



# BROADLANDS



Community News

August 2009



## Stay in Touch with Broadlands News While Relaxing in the Sun...

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- Call for candidates, page 7-8
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- Nature Center welcomes new naturalist, page 15
- ODSL Broadlands Piranhas Triathlon was a huge success, page 4

*National Wildlife Federation Certified Community Wildlife Habitat*

*Photo Courtesy of Natalie Ihanainen*

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\*According to data for national average of expected emergency room wait times.  
Inova Health System is a not-for-profit healthcare system.



# BROADLANDS



## Contact Information

### Board of Directors

**Cliff Keirce** - President & Resident Member  
(703) 729-7320, shevcoo@yahoo.com

**Brian Beahm** - Vice President and Resident Member  
(703) 726-6360, beahmer@glassmile.net

**Staci Kapinos** - Secretary & Resident Member (703) 728-5849,  
ssdkapinos@yahoo.com

**Denise Harrover** - Treasurer - Van Metre,  
(703) 425-2600,  
dharrover@vanmetrecompanies.com

**Eric Bazerghi** - Resident Member  
(703) 723-1046, eric@thehouse.net

**Roy Barnett** - Member at Large  
Van Metre, (703) 425-2600,  
rbarnett@vanmetrecompanies.com

**Tom Marable** - Member at Large - Van  
Metre, (703) 723-2800,  
tmarable@vanmetrecompanies.com

**Mark McIntosh** - Member at Large - Van  
Metre, (703) 425-2600,  
mmcintosh@vanmetrecompanies.com

### HOA Office and Website

21907 Claiborne Parkway  
Broadlands, VA. 20148  
(703) 729-9704 Fax: (703) 729-9733  
Open Monday - Friday 9:00am - 5:00pm  
www.broadlandshoa.org



### Armstrong Management Services

#### **Assessment Information Office:**

Direct Phone: (703) 679-1541  
FAX: (703) 591-5785  
Email: broadlands@armstrong.net

#### **Mail Payments to:**

Armstrong Management Services  
P.O. Box 7778  
Philadelphia, PA 19101-7778



### Southern Walk Board of Directors (Open Band Contract Administration Only)

**Denise Harrover** - President - Van Metre,  
(703) 425-2600,  
dharrover@vanmetrecompanies.com

**Ken Corson** - Vice President  
(703) 842-4872,  
knkcorson@smartneighborhood.net

**Vacant** - Secretary

**Ty Hausch** - Treasurer - Van Metre,  
(703) 425-2600,  
thausch@vanmetrecompanies.com

**Tony Gentry** - Resident Member  
(571) 333-9535,  
tgentry@smartneighborhood.net

**Tom Wade** - Financial Agent  
Armstrong Mgmt Svcs, (703) 385-1133,  
twade@armstrong.net

**Jim Brabham** - OpenBand President  
(866) 673-6226 or (703) 961-1110 OpenBand  
Customer Service

### HOA Management

**Wes Schroeder** - General Manager  
(703) 729-9711,  
wschroeder@broadlandshoa.com

**Maureen Burns** - Assistant General  
Manager & Secretary to the Modifications  
Subcommittee, (703) 729-9714,  
mburns@broadlandshoa.com

**Nan McCarry** - Audubon Naturalist  
Hours: Monday, Wednesday and Friday from  
9:00a.m. to 4:00p.m. (703) 729-9726,  
naturalist@broadlandshoa.com

**Natalie Ihanainen** - Newsletter Editor  
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nihanainen@broadlandshoa.com

**Staci Kapinos** - Newsletter Advertising  
Manager, (703) 729-9704,  
skapinos@broadlandshoa.com

**Stassa Collins** - Newsletter Classified Ads  
(703) 729-9704, scollins@broadlandshoa.com

## A Special Thank You to Our Corporate Sponsors Who Made the Broadland's Swim Team Kids Triathlon So Successful:



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Ashburn, Virginia 20147  
Tel: 703.729.9060

drkpapt@aol.com



## THE ODSL BROADLANDS PIRANHAS RAISE \$3,000 FOR THE NATIONAL MULTIPLE SCLEROSIS SOCIETY

On Thursday, July 2nd, 2009 more than 120 children participated in the first Broadlands' Kids Triathlon sponsored by the Broadlands' Swim Team. The triathlon was open to children between the ages of 4 and 18. The event was non-timed and each age group was given a specific distance to swim, bike and run.



