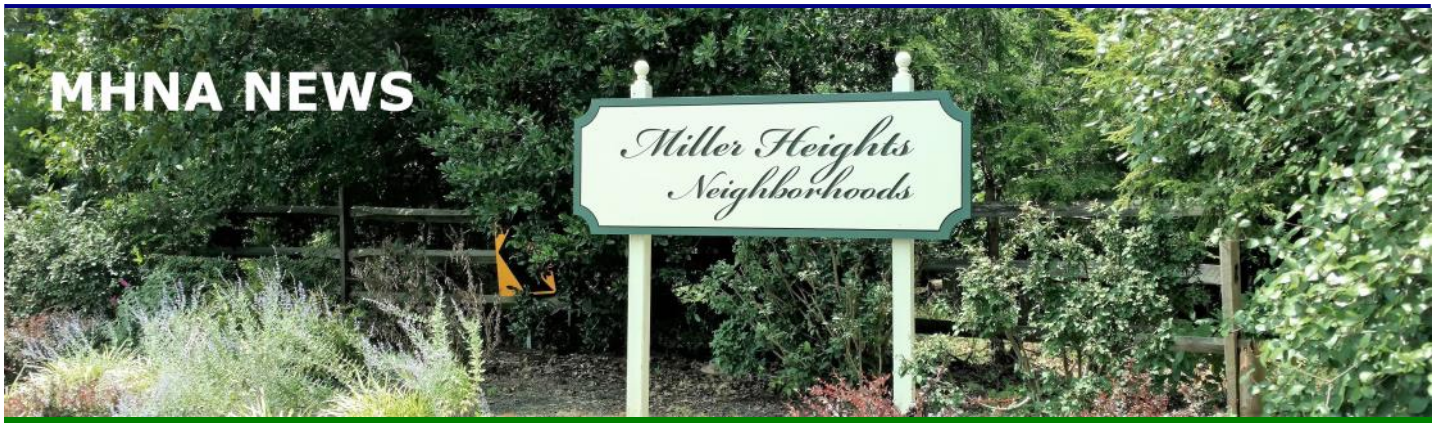

www.MHNAnews.com September 2022

A Message from the MHNA President

September 2022

Neighbors,

As we close out the Summer season, I want to thank the powers that be for this cool weather that has replaced the usual NOVA Summer weather generally described as soup.

The second annual Miller Heights Neighborhood BASH! took place August 2nd, with music, ice cream, police and sheriff departments, music by Mark & Molly, and attendance by schoolboard members Karl Frisch and Karen Keys-Gamara, State Senator Chap Peterson, and Kim Jaramillo from Supervisor Palchik's office. Thanks all for helping to plan and execute and participate and finish every last ice cream in the cooler!

The MHNA Board is finally fully staffed but we are ALWAYS looking for more support! If you have some time to help out there are always more things to be done to advance various initiatives.

The traffic calming initiative is coming along slowly but steadily as we finalize a plan that we can present with Fairfax County Department of Transportation to the community. If the community agrees to put the plan to a vote the next huge lift will be getting 50% of the households affected by the plan to submit a YES ballot. We are all busy and my biggest concern is that people that would support the plan will just neglect to submit their ballots so we will need a big team of traffic calming advocates to get the word out by various means, including door to door. Let me know if I can sign you up.

BIG REMINDER that kids are **BACK TO SCHOOL AUGUST 22**. Look out for school children and busses! We have had too many incidents reported in the neighborhood of reckless driving around school kids and busses.

In order to increase our knowledge of issues and happenings in our area and to develop long term relationships that could help in the future if there are issues that the community wishes to have a voice on, I have started reaching out to nearby civic associations and HOAs, starting with the Greater Oakton Community Association. Please let me know if you have contacts at other local associations and organizations that we should be talking to.

Doug Shuster

president@mhnanews.com

703-870-7164

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This Deserves Page 1

By Lisa Hopps

This fella and his lady friend bathed in the puddle in our driveway then tried to sneak into our house via the back door. He looked on as his wife clawed and pecked at the door…she flew away when the camera came out.

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

The Miller Heights Nextdoor group has grown to 826 members as of now and it is growing every day,

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

https://millerheightsva.nextdoor.com

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

By Doug Shuster

According to Virginia's Department of Forestry, brush/habitat piles provide wildlife with cover for escaping predators, resting, feeding, sheltering from bad weather and sometimes for raising young. Animals that use brush piles regularly include mammals (e.g. rabbits, chipmunks, skunks, raccoons foxes); birds (e.g. thrashers, cardinals, sparrows bobwhite quail); reptiles and amphibians (e.g. fence lizards, box turtles and gray treefrogs) and a host of insects and other invertebrates. https://dof.virginia.gov/wp-content/uploads/Brush-Piles-for-Wildlife_pub.pdf Of course the brush pile should be on your property and not include any invasive species. Interesting side note: Fairfax County uses the same argument - "piles of yard waste attract rodents and snakes" - but rather vilifies these creatures to support their warning about encroaching on Fairfax County Park land. https://www.fairfaxcounty.gov/parks/encroachment

