staff member. Over the past 5 1/2 years, we have evolved and adapted as needs and circumstances changed.

How do students access the Pantry during school hours?

Students are welcome to stop by the Pantry any time during the school day as long as they are accompanied by a school staff member. To make the Pantry more accessible, we decided to also offer an open shopping time on Thursdays after school. Students are welcome to stop in and take whatever they need. At the beginning of the year we averaged 7 students a week. We now have 36 students who stop by during this window of time. A couple of weeks ago we had our highest participation yet on a Thursday -- 60 people combined came to the open shopping time and curbside pick-up.

How many students do you serve a week?

Since any school staff member can bring a student to the Pantry any time during school hours, we don't know exactly how many students use the Pantry a week. I'd say we average 25 - 30 students visiting the Pantry a week, plus 32 bags of curbside groceries, plus the 100 snack packs.

What is unique about the Pantry?

One of the most unique aspects of the Pantry is the involvement of the school's special education students. Students in the job training and work skills classes are in charge of collecting Pantry donations from the front office, delivering them to the Pantry, sorting items and stocking them in the correct containers. They also run the snack pack program, filling gallon-size Ziploc bags with breakfast or lunch/dinner-themed food that are available to students in different spots throughout the school. We are so grateful to these students for the help they give in keeping the Pantry organized and running. Their teachers are thrilled that the Pantry can provide very real-world job experience to these students in a safe and caring environment.

Tell me about special holiday distributions

Since the Pantry's inception, we have organized Thanksgiving Meals and Holiday Gifts and Groceries every year, and each year the program has gotten larger. The one constant for the Pantry has been the generous support of the school communi-



(Continued on page 10)

COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

(Continued from page 9)

ty. I have known since the beginning that if the Pantry needs anything, all we do is put out the word and we will have donations. In November 2016, we coordinated Thanksgiving meals for 27 families, and collected holiday gifts and groceries for 40 families. In 2021, we did our largest distribution ever. We coordinated 62 Thanksgiving meals for Oakton HS families and 50 meals for Mosaic Elementary School families -- a total of 112 meals.

For the holidays, we have always asked recipients for their wish list items and we do our best to fulfill their requests. We take the time to ask for clothing sizes, favorite colors, favorite teams, favorite stores, so that we can come as close as possible to granting their wishes. In December 2021, 82 families received personalized gifts -- winter clothes, shoes, books, games, toys, diapers, bed sheets, towels, gift cards, plus a fleece blanket and winter hats and gloves for all of the children (age 21 and younger) in the family. Every family received a full bag of groceries, toiletries, and household supplies.

How has the Oakton Pantry concept grown?

Since our Pantry was so successful from the start, other schools began contacting us for help. In the first two years of the Pantry's existence, I, along with Pantry team members, mentored 18 other schools that were considering starting or had just established their own pantry. I set up a communication network among the schools' stakeholders so that everyone could compare notes, ask questions, and share ideas that worked for them. We hosted 2 or 3 meetings at Oakton so that representatives from other schools could tour our Pantry and ask questions. I wrote our Pantry's Organizational Plan and shared it as a framework to help other schools get started.

Do you partner with other organizations?

BRAWS [Bringing Resources to Aid Women's Shelters](#) has been our community partner from the beginning. They provide us with pads and tampons every month, and these products are easily the most sought-after item that we stock. Pre-pandemic we also partnered with [Cakes4Kids](#), which provided elaborate birthday cakes for our students; we are now getting re-established with them as a community partner. We also partner with [Rustic Love Vienna](#).

Can OHS students volunteer?

Beginning in the fall of 2019, we established the Pantry Club - an extracurricular organization that enables students, in addition to those in the special education classes, to help with the Pantry. Our club members keep track of inventory, organize donations and food collections, and pack our grocery bags every week.

What challenges have you faced?