The participants signed in at the Nature Center parking lot, where the children had their bike tires checked for air and their helmets properly fitted. The children and their families then made their way over to the pool, where the race began! Signs and volunteers throughout the community kept the children on course until they reached their final destination at the Mill Run Elementary School track.

This inaugural event raised \$3,000 and all proceeds were donated to the DC chapter of the National Multiple Sclerosis Society.

Multiple Sclerosis is a chronic, often disabling disease that attacks the central nervous system. According to the The National Multiple Sclerosis Society, there are approximately 400,000 people in the United States with Multiple Sclerosis and approximately 200 more are diagnosed each week.

The National Multiple Sclerosis Society is near and dear to Shannon McConagha, the Head Coach of the ODSL Broadland's Swim Team, as she has a close family member with Multiple Sclerosis. There are other

families on the swim team who have also been affected by this autoimmune disease.

Local businesses, including Potomac Swim School, Dr. Apt's Orthodontic Office and Crown Trophy made corporate donations to provide each child with a triathlon medal at the end of the race.

The children and their families registered through the Broadland's Swim Team's website or at the Nature Center. There was a \$25 tax deductible fee per child. The event will be planned again for next summer with a limited number of spaces, so be on the lookout!



## ***Some Words From Your HOA President...***

Fellow residents-


On September 30th, the Broadlands Association will undergo an important change.

As announced at the Annual Meeting in May, the resident members of the Board of Directors reached an agreement with Van Metre to turn control of the Board of Directors over to the residents. The Board is currently comprised of five Declarant and four Resident members. This will change to Seven Resident and Two Declarant members.

A Special Election will be held on September 30th to elect three additional Resident members to the Board. I encourage all residents to consider serving on the Board. The specifics are outlined on pages 7 & 8 in this issue.

The Resident Board members have been waiting many years for this day. We and look forward to seeing you on September 30th.

Cliff Keirce  
President, Broadlands Association



**Flicks  
in the Sticks**

Saturday, August 15, 2009  
Approximately 8:30 pm  
Nature Center Lawn

Runtime: 103 minutes. Rated G.

For our third movie this summer, the Technology Committee brings you the future's favorite recycler, **Wall-E.**

**Bring the kids for some family entertainment under the stars!**

Win a DVD of the movie!\*

Come see this great family film on our new outdoor movie screen. Grab a bag of popcorn and a drink (provided) and stake out your spot on the grass. Movies will begin shortly after sundown — as soon as it's dark. Time listed is approximate. Reservations not required. In the event of inclement weather, this event will be postponed or canceled. Check website for updates.

\*One lucky person will take home the DVD of the movie in a random drawing from all attendees. Must be present at time of drawing to win. Drawing will be held after the movie.

# Chinese Restaurant in Your Neighborhood



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Expires 8/31/09

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\* Excludes Tax Party Tray, LunchBox  
Expires 8/31/09

## BROADLANDS Marketplace

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New clients only with this coupon. Photo ID required. Some  
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# Groovy Auto Loan Event



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August 1, 2009

Dear Broadlands Homeowner:

A Special Meeting for Transition to Homeowner Control of the Board of Directors will be occurring on September 30, 2009. At this meeting an additional three homeowner members will be elected and the Board of Directors will then consist of seven homeowner members and two Declarant members. Members of the Board are volunteers who oversee the business of Broadlands both in the collection and spending of monies, the selection of contractors, and set policy for all day-to-day operations. Members are vital to the Association through their supervision that directly affects the budget and therefore, the fees that all owners pay.

The Association is now asking for volunteers to run for the Board of Directors. At this Special Meeting three additional homeowner members will be elected to the Board of Directors. Two of these members will serve until May 2012, and one until May 2011. To become a director, you must be a Unit Owner in good standing. The Board currently meets monthly; meetings are currently early evening. In accordance with the By-Laws, Article III, Section 3.5(b), should an adequate slate of candidates be available the night of the Special Meeting, nominations from the floor *may* not be accepted.