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	**Adrianne Sleight**
Trails & Environment	**Sara Holtz**
Landscaping	**Judith Schneider-Fletcher**

Important Numbers

Emergency - Police, Fire, Medical)	911
Poison Control Poison Control (TTY)	1-800-222-1222 711
Police (non-emergency)	703-691-2131
Victim Assistance Network (Crisis Hotline)	703-360-7273
Animal Control	703-746-4774
Animal Shelter	703-830-1100
Fairfax County Fire Dept. Hdqtrs.	703-246-2126
Fairfax County Health Dept. (Code compliance)	703-324-1300
Fairfax County Health Dept. (sewer/septic)	703-246-2201
Fairfax Park Authority	703-324-8700
Fairfax Water Authority (after hrs. emergency)	703-698-5613
Hazardous Trees	703-324-1770
Household Hazardous Waste Infoline	703-324-5033
Miss Utility (underground utility marking)	1-800-552-7001
National Weather Service	703-652-1210
Storm Drainage Flooding (after hrs. emergency)	703-323-1211
VDOT (road hazards and conditions)	1-800-367-7623
Washington Gas emergency	703-750-1400
Power Outage (Dominion Power)	1-800-366-4357
Report Potholes (VDOT)	1-800-367-7623

Officer and Committee Updates

Landscaping

By Leslie Lilly

Leslie Lilly

3321 Cranbrook Ct has been our home for 25 years. The longest we've lived anywhere….we made an unloved house into our home…we've had our careers…raised our girls and even celebrated Rachel and Omar's wedding in our yard.

We've made good friends (we'll take them with us in our hearts and work to stay in touch) and we've volunteered our time and talents to help make Miller Heights a better home for others. I'll miss our friends and neighbors… I'll miss our home and returning to our oasis of peace and soothing calm in this crazy busy place called Northern Virginia.

I'll miss gazing out our windows to see the critters, hear the crows laugh and snicker, the hawks screech as they teach their babies to fly and the occasional "whooo hoot" as I fall asleep at night.

I'll miss my trees. I know they shelter the critters, make the air clean and cool and create the peacefulness. I have so enjoyed them, nurturing them, watching them grow (and boy have they grown) and change with the seasons. I've raked and blown their leaves (I prefer the quiet enjoyment of raking better), fed them, knocked snow and ice from their bent boughs, trimmed their branches, treated some for pests, and taken some down as they were dead or growing to swallow my house.

But with each season and each year, they're a marvel to me how they give us so much life and health …and that they are indeed the framework that makes Miller Heights the best place to call home.

Take care of them … and

Thanks for the many wonderful memories …we'll cherish them all!

Leslie and Craig Lilly

Added note from the Editor

Leslie and Craig have been great neighbors and continual contributors to MHNA:

Leslie was the 2nd President of MHNA and served for several years before turning over the task to Jim Tiani. But, she did not stop supporting our community. She created the Landscaping Committee and has held the chair position until now maintaining our beautiful entrance plantings. You have also seen her out along our neighborhood roads collecting trash and debris and trimming weeds along Oakton Road.

Craig was our Real Estate contributor for several years and provided us with important quarterly updates on local market conditions and transactions in our neighborhood.

On a personal note, we will miss Leslie and Craig. However, I have mentioned to Leslie that, just because they are moving, we are not letting them off the hook. We still want them to stay constantly in touch and up to date on their activities in their new neighborhood. We will try to do the same.

Barry

Our Neighborhood Roads

By an MHNA Neighbor

I hate to complain, but when I walk, I see so much "junk" by the curbs - both in Wheatland Farms & on Miller Heights - paper plates & cups, drink cans, rags, etc. It is sad. There seems to be so little respect for our neighborhoods.

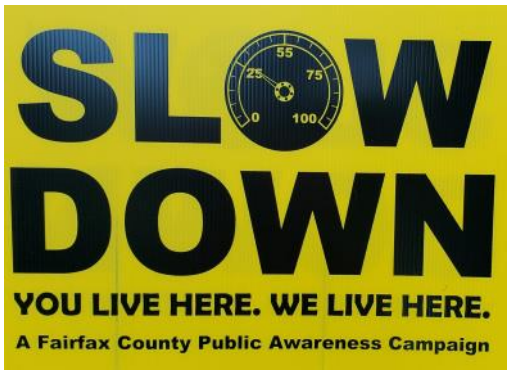
Also, people still do not know how to walk on the proper side of the road & it is actually dangerous. They walk on the side with cars coming behind them, with children in strollers & ear buds in.

Who knows if the driver is texting, etc. At least when one walks facing the traffic, we can get out of the way, if need be.

Please Slow Down!