Over the past 5 1/2 years, the Pantry has faced some challenges. The school's renovation has meant that the Pantry has been in 3 different locations. The pandemic was a new type of challenge. In March 2020 we were gearing up for a large Spring Break grocery distribution -- before long school breaks, we

always want to make sure that students are set with enough groceries to last throughout the break since they won't have access to breakfast and lunch at school. When schools shut down, the first thing we did was ask the principal if we could do a grocery distribution. She worked with the county to make it happen for us. We put out the call to the community for donations and on March 18, 2020, we distributed 3 bags of groceries each to over 70 families. People even donated toilet paper when toilet paper was scarce.

When the new school year began and schools were still closed, we realized that we needed to pivot. We partnered with a local church who offered use of their space for our Thanksgiving, holiday and spring break distributions.

How is the Pantry doing this year?

This current school year has seen our largest growth in donors, recipients, volunteers, and programming. We received several grants from private individuals and [Rustic Love Vienna](#) which has enabled us to expand our outreach. We started a curbside grocery pick-up -- every Thursday afternoon anyone can stop by in front of the school, no questions asked, and receive groceries. In the past few weeks we've actually started including fresh produce which is new for us. Anyone is welcome to pick up groceries -- we advertise within the OHS community, Mosaic ES, and the apartment buildings located near the school. We usually give about 32 bags of groceries away during the curbside distribution. In the past few weeks our snack pack program has jumped from 30 bags a week to 100. The school recently gave us a second space to use so that we can keep up with the increasing demand and store more inventory.



How do all the volunteers stay connected?

One of my roles is maintaining communication among the Pantry Team members. We have parent volunteers, student volunteers, community volunteers, donors, and school staff members and it's important that everyone is on the same page. We use [Facebook](#) and the Principal's Updates to communicate with the community. We use Sign Up Geniuse to organize volunteers

(Continued on page 11)

COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

(Continued from page 10)

and special donations like the Thanksgiving Meals, Holiday Gifts, and pre-packed school backpacks.

How many hours have you spent?

In terms of my hours, over the past 5 1/2 years I've probably volunteered 1000+ hours for the Pantry. I probably average 200 - 250 hours/year.



What are the benefits of the Pantry?

The benefits of the Pantry are multi-faceted. The Pantry is all about community and building strong relationships. Being able to provide a bag of groceries to a student and their family is about more than giving them a meal. It's making a human connection. Letting them know that school is a safe and nurturing place. There are so many people who care, and when you're struggling, it can mean everything to know that you're not alone. The counselors have seen a direct correlation between receiving food from the Pantry and improved grades, behavior, and attendance. The Pantry is a bridge to greater communication and building relationships. Especially during times of uncertainty, we always want the Pantry to be a safe and reliable space.

The Pantry provides our special education students with an opportunity to learn and practice new skills. Our club members are learning the prices of goods and the importance of comparison shopping. Club members have opportunities to lead food drives and other initiatives to promote the Pantry within the school and the community. Our parent and community volunteers love having the opportunity to give back. And our school staff members appreciate that the Pantry exists to help their students.

Our Neighbors - Showing support for Ukraine



COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

SPRING HAS SPRUNG, OR HAS IT?

By Gordon Brown (Farmer Brown)

All my life, have I ever wanted winter to be more over! And how about all that wind? Not sure, in all the time I've lived in Oakton, has there ever been this much wind...

I'll start by referencing my last article about not blowing or raking leaves out of your yard in fall. This year we have had an incredible number of birds rummaging through the detritus and as many as 5 Northern Flickers hopping around at a time. The Robins, Crows and so many others have enjoyed the bugs the attracted by the rotting leaves. Best of all – my lawn has benefited incredibly – at no cost! In the areas where the leaves gathered in winter, the grass is lush and doing well.

My attempt at fixing broken trees / branches from the ice-storm earlier in the year, yielded poor results. My feijoa didn't take. Fortunately, the plum tree that snapped a foot up, under the weight of the ice has and was in full flower a week or so ago and is on the road to recovery. That was the easy part – now I must worry about codling moths which lay eggs in a crescent shaped scar in the growing plums and deposit an egg which, as it matures turns the fruit rotten. This year I'll try a pheromone trap and will bag the branches now that the fruit has set to prevent the months getting to the fruit. I've also noted the craziest thing this year – many of my plants that are grafted, have lost the graft. The rootstock looks fine but many of my Pawpaw's, contorted Zho-Jujube, Asian Pear, Sweetheart cherry have all lost the graft – many over 4 or 5 years old.