For those of you who would be willing to serve, a completed Nominating Petition/Candidate Profile Sheet must be received at the Broadlands Association, Inc. office by **August 31, 2009**. Nominating Petition/Candidate Profile Sheets may be mailed to Broadlands Association, Inc., 21907 Claiborne Parkway, Broadlands, VA 20148, dropped off at the Nature Center or faxed to 703/729-9733. They will be included in the package of materials sent to all owners with the Special Meeting announcement. This is necessary so everyone may become familiar with your qualifications prior to the elections and allows you to receive proxy votes that are sent in prior to the Special Meeting. Pertinent information you may want to included could be; the length of time you have owned a home in Broadlands, committee work in which you have participated, educational background, and any work-related or other skills that you feel might be helpful to the operation of Broadlands as a business and social enterprise. Although the deadline for Nominating Petition/Candidate Profile Sheets is August 31<sup>st</sup> you may take advantage of having your profile sheet included in the September newsletter by submitting it **by 5:00 PM Friday, August 14, 2009**.

For those of you that submit your name for election, we thank you for your willingness to assist in the success of your community. Remember to mark your calendars for September 30, 2009, the Special Transition Meeting of Broadlands!

Sincerely,

*Wesley Schroeder*

Wesley Schroeder  
General Manager  
Broadlands Association, Inc.

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**BROADLANDS ASSOCIATION**

**NOMINATING PETITION/CANDIDATE PROFILE SHEET**

I am willing to serve on the Broadlands Association Board of Directors.

Please include my name on the BALLOT for this election.

**NOMINEE** **PLEASE PRINT OR TYPE ALL INFORMATION**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**TELEPHONE:** **HOME:** \_\_\_\_\_ **WORK:** \_\_\_\_\_

**QUALIFICATIONS: (Pertinent Biographical Information)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**AREAS OF INTEREST: (Why would you like to contribute your time to the Community as a member of the Board?)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SIGNATURES: (Three other homeowners needed with their Broadlands address.)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Return by August 15, 2009 for inclusion in September's Newsletter  
Return by August 31, 2009 to be placed on the Ballot*



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# Broadlands 2009 Pool Season is Underway!

*Please check below for everything you need to know about the pools. Don't forget to bring your photo ID pass. No one will be admitted to the pool without their Photo ID Pass...No Exceptions!*

## Pool Locations and Hours

Hours are subject to change by the Board of Directors for special events, swim meets, swim lessons and other community functions, or for maintenance and repairs as may be required from time to time. Check posting at pool for any changes to hours of operation.

### **Summerbrooke Pool – 21580 Demott Drive – 703-724-9818**

10:00AM – 8:00PM daily, including weekdays.

### **Southern Walk Pool – 43081 Village Drive – 571-223-1331**

Standard pool hours will be 11:00AM – 8:00PM daily.

Adult Lap Swim - Weds 5:30AM to 7:45AM

### **Community Pool – 43008 Waxpool Road – 703-724-7830**

Standard pool hours will be 12:00PM – 9:00PM daily.

Adult Lap Swim – Tues & Thurs 5:30AM to 7:45AM

## Broadlands Pool Rules

MEMBERS MUST COMPLY WITH ALL LIFEGUARD INSTRUCTIONS

### **GENERAL RULES:**

- NO glass containers or breakable objects
- NO food or drink except in designated areas
- NO profane language
- NO play equipment or wheeled vehicles, except wheel chairs and strollers
- NO pets
- NO alcohol or drugs
- NO chewing gum
- NO running, pushing, dunking, wrestling or rough play
- NO general swimming in diving area
- NO diving in shallow area
- NO tape players, CD players or radios unless waterproof and used with personal headphones
- NO flotation devices except water wings, U.S.C.G approved life vests and U.S.C.G. approved swimwear flotation devices
- NO DISPOSABLE DIAPERS, children not yet toilet trained must wear plastic pants or "Swimmies" (swim diaper) under their bathing suit
- **Children 10 years or younger MUST BE** accompanied and supervised by an adult or care provider at least 14 years old
- **Parents are responsible** for the safety and conduct of all children in their care
- **Pool membership may be temporarily suspended or revoked for failing to comply with the pool rules**



*Members using the pools do so at their own risk. No Lifeguards are on duty at the wading pools. The complete text of the Broadlands Pool Rules is available at the Association Office or on the website at <http://broadlandshoa.org/node/6>*

## Patriot Disposal Information Update

Due to a low participation rate, Patriot Disposal will no longer be collecting recyclable newspapers on Mondays. Instead, beginning on August 3<sup>rd</sup>, newspaper for recycling should only be placed at the curb for collection on Thursdays, along with other recyclables.