By Barry Ingram

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



Membership Update

by Abheshek Narain

The Miller Heights Neighborhoods Association (MHNA) currently has 140 paid member-residences. We continue to receive positive feedback on our new Membership Portal and the ease it provides for residents to join MHNA. Recently, the mobility of the Membership Portal proved to be invaluable as we worked with new residents during the MHNA sponsored National Night Out event on August 2nd. During this event, we were able to work with new residents to claim their household and join MHNA, including submitting their donation on the spot via PayPal. This is what we had hoped for when we worked to redesigning the site.

Our neighborhood continues to be recognized for its strong sense of community. New residents immediately recognize the neighborly feel after moving in and met one another at the National Night Out event. 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 continue to ask that you share your ideas of how MHNA can help you further and encourage your neighbors to join MHNA and participate. We are here as your neighborhood voice to support your interests.

As always, if you have any updates to your contact information, please visit our new Membership portal (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.

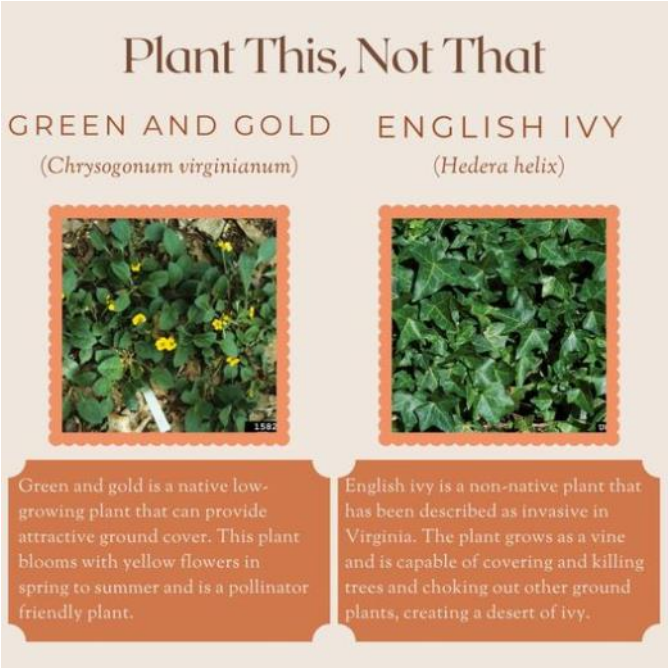
-Abheshek Narain
Treasurer & Membership Chair
Miller Heights Neighborhoods Association (MHNA)

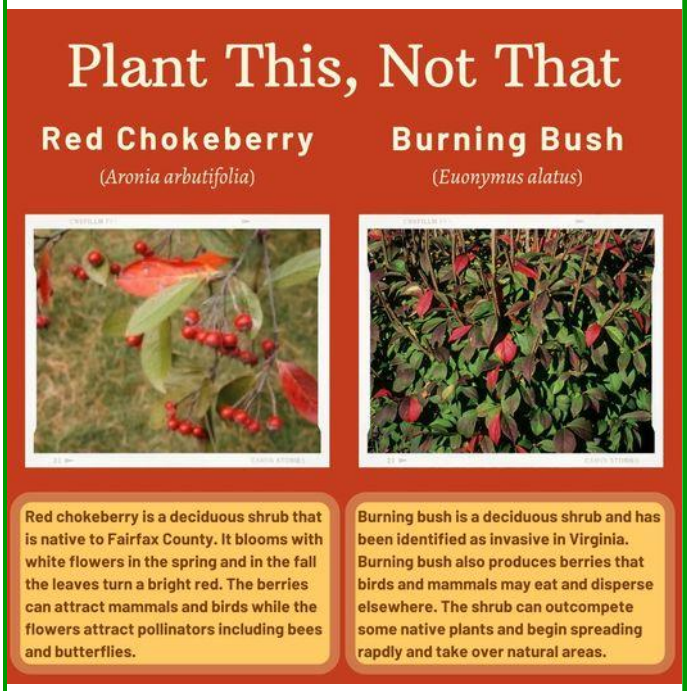
TRAILS & ENVIRONMENT

By Sara Holtz

Plant this, not that

Some planting suggestions from Northern Virginia Soil and Water Conservation District.





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

MHNA Website

As we mentioned in previous newsletters, the MHNA Website is continually updated with new features and more information for you. The upgraded site is working very well and allows you to join MHNA, update your directory and sitter information yourselves. 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)

Newsletter News

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

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

NOTARY SERVICES

NOTARY PUBLIC REGISTERED IN THE STATE OF VIRGINIA SINCE 2004.

IF YOU HAVE NOTARY REQUIREMENTS I CAN HELP.

NO CHARGE TO MHNA RESIDENTS.