Speaking of fruit, my Asian Pear had a poor yield last year, but looks to be ready to turn that around. Research seems to indicate that the yield varies year to year so I'm looking forward to a bumper harvest this year and will be sure to bag the fruit as well! Being a favorite fruit in this household, I did pick-up a "dwarf" Asian pear in the fall as an impulse purchase and that's also in full flower, but I don't expect fruit this year. One other future favorite is my Serviceberries, and they are looking very good this year! Still very young, but I expect them to surpass my blueberries in production in the coming years!

I've tried some new veggies this year – radishes and wasabi radishes, and something called "Miners" lettuce. The radishes have been delicious, but the miner lettuce seeds only went in this week – so something to look forward too. I am also trying asparagus from seed – aspirational I know. Having done some reading on the 3 sisters (squash, corn, beans) planting method I want to give that a shot this year as well. Not sure where, but I'll find a spot and give that a shot!

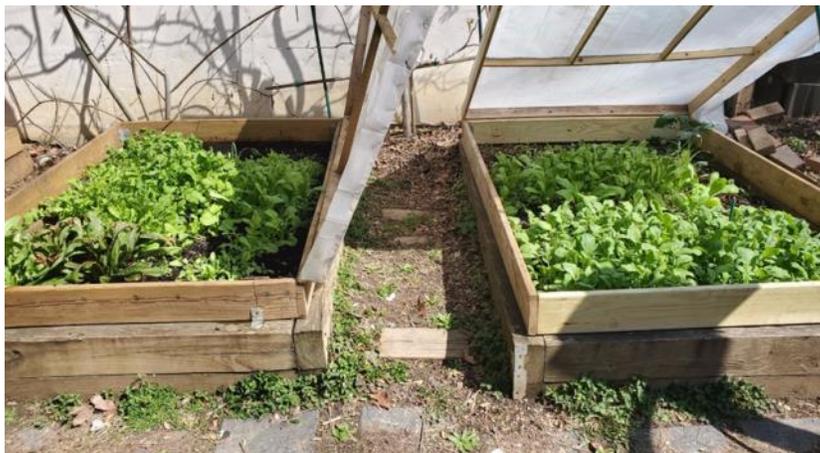


(Continued on page 13)

COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

(Continued from page 12)

My daughter had a school project to grow sunflowers earlier in the year, so I turned on the grow mats and the UV lights to get those seeds moving. Only 6 of the seeds sprouted – a reminder that the longer seeds sit, and depending on how they are stored, they will start to lose viability. Be sure to use those seeds or ensure you find a way to store them well! I use screw boxes from Home Depot, zip-lock bags and have the seeds catalogued by company, year purchased and seed name. The zip-lock bags are numbered and correspond to the catalogue. While her seeds are doing well, I figured this year I really want melons. My success rate has improved year on year, but now I am no longer playing around, and I have planted nearly 50 seeds in the hope that I get a more than one melon. More to come on this.



And the big win for this year.... One of my beehives survived winter! The wet week in early April was a big scare since the bees were at risk of starving but they've been busier than ever this week. Next up is a mite-treatment. I'll also look to order a new brood of bees since I'm not experienced enough to split a hive. My mason bees needed a new home this year, so I whipped up a box, harvested some invasive bamboo and "voila" they love the new digs. The new nesting box is twice as big as the last one and much more durable so should withstand the titmouse and nuthatch and sparrow attacks on the larvae.



One thing I have tried to do over the last 2 years, has been to introduce more native plants into my yard and last weekend I purchased a few things (to include Virginia bluebells) and had to collect them from Riverbend Park (upstream from Great Falls) and when we arrived, the Virginia bluebells were in full bloom all along the river. I highly recommend a trip

there next year... its stunning and offers a lot of encouragement to plant native flowers!! I will not be planting the recently purchased items until the end of the month as this helps the new growth develop before being set out and shocked by April weather.



That's it from Farm Brown and I look forward to seeing you on the Miller Heights Gardening Club page (<https://www.facebook.com/groups/504388523527992/>)!

COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

TAKE A HIKE

BY BARRY INGRAM

How long has it been since you were on a Hike? Or just a nice walk in the outdoors? Well, my wife, Phyllis and I went on a hike at the Manassas Battlefield National Park a couple of weeks ago. It was a real treat for both of us and we will do it again, for sure.

I enjoy walking in our neighborhood, which has a few up and down hills, nice neighbors and lots of friendly dogs wanting cookies. At the Battlefield, we picked the Old Stone Bridge hiking trail, which is just a small part of the 2nd Battle of Bull Run area. It's supposed to be a little over a mile in length, if you stay on the marked path, but we must have drifted off a time or two because our journey seemed longer (but very enjoyable). This was different - unknown paths (for us), some steep up and down hills, smooth hill tops and vistas, scenic views, paths along a stream, and a surprise - large areas of beautiful Blue Bells along some paths and deeper in the woods. I've included a few photos.

There are historical markers along the paths, pointing out where different events occurred and brochures with maps showing the various trails. Additionally, the paths are well marked so you don't get lost.



Stone Bridge - Near our starting point



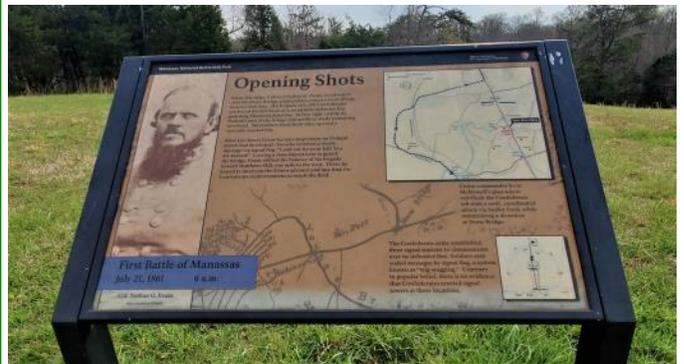
Wide-Open Vistas



Fields of Blue Bells



Even Prettier Up Close



Historical Marker

We will return for more afternoon hikes and try other areas of the Battlefield

COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

MILLER HEIGHTS EARTH DAY NATURE WALK BY SARA HOLTZ



Native Flower Spring Beauties



Native Flower Bloodroot



Native Flower Dutchman's Breeches



Native Flower Trout Lily

COMMENTS AND INPUT FROM OUR RESIDENTS (CONT.)

Collecting plastic plant pots

Submitted By Sara Holtz

If you have any plastic plant pots you don't need, please leave them on our driveway 3310 Saddlestone. I'll give them to our local native plant nursery Earth Sangha to reuse ♻️♻️♻️.

These pots cannot be recycled



Time for Ticks

Submitted By Barry Ingram

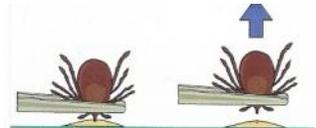
When you are walking in the woods on our trails, or even just working in the yard, please complete the event by carefully checking for ticks.

PREVENT TICKBORNE DISEASES



- Wear repellent
- Check for ticks daily
- Shower soon after being outdoors
- Call your doctor if you get a fever or rash following a tick bite

www.cdc.gov/ticks



how to remove a tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol, iodine scrub, or soap and water.

Notes:

- Remove the tick as soon as possible.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If you develop a fever or rash within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.