Also, if you have a large item that you need to have picked up, please call our office in advance to let us know what the item is and when it will be out at the curb for collection. We can accept notification up until the day before you want the item picked up. Generally, there is no additional charge (unless it is a very large item, many items or large amounts of brush or yard debris), but the advance notice will help us to incorporate the request into our schedule efficiently. Large items include mattresses, appliances, small furniture, etc.

As always, if you have any questions, please do not hesitate to call our office at 1 (703) 257-7100. Thank you!

### Patriot Disposal Collection Schedule

#### Mondays:

Trash, Yard and Kitchen  
Waste

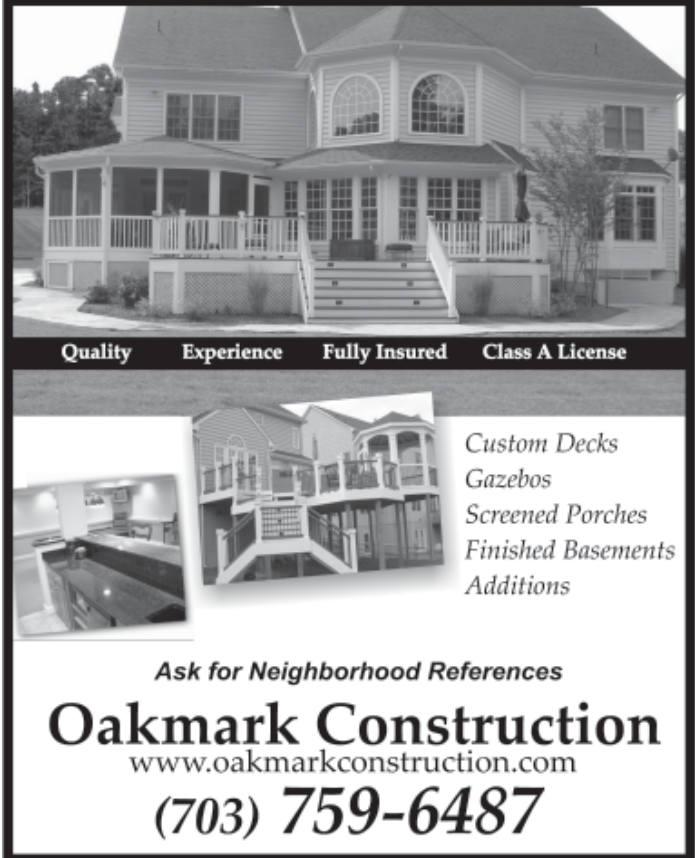
#### Thursday:

Trash and All Recycling

### *Help Your New Patriot Trash Can Stay at Home!*

Your trash can from Patriot Disposal, has a number imprinted on the side of the receptacle. This is a unique serial number. Please make note of it. In case your trash can is swept away by high winds, you will be able to identify it as yours. Additionally, residents may contact the association office with their name, address, telephone number and the serial number of their receptacle. The association office will keep a log, so if a trash can is found the owner can be identified and contacted. This is a voluntary program. Please send an email to [mburns@broadlandshoa.com](mailto:mburns@broadlandshoa.com) or call (703) 729-9704 to be included in this program.

Please encourage your neighbors who may not be newsletter readers to do the same.



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---

## Broadlands Association Board of Directors Meeting June 09, 2009 Board Actions

The meeting was called to order at 5:31p.m. with the following Board members in attendance:

Cliff Keirce	Roy Barnett	Maureen Burns, Assistant Manager
Brian Beahm	Mark McIntosh	Six Homeowners
Staci Kapinos	Tom Marable	Barbara and Stan Murphy of the
Eric Bazerghi	Wes Schroeder, General Manager	Ashburn Volunteer Fire Department

Eric Bazerghi moved to approve the minutes from the May 5, 2009 Board Meeting as amended and was seconded by Staci Kapinos. The motion was approved 6/0/1 with Brian Beahm abstaining.

The Board reviewed the draft Annual Meeting Minutes and made some changes. The revised draft will be available for approval at the next Annual Meeting.

Staci Kapinos received a request to inquire about street lights and sidewalks on Wynridge Drive. Roy Barnett stated it would be pursued after the road was accepted by VDOT and this should probably occur by next summer. Cliff Keirce reported attendance at a program about the Ombudsman established for Virginia and turned over a CD to management. Eric Bazerghi reported an increase in questions regarding security and suggested additional articles in the newsletter.

Eric Bazerghi reported the new projector screen was working fantastic. Staci Kapinos reported Neighborhood Watch was working with a realtor to sponsor self-defense classes.