JUDITH SCHNEIDER-FLETCHER

703.999.6815

Upcoming Nearby Events

Fun in Fairfax VAA

Explore, dine and play in Northern Virginia

See events here for 2022 FuninFairfaxVA.com

Dulles Expo Center Events

Events (dullesexpo.com)

Fall 2022 Capital Art and Craft Festival
Friday October 14 –16 10 am - 5 pm

Library of Congress– National Book Festival

Washington Convention Center
Saturday, Sept 3 9 am- 8 pm

Schedule | 2021 National Book Festival | Events at the Library of Congress | Library of Congress (loc.gov)

Farmers Markets

Fairfaxcounty.gov/parks/farmersmarkets

Oak Marr Farmers Market

Wednesday May 4- Nov 9, 8 am- Noon
Oak Marr Recreation Center, 3200 Jermantown Road

We Need YOUR Help!

We send out over 560 emails to our MHNA residents each time we have MHNA announcements, meeting notices, Newsletters, and other communications. Although we have 560+ homes in Miller Heights, we only have email addresses for about 370 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.

You can help get the word out

FRIENDS OF THE 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.

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.

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

Program plans for our Fifteenth Anniversary include: children's activities, nature presentations, a rain garden tour, a musical performance and refreshments. More detailed information will be in our September Newsletter so please stay tuned!

Home - The Friends of Oakton Library

Mary Colombi - VP Friends of the Oakton Library

FRIENDS OF THE CENTREVILLE LIBRARY

Centreville Library News

Cathy Pluchinsky, Book Sale Chair-Friends of The Centre-

New Library Hours

Oak Marr Farmers Market

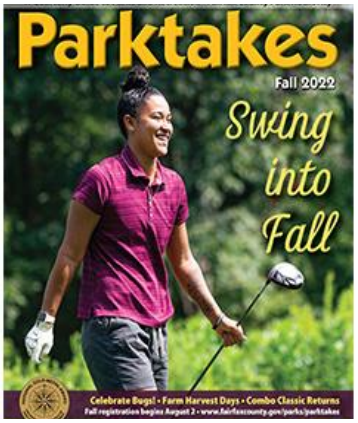
Wednesdays, May 4—November 9,2022

8 A.M to Noon

Ana's Twist	Luke & Son for Global Food
Audrey's Kitchen	Pau's Delights
Baguette Republic	Pinch & Peck
Garner's Produce LLC	Sip Coffee Inc
J & W Valley View Farm	Woerner Orchards
Kuhn Orchards, LLC	

VENDOR LISTING

Fairfax County Parks



Looking for things for you or your family to do? Classes to take? Recreation or exercise? Well, take a tour through the Parktakes Fall Guide from the Fairfax County Park Authority. Of course, the Oak Marr Recreation Center is the closest one to Miller Heights. You can also view the guide at the Park Authority website:

https:www.fairfaxcounty.gov/parks/parktakes

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

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

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

A Special Note on Trash and Recycling

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

Recycling and Trash | Public Works and Environmental Services (fairfaxcounty.gov)

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

Check it Out

Summer ruminations on the season so far:

By Gordon Brown (Farmer Brown)

1. Pruning fruit trees correctly:
   a. Fruit trees need smart pruning. The reason I list "correctly" here is that I planned to bag by plum tree (to prevent pests) but when the time came, the branches were much longer than my nylon bags. I have since cut the tree right back, and plan to keep it more compact – with the branches being as long as my bags only!

2. Applying pest control timely:
   a. Still on the topic of my plum, I have missed putting the hormone trap up to get rid of the codling moths timely this year, and tried neem oil last year and was lax in putting up my net bags thinking the plums were too small for the moths to lay eggs in. I still got a handful of plums – even with the raccoons and squirrels gnawing through one of the bags but will know, that next year – as soon as the plums flowers drop, to pop the bags on!
3. Starting seeds indoors:
   a. I have shared in the past my efforts to start seeds indoors, with "efforts" emphasized because I realized this year, you need the right equipment. UV lights come with 100 different qualities and plants need more than just the UV part. I have seen how my transplanted seeds take 2 months to get going, while seeds planted at the same time outside are "off to the races" in no time at all! Some seeds work well, and some do not and then timing is everything – i.e., getting them into the ground at the right time, especially with the late frosts
4. Record keeping:
   a. Each season I look forward to trying new seed varieties but when these fail, I forget about them and try again the next year – often with seed with a poor germination rate
   b. Also curbing my enthusiasm for things that do not fit in my garden is hard to do.
   c. And a tomato is a tomato is a tomato. 30 different types still taste (almost) the same in a caprese salad – reading a catalog simply convinces you, you need something else. Not the case!
5. Tree protection:
   a. Young trees need to be protected – from male deer using them as antler scrapes, to squirrels striping the bark or weed whackers doing the same thing (an inch from the bottom). to landscapers dropping things on them. I use some plastic spirals and base guards. The trick here, however, is to know when to apply them and when to take them off!