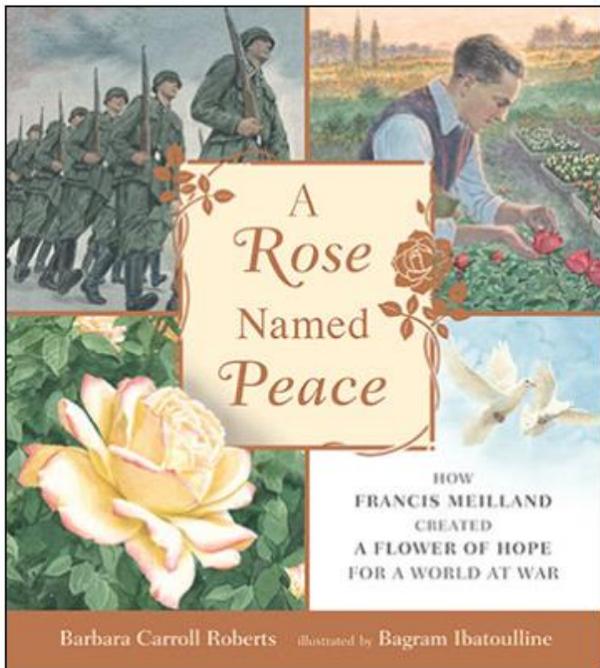
OUR ARTISTS AT WORK

Submitted by Beth Eltinge and Barbara Carroll Roberts



Our neighborhood has published authors and I was fortunate enough to meet and talk with one of them recently.

Barbara Carroll Roberts has lived in Miller Heights for 24 years. She and her husband, Gary, raised their children, Wesley and Helen, here. Barbara has long been a writer while working in public relations. In 2019 she published a book for middle-grade children (ages 8-13) about a girl who loves sports. Her second book, *A Rose Named Peace: How Francis Meilland Created a Flower of Hope for a World at War*, is a nonfiction picture book and will be released this May.



This second book will be the focus of this interview because the topic of peace seems very timely. The next edition of our newsletter will focus on Barbara's first book, which was intended, in part, to address the shortage of books about young girls who play sports. Both books have incredible back stories.

1) Why do you write for a children's audience?

Children are discovering the world around them every day, and children's books fan the flames of their curiosity, propel their imaginations, and offer comfort and support as kids discover who they are. Children's books encourage young people to face problems and work at solving them. And, of course, children's books can be fabulously silly and fun. But the thing I love most about children's books is that they are hopeful. They reassure children that they will find their place in the world and that problems, no matter how difficult, *can* be solved.

2) When did you first learn about the Peace Rose?

When my husband and I were first married, we lived in a neighborhood of old houses. Our neighbor, who was a wonderful gardener, had lived in her home since the 1930s. One day, while helping me prune the old rose bushes in our yard, she said, "You know, these are original Peace roses. They were flown out of France at the beginning of World War II." That little snippet of a story stayed in the back of my mind.

3) How did you become inspired to write the book?

Thirty years after hearing about the Peace rose, I was talking with a friend about why you should never drive by your old house because the new owners have undoubtedly painted it an awful color or cut down your favorite tree. And I said, "The last time my husband and I drove by our first house, the new owners had dug up the Peace roses." "What's a Peace rose?" my friend asked. So, I told her what my neighbor had told me. "Oh, that story needs a book," my friend said. I started doing research that night.

4) The story follows the work of Francis Meilland. How did you research the story? Was it easy to find information?

The internet makes initial information gathering a lot easier than it used to be, when you'd spend hours and hours searching through old dusty Reader's Guides to Periodical Literature and squinting at microfilm. Organizations like the American Rose Society have websites full of articles. And articles that can be trusted to have accurate information cite their sources. Online booksellers (which I can't say I recommend for new books) also make it much easier to find old, out-of-print books. So, I wouldn't say that the whole research process for this book was "easy." But I was able to gather the information I needed within a few months.

5) The book is beautifully illustrated by Bagram Ibatoulline. How do you feel about his illustrations? How did

(Continued on page 18)

OUR ARTISTS AT WORK (CONT.)

(Continued from page 17)

he come to be the illustrator?

Generally speaking, picture book writers don't pick their illustrators. The publisher chooses the illustrator. Often a publisher will buy a book manuscript, then choose the illustrator sometime during the editing process. In my case, the publisher, Candlewick Press, asked Bagram if he would illustrate this book before they offered me a contract. I think they knew that he would be the perfect illustrator for this story, and they were right. Bagram painted the illustrations in watercolors, and they're truly beautiful. They bring the story to life.

6) The book will be released this May. What will that involve?