The Board elected the following members as the 2009-2010 officers: Cliff Keirce – President, Brian Beahm – Vice President, Denise Harrover – Treasurer and Staci Kapinos – Secretary.

Staci Kapinos moved Management prepare a letter for review by Roy Barnett affirming the Board's decision that an owner was responsible to connect the French drain on his property and his neighbor's and maintain the connection in perpetuity. The Board does not have any say on whose contractor does the work required. The owner required to connect the systems must cooperate in signing any agreement outlining the above. The motion was seconded by Brian Beahm. The motion passed 7/0/0.

Roy Barnett left the meeting.

The Board reviewed a complaint on yard clutter and clarified their interpretation for Management. The owner was required to clean up dead plant material. Management was also to check on the impeding of a drainage swale.

The Ashburn Volunteer Fire Department attended the meeting to promote its willingness to increase its involvement by participating in community events. They stated that the current membership is 200 members supplemented by approximately 40 career personnel and is a fire and rescue department. The department currently has about 4 members living in Broadlands and welcomes additional volunteers in a number of capacities, not just fire and rescue. The youth programs include Explorer Posts (age 14) and teenagers can join and become involved in fire fighting at the age of 16 and EMT work at the age of 18.

Ten covenant hearings were scheduled. Three were for mismatched light fixtures; two of these were resolved prior to the meeting. One owner attended the meeting and was given until the following meeting to resolve the issue. There was one hearing scheduled for mailbox post repair, one for no modification application, two for trash in view, two for outside maintenance and one for equipment storage. One violation process had to begin anew because of an owner change. The Board authorized assessment of charges for unresolved violations according to normal procedures.

Lori Seidmeyer discussed application of Chesapeake Bay Act stickers for the storm drains within the community. The County provides the stickers for free and has permission from VDOT to locate them on their streets. The Board requested a sample of the sticker before allowing on HOA maintained streets and wants to see a copy of the VDOT permission letter to the County. Lori also discussed starting an organic garden with-in the community but needs a site.

The Board reviewed a request for operating a daycare on Humbolt Square. The Board directed Management to inquire how the owner was handling parking for drop off and pick up. The request would be handled at the next meeting after answers to the question were resolved. A checklist for submission of daycare requests is to be developed.

Eric Bazerghi moved to send a letter to Mount Hope Baptist Church to be used at the Planning Commission Hearing stating the Broadlands Board of Directors was not in opposition to their proposed plans prior to the hearing date. Staci Kapinos seconded the motion. The motion passed 6/0/0. *Continued on page 30*

**NO MORE LATE FEES AND  
DINNER ON THE HOA!**

Did you forget to mail your HOA assessment? Couldn't find a stamp? Ran out of checks? With so much to do it's easy to forget to get that check in the mail in time, and you never know how long it will take the post office to get it delivered. Who needs the worries and no one needs late fees. Armstrong Management offers automatic electronic funds transfer to pay your monthly assessment. Your payment is taken out of your bank account on the same day each month and automatically applied to your Homeowners account...no worrying if your check arrived on time and NO MORE LATE FEES!

To encourage more residents to sign up for this service, we are having a drawing for a \$45 Bonefish Grill gift certificate. Sign up between June 1st and August 1st and your name will be entered in the drawing. The winner will be announced in the September issue of the Broadlands Community News.

You can pick up an application at the HOA office at the Nature Center or online at <http://www.broadlandshoa.org>. Click on 'HOA Forms' in the directory and then on 'Auto Pay Application.' Good Luck!

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**Broadlands Association  
Board of Directors Meetings**

*Meetings are held in the conference room of the Nature Center usually on the 2nd Tuesday of the month at 5:30pm. Residents are welcome to observe the public portion of meetings, and to address the board during the 'Owner Comments' section of the meeting. A request to be placed on the agenda must be submitted to management no later than 7 days prior to the meeting.*

*Home Owners Association  
Board of Directors  
Business Meeting*

*Tuesday, August 11, 2009  
5:30 p.m.  
In the Nature Center Conference Room*

**Get Connected @ ArmstrongConnect**

ArmstrongConnect™ is a customized communication tool specifically designed for Broadlands. By registering, you will be able to access your assessment history, email management, and update your account information 24 hours a day. You will also be able to receive community wide emergency emails and phone notices.