(Continued on page 10)

(Continued from page 9)

6. Over-seeding my beds:
    a. Every year I buy a packet of seed and think about planting just what we need, but when the time comes, I get far too excited and lose the plot by overseeding an area. This year I tried radishes, and while these started well soon became jungle-esque and I did not get a single root because as they competed for light – grew tall and did not put energy into the root.
    b. In some cases, over seeding means putting all my seed out just in time for the slug onslaught and I do not get a single leaf, just ask my "miner's lettuce". This means I do not have seed to use for a second sowing.
7. Research:
    a. Maypops and Jerusalem artichokes, while natives to N. America, are incredibly invasive and need to be fully contained. They look great, but unless you manage these plants, they are going to spring up everywhere!
    b. Companion planting
8. Smarter planting for seasonal interest:
    a. I have tried to plan my flower beds, and often think I'll divide and re-plant, but totally forget about the seasons. What invariably happens is my plants go in, look great then when their time is up, there is nothing to help fill that gap. Also, many of the plants spread and completely take over – my rudbeckia has completely taken over where my salvia grew because it "leafs" out earlier in the year and then competes for space. I'd like to think I get an A for the ideas but a C- for the execution.
    b. Planting at all! I have a bunch of seeds that I thought I'd plant but was on the fence because of the weather, location, right time to do it and so on and just never got round to it. Now I must hope they are stored well enough to be planted next year!
9. Staying on top of weeds and other badies:
    a. I should mulch more, but since I do not know where my plants are in their dormant stage I do not (see above) … This means I need to pull my weeds and if its not done daily then it becomes unmanageable. Included here are the invasives – pachysandra, and the one fish mint. I hate them and try and dispatch them both by spraying on a chemical then dumping grass cuttings on top to kill it. Limited success so far…

    b. One thing I must get ahead of next year is the black rot on my grapes – a clean base, good disposal process just isn't working… I may need to spray to kill the spores that rot the grapes on the vine…

(Continued on page 11)

Comments and Input from our Residents (Cont.)

(Continued from page 10)

10. Not thinking about the wildlife:

    a. Fireflies love long grass! I only recently read that, so while I've mowed around the clover patches (forage for my bees, nitrogen for the soil, and mow-able mulch for the grass) I decided to let my lawn go for a while… no-mow May, June, July and the fireflies were the best I've seen! Basically, a silent version of July 4th fireworks! However, back from vacation I mowed and could not tell you the variety of snakes (Dekays Brown, Ring Necked, Garter) and the thousands of crickets, grasshoppers, moths butterflies all now making a living in my pasture. I felt sad regaining my lawn from the savannah it had become.

    b. Hungry critters… Every year racoons pillage my grapes – which is fine because the grapes are sour, but the mess they leave is a pain. Some years I cut the grapes off and toss them, and others I keep 'em. Deer, I have heard do not like tight spaces – but when I saw a video of a deer on someone's enclosed porch, I know my open veggie garden was up for grabs – and true to form the deer mowed down my peppers, beans, strawberries, spinach, and even the easy to reach Asian pear leaves. One must always remember the chipmunks which have ravaged my strawberry harvest, my Asian pears among other things. For them I bought a slingshot but have yet to land a shot. And slugs – this year I am going to sacrifice a few beers in a can to thin the slug population.

    c. And forgive the beneficial insects! The leaf cutter bees enjoyed cutting half circles out of my Saskatoon Serviceberry leaves, but the shrub is still okay! No harm, no foul.

11. Composting:

    a. All my veggie cuttings and fruit that did not "make it" goes into my home made wormeries and this goes into my veggie beds, barrels, etc. as a fertilizer. But all the other cuttings from my garden go into my compost bin and I do not do anything with it. I really should find a use for all that good compost, so it does not go to waste!

12. Use it or lose it!

    a. Use as much as you can in your garden, or it will go to waste. This year we made clover jelly (delicious in cocktails, elderflower cordial, endless salads (hops are great in salad), caprese salads, honey on toast!). But, I've lost out on a bunch of squashes, fresh herbs (before they go to flower), corn, beans – among other things because we weren't home to enjoy it all.

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

Every Year, on National Night Out, The Miller Heights Neighborhood Association hosts a Bash, where all of MHNA Neighbors are invited. This year, we were favored with special guests with attendance by schoolboard members Karl Frisch and Karen Keys-Gamara, the Fairfax County Police Department, the Fairfax County Sheriff's Department and, of course, all our great MHNA neighbors. We once again had music by Mark & Molly.