New books are always released on Tuesdays – don't ask me why. No one I've asked seems to know the reason. The publication date for this book was originally May 10th, but supply chains being what they are, the release date was just pushed back to May 17th. I'd already set up a **book launch party at Bards Alley Bookshop in Vienna on Saturday, May 14 at 2:00**. Fortunately, Candlewick will be able to ship books to Bards Alley early, so we

don't have to change the date of the party. I'd love to see neighbors there! I'll talk a little about the book, answer questions, and sign copies for anyone who would like to purchase one. And we'll have cake! What's a party without cake? If people plan to attend, it would be great if they'd respond to the announcement on Bards Alley's website, www.bardsalley.com, or give them a call, to help with their planning (and the size of the cake, of course).

7) The book ends with a wish for world peace, as symbolized by a beautiful rose. How do you feel about that message today?

It's not looking very good right now, is it? And it's not just the terrible situation in Ukraine. There are so many areas of armed conflict all around the world. But I do remain hopeful. I'm a child of the 1960s – I grew up believing we could build a better, more just world. And deeply discouraged as I may become at times, I still believe that, as Dr. King said, "the arc of the moral universe is long, but it bends toward justice." And I still believe that peace is possible.

There's a lot more information on Barbara's website at [Home - Barbara Carroll Roberts](#)

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 -

With the recent stock market volatility, inflation and all that's going on in the world, you may be looking for opportunities to diversify and protect your investment portfolio. Over the long term, real estate provides steady appreciation and is usually an excellent investment response to inflation. Savvy consumers are becoming increasingly interested in owning property to get the many benefits that help offset stock market volatility and inflation.

Even with the recent uptick of mortgage interest rates, real estate is still considered a safe haven to add to one's investment mix. Here's a look at several of the potential benefits of diversifying your portfolio into real estate.

Appreciation. While every market is different, home values have historically appreciated approximately 4% annually.



Plus, as real estate is a leveraged investment, you enjoy appreciation on the total price of the home, not just the cash you put down to purchase it.

Tax benefits. Your tax advisor can help determine eligible tax deductions on an investment property, which generally include mortgage interest, property taxes, depreciation and operating costs, such as repairs and maintenance.

Tenant-paid mortgage. As your tenant pays rent, your mortgage balance is reduced, building equity in the property for a future sale or to borrow against and buy another property.

Cash flow. Depending on expenses, you can usually generate positive cash flow from the rent you charge.

Interested in learning more? Contact me to run your numbers.

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

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.

Status	Address	Last Update	Close Price	List Price	DOM
Coming Soon	10832 Miller Rd	5/1/2022		\$929,900.00	0
Closed	3012 Miller Heights Rd	4/22/2022	\$970,000.00 *	\$998,800.00	5
Pending	3115 Windsong Dr	4/11/2022		\$1,950,000.00	14
Closed	11134 Tattersall Trl	4/8/2022	\$950,000.00	\$874,950.00	5
Pending	3311 Mill Cross Ct	4/1/2022		\$1,015,000.00	4
Pending	3109 Whimbrell Ct	3/26/2022		\$3,450,000.00	2
Closed	3300 Saddlestone Ct	3/22/2022	\$1,152,500.00	\$999,000.00	5
Closed	11003 Langton Arms Ct	3/11/2022	\$1,015,000.00	\$995,000.00	4
Closed	10800 Bryant Pl	2/17/2022	\$1,450,000.00	\$1,499,900.00	115
Closed	2902 Melanie Ln	1/28/2022	\$795,000.00	\$849,980.00	132
Closed	3102 Miller Heights Rd	1/13/2022	\$1,205,000.00	\$1,075,000.00	4

*= Sales price includes seller subsidy to the buyer.

MHNA KIDS NEWSLETTER!

MHNA *April* 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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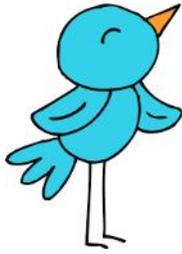
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Finish the Story - The Night Prophecy.....	3
Best Summer Recipes.....	4
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Fun Facts About Spring

Have you ever seen a game show, like Jeopardy!, when all of the contestants have a seemingly endless amount of knowledge of fun facts? Well, now is the time for you to fill your head with fun facts about Spring that you will probably never use unless you're on a game show!