To register, send an email requesting your registration code to [mburns@broadlandshoa.com](mailto:mburns@broadlandshoa.com). Please include your name and address. Your code will be sent to you via return email.

Then visit [www.armstrongconnect.net/register](http://www.armstrongconnect.net/register) and enter your registration code. Follow the on-screen prompts to complete your registration. Remember to choose a numeric 4-digit Personal Identification Number (PIN) for your new log-in code. You can then access your account at [www.armstrongconnect.net/broadlandsassociationinc](http://www.armstrongconnect.net/broadlandsassociationinc)

Have more questions about dues and assessments? Contact Armstrong Management by phone 703-679-1541; fax 703-591-5785 or email [broadlands@armstrong.net](mailto:broadlands@armstrong.net).

**Modifications Subcommittee**

*The Subcommittee meets at 7PM in the Nature Center on the first and third Wednesdays, March through October, and only the third Wednesday, November through February. Applications must be submitted by Noon on the Friday before the meeting. Please review the Design Guidelines manual or look online for information to be submitted with your application, as failure to include all information will delay review of your project.*

**MODIFICATIONS SUBCOMMITTEE  
MEETINGS**

MEETING DATE	SUBMISSION DATE
August 05, 2009	July 31, 2009
August 19, 2009	August 14, 2009
September 02, 2009	August 28, 2009
September 16, 2009	September 11, 2009

**Updated Design Guidelines are on the Broadlands HOA website at <http://www.broadlandshoa.org/info/designguides/designguides.htm>.**

Submit complete applications by **Noon** on the submission date to the Secretary to the Modifications Subcommittee, at the Association office in the Nature Center, 21907 Claiborne Parkway. There is a drop box available for after-hours submissions. A response to your application is generally mailed within one week of the meeting.

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## *Goodbye and Hello!*

Susanne Ortmann, the naturalist at the Broadlands Nature Center for the last two years, has accepted a growth opportunity within the Audubon Naturalist Society. She will be leading a pilot environmental education program in the Loudoun County Public Schools. ANS, in collaboration with the Newton Marasco Foundation, will bring this new environmental education program to two Western Loudoun schools in the fall of 2009. In the future, this team hopes to bring many more programs to the Loudoun County Schools.

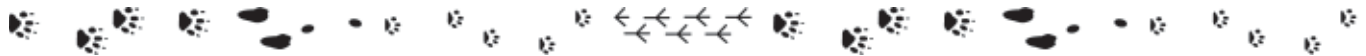
Susanne will also continue her work at the Rust Sanctuary as the school programs coordinator. She is looking forward to her family's annual trip to Maine later this summer. She thanks all of her friends at the Nature Center for a wonderful professional and personal experience.

Nan McCarry will be taking over the naturalist position at the nature center as of July 10, 2009. For the past year, she has been a contract teacher at Rust Sanctuary. Before that, all of her environmental education work was volunteer. She and her daughter started a Roots & Shoots Nature club in Lucketts 5 years ago when her daughter was in elementary school. She also ran a Roots & Shoots club at Bethel United Methodist Church in Lucketts.

Nan's love of nature was fostered by growing up on a farm and summer camp in Lucketts, north of Leesburg. She has a master's degree in geography from the University of Texas. Most recently, she took part in this year's Virginia Master Naturalist program and will become a certified master naturalist this summer.

In her spare time Nan does yoga, gardens, and reads about science, religion, ancient history, and psychology. She loves frogs and turtles.

Nan's naturalist hours are posted in the front of this publication. Please stop by the Nature Center and introduce yourself to the newest Nature Center member.



## **August Nature Program**

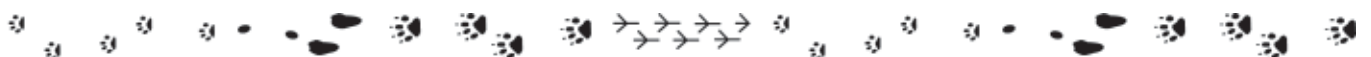
### *Exploring our Meadow*

**Date: Wednesday, August 12, 2009**

**Time: 10:30a.m. - 11:30a.m.**

**Ages: 6-10 years old**

Let's explore the meadow at the Nature Sanctuary, looking for Monarchs and other butterflies and the wildflowers they depend on. We'll see what else we can find such as other insects or frogs and toads. There will be a butterfly-related craft to take home.