Photos from our Miller Heights Bash

Our Neighbors Begin Arriving

We MUST have Ice Cream too

Fairfax County Police Guests

The Board and Special Guests

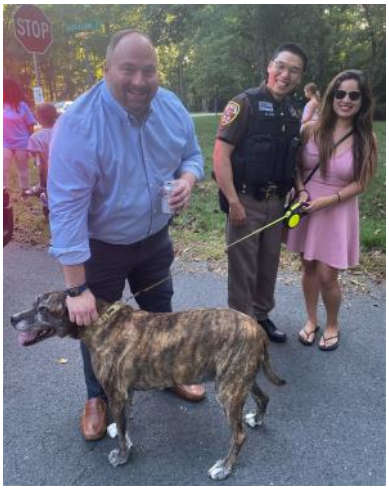
Sheriff's Department Guests

Let's make friends

Just having a good time

More Photos from our Miller Heights Bash

Three New Neighbors



Best Friend to Everyone

Music by Mark & Molly

A Special Thank You to Leslie Lilly for YEARS of Service

Announcements by our President

It's a little Warm today

Want to be a Deputy Someday?

Just testing the ice cream

Submitted by Beth Eltinge and Barbara Carroll Roberts

In the last issue of the newsletter we introduced a neighbor, Barbara Roberts, who has written and published two books for middle grade children (ages 8-13). The timing of the article matched the release of her second book *A Rose Named Peace: How Francis Meilland Created a Flower of Hope for a World at War*. The book has a compelling story, beautiful illustrations and a timely message for those seeking a sense of peace and hope for the future. Barbara's first book has an equally strong message, with an amazing back story. The book is *Nikki on the Line,* and it is about a 13 year old girl who dreams of playing basketball, while also dealing with multiple issues at home and school. Barbara has a very informative website, barbaracarrollroberts.com, that gives the story of how she was inspired by her mother-in-law and her own and her daughter's interest in basketball. The following is taken from her website. This material was written for a young audience, and it illustrates how writing in a simple, conversational style, Barbara can skillfully tell an important story.

"Why I Wrote *Nikki on the Line* — or a Short History of Girls' High School Basketball (in One Family)

In 1940, my mother-in-law, Betty Helen McLemore Roberts, was lucky enough to attend a high school that offered girls the opportunity to play competitive sports. Here she is with her basketball team at J.J. Kelly High School in Wise, Virginia (Betty Helen is just to the right of the girl holding the trophy).

I love their cool, shiny uniforms.

Here's what wasn't cool (or lucky), though. When Betty Helen played basketball, the people in charge of girls' sports thought that "vigorous" exercise was "unladylike" and harmful for girls. So, unlike the boys' teams that played with five players on the floor, all of whom ran up and down the length of the court, dribbling, passing, shooting, playing both offense and defense, the girls' teams played what was called "a half-court game." Six players from each team on the court. Three in the frontcourt on offense. Three in the backcourt on defense. *No player could cross the halfcourt line.* Also, the girls *could not run* while dribbling the ball

(Continued on page 15)

(Continued from page 14)

(too vigorous). If they caught a pass, they could only dribble once before passing the ball to another girl.

Wow. That doesn't sound much like basketball, does it?

But still, Betty Helen got to play on a team. Competing against other schools. Working together with her teammates.

Having fun.

I had fun playing basketball, too. Especially because by the time I started high school in 1970, some things had changed. The people in charge of girls' sports had finally decided that vigorous exercise was okay for girls. (What a surprise!) So now we could play full-court, dribbling-the-ball, running-the-length-of-the-floor, everyone-plays-both-offense-and-defense basketball. Just like the boys.

And like my mother-in-law, I was lucky! Because unlike many school districts across the country, my school district in California offered competitive sports for girls. Girls' teams — just like boys' teams — could play against teams from other schools in our district. Our sports weren't confined to our P.E. classes.

But here's what wasn't lucky.

Here I am with my Monta Vista High School teammates in 1971 (I'm #11 and my sister is #12). Do you see what we're wearing?

(Continued on page 16)

(Continued from page 15)

Gym suits and tie-on pinnies with numbers, while the boys' teams wore real basketball uniforms supplied by the school. And do you see where we're sitting? Outside on the blacktop courts. We were only allowed to play in the gym when the boys weren't using it. Also, unlike the boys, we played only our regular-season district games. No district play-offs. No regional tournaments. State championship games? Not a chance.

But still, we were playing. Competing. And we were a team. (I still know the names of every girl in this picture, even though, besides my sister, I haven't spoken with any of them in many years).

And then … something big happened.

Something Really Big.

In 1972, the U.S. Congress passed a law called Title IX. And Title IX said that any school or college or university that received funds from the federal government (which was pretty much all of them), had to provide girls and women with the same opportunities they gave to boys and men.

In every academic field.

And in competitive sports.