- Spring doesn't actually have the most rainfall, it just usually rains more often (more days of the month) than in other months.
- On average, Spring lasts about 93 days in the Northern Hemisphere
- Spring is the symbol of growth and rebirth
- Tornadoes are most common in the Springtime
- Birds sing more in the spring to attract mates and in the meantime, baby birds also learn to sing! They are born with the ability to sing; however, they have to learn the specific songs of their species.
- Human children grow faster in the spring than in any other season
- The word 'spring' originated in the early 14th century

MHNA KIDS NEWSLETTER!



Honeybees swarm in spring to look for a new place to build a hive- but they're actually the friendliest when they're swarming!

Summer Jobs for Teenagers

Though it may seem hard to find a job at your age, there are a lot more than you think!

Ages 9-12 and up

- Dog Walking
- Pet sitting
- Mommy's helper
- Helping in the garden
- Helping organize
- Raking leaves

Age 13 and up

- Babysitting
- Helping out neighbors
- Setting up birthday parties
- Fixing easy appliances

Age 14 and up (must get a work permit before applying for a real job)

- Front of House Team Member at **Chick-fil-a** (Ballston Quarter)
- Summer Pool Attendants & Cashiers
- T.E.A.M Student Assistant

Find out more about these jobs at <https://www.indeed.com/jobs?q=Job%20For%2014%20Year%20Old&l=Fairfax%2C%20VA&radius=15&vjk=ccaa3c4ab4780f7c>

Age 15 and up (must get a work permit before applying for a real job)

- Cashier at Wegmans(Downtown D.C. open spot)
- Customer Service representative at Wegmans
- Game room attendant at Chuck E Cheese
- Server Runner at Chuck E Cheese
- Party Host at Chuck E Cheese
- Cashier at Chuck E Cheese
- Grade for Kumon Math

MHNA KIDS NEWSLETTER!

- Summer Life Guard/ Snack Bar worker
- Summer Camp Staff
- Aquatics Instructor Aide
- Swim instructor

Age 16 and up

- Ben & Jerry's Team Member
- GMU Bookseller
- Harris Teeter Part Time Cashier
- Chipotle Team Member (Oakton Shopping Center)
- Hangry Joe's (Just opened in Oakton Shopping Center!)

The Night Prophecy- Finish the Story!

Do you enjoy writing, but have a hard time starting the story? Well, here's your chance to fix that! We've enlisted the help of a budding author, Lidia Baer. She's agreed to write the first chapter of a story for us! If you have an idea for the next chapter of the story, write another chapter and email it to sammypecc@gmail.com by July 1st for a chance to see your story in the next edition of the Miller Heights newsletter! Now, here's the first chapter of *The Night Prophecy*.

The Night Prophecy

By Lidia Baer

The Night Prophecy

*Darkness is everywhere, near and far
Leaving dragons with a scar
Blood is shedding, sun to moon
Unless the kingdom of night comes soon*

Chapter One

Clearmoon sighed. *Why did it always end with her siblings always getting more food than her?* She flexed her wings and almost laughed at herself for calling to her mother. *Like she cared.* Nope, not one bit did her mother care for her baby dragons.

Clearmoon awoke with a start as her judge jolted her awake. "Get up," she hissed, "you have work to do." Clearmoon hurried out of bed and scrambled down to where Firestreak, the judge, was grading a paper. "It is your turn for the trial, to see whether you should be the one to save us all from this crisis." Clearmoon was really upset. Her mother had said she was going to enroll her in the trial and not let her siblings go because she wanted *her* to have a big, heroic destiny. But Clearmoon was 99% sure that it was because her mother wanted her out of the house. "Attention, my fellow dragons," Firestreak bellowed, snapping Clearmoon back to the present. *Wow, she thought, that sure was a lot of dragons to watch only one.*

MHNA Kids Newsletter!