**The Critter Corner**  
**By Dr. Steve Velling**  
**“Junk Food Dog”**

A woman called me the other day, frantic that her six month old Labrador puppy, Max, was choking. I asked her if Max could have gotten into anything. She said Max had been eating a rawhide bone a short while earlier. I told her to check in the pup’s mouth, and I heard her shout, “Oh, my gosh!” She was able to get her hand down the dog’s mouth and hook her finger behind a large piece of rawhide wedged in there. Luckily, she was able to dislodge it. This woman and Max were both very fortunate. What if that had happened while Max was left alone?

Dogs get into all sorts of stuff they shouldn’t, but quite often they are given things they shouldn’t have. Like every good dog owner, you want to make your dog happy, but how do you discern which toys and treats are safe? Some owners give their dogs just about anything under the sun - from worn out shoes and socks, to steak and chicken bones left over from dinner. Others may pick out any toy that looks cute. Both groups unknowingly put their dogs at risk for choking, intestinal obstructions, or stomach and pancreatic infections, any of which may cause death.

Stuffed toys, socks, towels, in fact, anything that can be torn apart, can potentially be swallowed and cause problems. I’ve seen dogs swallow socks whole and need them surgically removed.

What about rawhides, pig ears, or Nylabones? Rawhides are usually well-tolerated, but they may cause stomach upset, or become a choking hazard as mentioned earlier. It is best to observe your pooch if you give him or her one. Pig ears are trouble. Though dogs seem to love them, I’ve seen far too many dogs become very ill after eating them. Nylabones can also be dangerous. Made from nylon, these knobby bones are supposed to stand up to chewing, but if a dog bites off a large enough piece, this indigestible material could spell danger.

What should you leave with your dog to keep him or her occupied while you are gone? Provide only sturdy toys that won’t shred, break up or be swallowed whole. When it comes to dog toys, one size does not fit all.

‘Til next time,  
 Dr. Steve

p.s. Marrow bones are good, but make sure to boil them for 3-5 minutes to kill off any potentially dangerous bacteria.

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For more information, pick up a brochure from the Nature Center or download one from [www.broadlandshoa.org](http://www.broadlandshoa.org)



## Office of Solid Waste Management Offers Summertime Recycling Tips

The Loudoun County Office of Solid Waste Management encourages everyone to recycle. Recycling prevents pollution, conserves energy and resources, and is good for the economy. Millions of people in the United States use bottles, cans, and paper every day, so recycling is something that affects everyone. Some recycling tips to consider:

- Place recycling bins next to trash cans at parties and special events.
- If adding recycling to your party plan seems like too much, then pick someone to help.
- Most localities provide recycling services, so try to recycle when on vacation.
- Bring a plastic bag to collect recyclables at your picnic, party, or campsite. Place the bag next to the trash can with a sign on it to let your party know where to put their bottles and cans. The sign can be as simple as writing on a paper plate! Visit [www.loudoun.gov/recycling-signs](http://www.loudoun.gov/recycling-signs) for ready-made recycling signs to use at your next outing.
- Use a plastic bag and backpack on hiking trips to carry out your recyclables.
- Purchase food and beverage products packaged in materials that are accepted for recycling.

Visit [www.loudoun.gov/recycling-centers](http://www.loudoun.gov/recycling-centers) for a list of recycling center locations in Loudoun County and a list of materials accepted at the centers.

# Doggie Swim Day!!!!

**Ashburn Village Animal Hospital and Broadlands invites you to come splash around with your dog at the 1st annual doggie swim day.**



**ASHBURN VILLAGE ANIMAL HOSPITAL**



September 12th, 9:00am-11:00am at the Broadlands Community Center Pool  
All Broadlands residents are welcome  
Cost: \$10.00-all profits will be donated to Middleburg Humane Foundation.

For more information or to sign up call 703-729-0700

All dog owners must provide proof of current vaccinations and Loudoun County dog license to participate.



## Hope for the Best, But...

By Shannon M. Pecora, M.A.  
Stream Valley Veterinary Hospital



You may have a chain link or an invisible fence. Maybe you have a secure tie-out in your yard. Or, you might only walk your dog in your own neighborhood with a firm grip on a quality leash. But no matter how safe we think we are, there is still the chance that someone, somehow will accidentally let the dog out, and he will get (gulp) LOST!