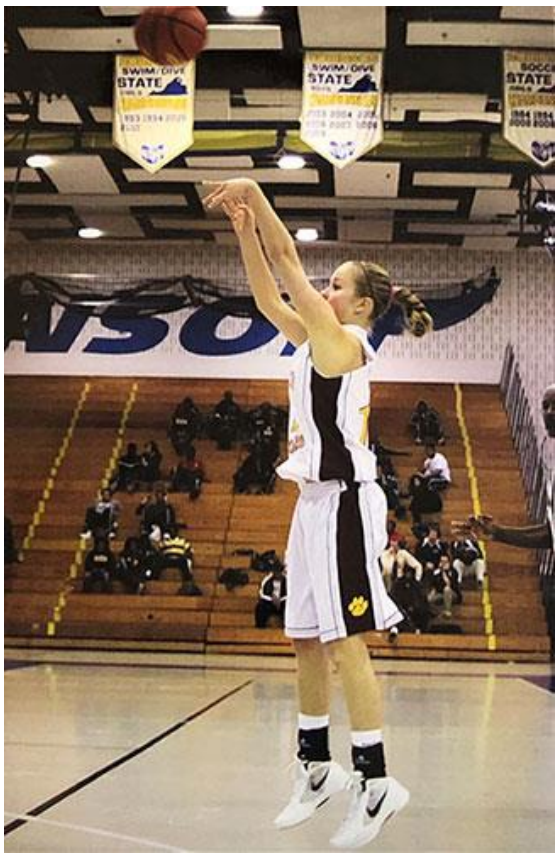
My friends and I didn't see many immediate changes after Title IX was passed, but by the time my daughter was in high school in the 2010s, her basketball teams — by law — had the same funding and gym-access and school support as the boys' teams.

And it wasn't because they were lucky.

It was because they *deserved* it.

Because our laws had finally caught up to what was fair.

And here's my daughter, about to hit a 3-pointer in a state tournament game.



But even after all these changes to girls' athletics, when my daughter was in middle school and high school, there still weren't many books about girls who loved playing sports.

That's why I wrote *Nikki on the Line*.

For all the sports-loving girls like my daughter.

And for the girls my mother-in-law and I had once been."

Barbara told me she felt frustrated when her daughter got to middle school because she lost interest in reading for pleasure. Unlike her brother who had shelves and shelves of books about boys who played sports, she found very few books about girls who played sports. What a wonderful way to go about addressing the problem. If you would like to read Barbara's books or gift them to appropriate readers, the Fairfax County Library system carries them, and they are usually in stock at Bards Alley on Church Street in Vienna. I hope for more books to come from this thoughtful author.

Miller Heights Real Estate Update
September 2022

Hi All -

Are you thinking the housing market is deja-vu all over again? Well, here is something to consider.

The Difference Between Today's Shifting Market and the 2008 Housing Crisis

About 15 years ago, we experienced a housing crisis. Unfortunately, at that time, many Americans lost their homes and real estate investments. Although our current market is shifting, homeowners need not worry that history will repeat itself. The factors affecting today's housing market are vastly different than they were in the mid to late 2000s.

The 2008 Housing Crisis – What Happened?

Relaxed lending standards caused high buyer demand but led to an inability to repay mortgage loans as many obtained loans that would not qualify under today's lending standards. Homes fell into foreclosure when borrowers could no longer make their mortgage payments and with no equity in their homes, they were unable to sell.

The 2022 Market Shift - What's Happening Now?

There are stricter lending guidelines in place and that, combined with low rates, high demand, and plenty of home equity *(less than two percent of homes with mortgages have negative equity today),* create opportunities for both buyers and sellers.

How The Two Are Different

The conditions surrounding the 2008 housing crisis limited the options for those who could no longer afford their mortgage payments. Today, the vast majority of sellers have the advantage of positive home equity, as well as low mortgage rates and high buyer demand.

If you, your friends or family are thinking about buying or selling a home, I am always available to help or answer any questions about current market conditions.

Enjoy the end of summer!

Thank you,

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

Information Below as of 8/26/2022

Status	Address	Last Update	Close Price	List Price	DOM
Closed	11208 Cranbrook Ln	8/5/2022	$1,150,000.00	$1,199,000.00	39
Closed	3308 Mill Cross Ct	8/1/2022	$925,000.00	$882,500.00	5
Closed	3184 Wheatland Farms Dr	7/28/2022	$1,688,000.00	$1,695,000.00	3
Closed	10832 Miller Rd	7/28/2022	$830,000.00	$899,900.00	20
Active	10909 Willow Creek Ln	7/26/2022		$2,295,000.00	14
Closed	3186 Wheatland Farms D	7/13/2022	$1,950,000.00	$1,795,000.00	2
Pending	3321 Cranbrook Ct	7/12/2022		$1,099,000.00	5
Pending	11011 Langton Arms Ct	8/14/2022		$1,025,000.00	33
Active	10904 Willow Creek Ln	7/7/2022		$1,984,000.00	33
Closed	11153 Conestoga Ct	6/17/2022	$1,228,000.00	$1,100,000.00	5
Closed	10816 Mantilla Ct	6/2/2022	$1,030,000.00	$999,000.00	5
Active	11002 Devenish Dr	5/19/2022		$1,199,000.00	73
Closed	3115 Windsong Dr	5/13/2022	$1,950,000.00	$1,950,000.00	14
Closed	3109 Whimbrell Ct	5/9/2022	$3,450,000.00	$3,450,000.00	2
Pending	3206 Wheatland Farms Dr	8/16/2022		$1,599,000.00	5