“We will begin by watching how she flies and her technique. Next, how she runs and how fast she is, but most importantly, her fighting skills!” Firestreak announced. The crowd went wild, and Clearmoon guessed that was pretty important to be the right dragon for the prophecy. First, Firestreak made her fly around the arena. The audience kept oohing and aahing as if they were seeing things she did not. She was just flying how she was taught. They did the same thing to her with running and fighting; she guessed that they were trying to make her nervous. But really, she was nervous. *What if she wasn't the one for the prophecy? What would her mother do with her then?* After, she scrambled home, trying to keep negative thoughts out of her head.

The next day, Clearmoon's nerves were very jumpy as she headed to the stadium to see the results of the trial. Her mother had said she had important business and couldn't attend the results, but Clearmoon was pretty sure her mom didn't care whatsoever about the trial. “Today,” Firestreak announced, “we will be revealing the winner of the trial!” Dragons roared in all directions, pounding in Clearmoon's ears. “The winner is Ruby,” Firestreak said so loud that even the dragons in the stadium had to back up. A small, pale dragon walked out. *How can she be the one?* Clearmoon thought. Being pale was the sign of sickness.

“Ruby cannot fulfill the prophecy; she is sick,” said another dragon, poking her head out. The dragons went silent, but Firestreak cleared it up quickly.

“We are sorry for you, Ruby, but we must choose our second choice.” The pale dragon nodded and quietly stepped off the stadium and into the sidelines. “Our next choice is Clearmoon!” Dragons roared again, and Clearmoon almost fell off her feet. *She was to fulfill the prophecy?* But really, Clearmoon was thrilled. She ran onto the stadium, spread her wings, and smiled at the crowd. “Now,” Firestreak said, somehow louder than before. “We will be introducing you to the dragon who will help you on your quest.”

Another dragon stepped forward, and Clearmoon's jaw dropped, as did the other dragon's. When she looked up, her fears were confirmed. She was standing face-to-face with her mother.

Best Summer Recipes

Pineapple Mint Popsicles

Ingredients

1. 1 pound frozen pineapple chunks, defrosted completely in the refrigerator
2. 1 tablespoon lightly packed fresh mint leaves, to taste
3. Read the original recipe [here](#)



MHNA KIDS NEWSLETTER!

Instructions:

1. In a blender, combine the thawed pineapple and mint.
2. Blend until completely smooth. Taste, and add a few more mint leaves if you'd prefer a more minty flavor. Blend again.
3. Pour the mixture into your popsicle molds and insert popsicle sticks. Freeze until frozen solid. Enjoy!

Ultimate Vanilla Milkshake

Ingredients

1. 4 large scoops (about 1 1/2 c.) of vanilla ice cream
2. 1/4 c. milk
3. Whipped topping and sprinkles for garnish
4. Maraschino cherry, for garnish
5. Read the original recipe [here](#)



Directions

1. In a blender, blend together ice cream and milk.
2. Pour into a glass and garnish with whipped topping, sprinkles, and a cherry

MHNA KIDS NEWSLETTER!

Spring Word Search

N	P	B	B	G	E	L	A	B	N	E	L	L	R
W	R	L	E	B	S	R	E	E	S	O	R	T	T
P	G	O	N	T	T	S	R	R	F	T	R	R	A
E	A	F	E	F	R	A	I	N	B	O	W	F	B
T	A	E	E	W	B	T	T	A	L	R	A	L	R
A	E	E	R	O	U	R	P	O	G	W	O	O	E
L	S	O	G	G	T	E	T	I	N	R	B	W	W
L	D	U	M	R	T	E	A	W	I	E	L	E	F
G	R	O	W	O	E	E	S	W	R	W	O	R	E
F	T	S	U	A	R	E	W	N	P	E	S	L	F
B	E	T	E	E	F	S	R	T	S	O	S	O	T
T	D	W	O	E	L	L	S	E	S	L	O	S	U
S	B	R	O	R	Y	S	I	T	E	B	M	P	O
L	G	F	W	N	O	E	A	S	T	E	R	L	E

GREEN
BUTTERFLY
SPRING
MUD
GROW
BLOSSOM
TREE
EASTER
FLOWER
PETAL
RAINBOW

Play this puzzle online at : <https://thewordsearch.com/puzzle/3583123/>

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Sponsoring Cost for Directory and Newsletters

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

Rates for package:

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

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

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

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