Look Around Your Neighborhood

By Barry Ingram

You will see many beautiful flowers

And if you look very closely, you might see even prettier pollinators

Fairfax County 2022-2023 School Calendar

Fairfax County Public Schools 2022-2023 Standard School Year Calendar

July 2022

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

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

August 2022

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

September 2022

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

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

October 2022

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

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

November 2022

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

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

December 2022

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

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

January 2023

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

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

February 2023

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

20 Washington's Birthday and Presidents' Day

March 2023

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

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

April 2023

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

6 Theravada New Year
6 Passover (begins sundown 4/5 – sundown 4/13)
3-7 Spring Break
7 Good Friday
9 Easter
14 Orthodox Good Friday *
16 Orthodox Easter
21 Eid al Fitr (begins sundown 4/20 – sundown 4/21)*

May 2023

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

29 Memorial Day

June 2023

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

19 Juneteenth
20 Optional work from alternate location

FCPS

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

Legend

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

Quarter Duration

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

Updated 5/26/22
Updates per 5/26/22 Board Budget Adoption

FCPS 2022-2023 Standard School Year Calendar

MHNA NEWSLETTER

Kids Edition

By: Avery, Julia, Lauren 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 to enjoy! If you have any ideas or want to include something of yours in the next edition, please email

sammypecci@gmail.com. Enjoy!

Table of Contents

- Back To School Supplies decorations
- Recipe
- Recipe
- Word Search

Back To School Décor!

After doing some research, we found some decorations for school supplies that can spice up your school year!

This video includes 6 different pencil decorations that are really cute and easy to make! This includes how to make many pen/pencil decorations including a stack of books, mini/mickey mouse, heart, rainbow, flower, and cat!

https://www.youtube.com/watch?v=xCkNPzQx4TE

This video is a just a very simple way to make a butterfly pencil topper!
https://www.youtube.com/watch?v=irnEP8T9Fl8

This is a very simple pen topper and I think you could do so much with it! Add your favorite letter like in the video, or add a smiley face, hearts, drawings or whatever else you feel like putting!

https://www.youtube.com/watch?v=5JyC7jkpKsk

There were so many cute ideas in this one!!! One of my favorites was the Starbucks chain you can make yourself and add to your pens! There were also some cute notepad ideas as well as mini paper sorters, pencil cases, and even more cute pen toppers!! https://www.youtube.com/watch?v=B2a5-ziTOaw&t=721s

If you're looking for something a little more detailed and complex for your school supplies, then this is the perfect video for you! It has a Starbucks pencil case, a slime book cover, pencil holder, USB decoration, and pompom bookmarks!

https://www.youtube.com/watch?v=jiazia_XeF8

This is like the ultimate compilation of back to school décor and tricks! This should have everything you could need to have a beautifully decorated school year!

1 min Oreo Mug Cake!

https://www.youtube.com/watch?v=fqg1RPCgHqI

Ingredients	Directions
4 Tbsp Flour	In a mug, mix all of the ingredients except for the Oreos with a fork until combined and smooth. Next add crushed Oreos and mix. Finally, put the mug in the microwave for one minute with the help of an adult, add decorations on top and Enjoy!!
¼ Tsp Baking Powder	
1 ½ Tbsp Sugar	
1 ½ Tbsp Oil	
3 Tbsp Milk	
¼ Tsp Vanilla Extract	
Pinch of Salt	
2 crushed Oreo Cookies	

Chocolate Covered Popcorn!

This is such an easy thing to do for a movie night, or to bring in your school lunch and so much more! First you are going to make the popcorn in the microwave or in a pot. Next you melt some chocolate of your choice: white, milk, or dark (or all three) over a double broiler or in the microwave. Finally, you can add the popcorn to the bowl of melted chocolate and mix it however much you choose! Serve and enjoy!! There are so many different ways of doing it, with caramel, clusters, etc. so I will link lots of different videos I thought looked fun and easy!

Clusters: https://www.youtube.com/watch?v=RD5kYXHp1JI	**Salted Caramel:**
Caramel Corn Nut Popcorn Clusters: https://www.youtube.com/watch?v=xrdb8hNcr-s&t=49s	**Colorful Popcorn:**

Name: Date:

Fall Word Search

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

NOVEMBER	PUMPKIN	HALLOWEEN	THANKSGIVING
HAYSTACK	ACORN	LEAVES	OCTOBER
SQUIRREL	CORN	YELLOW	SEASON
SEPTEMBER	PINE CONE	ORANGE	FESTIVAL
PEARS	AUTUMN	CHANGE	MIGRATION
SQUASH	RAINCOAT	APPLE	CHESTNUTS

Found at: http://allfreeprintable.com/fall-word-search

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

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

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