Obviously, it's not inevitable that every family dog will get out to freely roam around the community, but unfortunately, it does happen. That's why the relatively recent development of the pet microchip is so important. We don't expect that you'll lose your beloved friend, but just in case you do, a teeny chip that your vet implants between the shoulder blades will carry your name, address, and phone number - even an alternate contact person. Shelters and most veterinary offices will be able to access this information via a handheld scanner. This helps facilitate a swift and safe return home.

But you don't have to rely only on the microchip to bring your dog back to you. Even the simple act of keeping an identification tag and a rabies tag on your dog's collar at all times is great. If your neighbors find your friend a few blocks away, they won't need a scanner to figure out where he lives. They may be able to just walk him right back home.

If your pooch has been missing longer than the time it takes to drive and search the community a couple of times, you may consider distributing "Lost Dog" signs. It's a good idea to have a few recent photos on hand so that when you give out signs to your neighbors, local businesses, and nearby veterinary offices, people can know exactly what to watch out for.

After canvassing the area, it's time to get on the phone. You might think that some vets seem too far away for your dog to get to on foot, but remember that someone may have been able to get your dog into a car. Often, such people will take a loose dog to their own vet hospitals, even if they're a bit out of the way. Additionally, veterinary offices are generally able to post some sort of information in their lobbies, spreading that information throughout their client bases. So call them, despite the distance.

Remember also that Loudoun County Animal Control (<http://loudoun.gov/animals>) may be the first point of contact for someone who has found a roaming pet. They're open six days a week (and they've recently started using Twitter!), and they should be able to identify your pet based on the dog license tag. That means you definitely need to keep your dog current and registered with the county! In Eastern Loudoun, call 703-777-0406, and in Western Loudoun, call 540-882-3211 to see if your dog has been picked up by an officer.

In all these cases, it is helpful if your dog has had some contact experience with strangers—without you around. A Good Samaritan will certainly have the best of intentions, but intentions may not do any good if your pet is too skittish or aggressive to accept assistance. If your dog is just patient and social enough to let someone slip a leash over his head, you could be reunited much sooner. Talk to your vet or your dog's trainer about these socialization skills. And remember to keep those vaccines and preventatives up to date! Good Samaritans, Animal Control officers, and veterinary employees want to feel safe handling your pet, and you want to make sure that he comes home healthy!

It's frightening to think that we could lose our precious pups just because the Meter Reader left the back gate open or we forgot to close the garage door after unloading the groceries. These are simple, unintentional events, but they could lead to a lot of heartache. So, definitely hope for the best that your family dog will always stick close to home, but also be prepared for the worst to happen.

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A circular illustration showing a dog and a cat. The dog is in the foreground, looking up, and the cat is behind it, also looking up. They are surrounded by small circles, suggesting a globe or a similar theme.

## Ashburn Girl Scout Troop 5958 Celebrates Milestones

Junior Troop 5958 finished up their year with several milestone Girl Scouting events. The troop recently completed the requirements for their Bronze Award – the highest award earned by Junior Girl Scouts — with several projects to benefit FOHA (Friends of Homeless Animals). Troop members sewed cat toys, held a blanket and towel drive and also undertook two larger projects that included painting murals, sewing curtains and clearing trails at the FOHA facility.

After completing their Bronze Award requirements, the troop then bridged from Junior to Cadette Girl Scouts and four troop members received the Principal's Citizenship at the Sanders Corner Elementary Promotion Ceremony.

To end their year with a bang, the troop spent three days in New York City where they visited *The Today Show* and the Statue of Liberty and enjoyed a night on Broadway seeing the musical *Wicked*.

For more information on Ashburn's Girl Scout Service Unit 70-10, please contact Joanne Poesch, Local Press Representative, at [jmpoesch@aol.com](mailto:jmpoesch@aol.com) or 703-858-9560.

## Ants in the House – Carpenter Ants

Ants are among the most abundant insects on earth. They have successfully invaded the arctic, the tropics, the rainforest, the desert, the cornfield and the house (mine included)! Of course, a great majority of ant species are not pests of people and are beneficial, or at least don't interact with people. But there are species in the agricultural and urban/household environments that are considered pests.

One common species of ant that is a frequent pest around many homes is the carpenter ant. Other commonly found ants are odorous house ant, Argentine ant, acrobat ant, and Allegheny mound ant.

Although they do not actually eat wood, and only build nests in it, carpenter ants can cause considerable cosmetic damage to household wood framing and sometimes real structural damage. Carpenter ant nests are often constructed in wood that is soft enough for them to create galleries for rearing young and to expand to accommodate a colony size of several thousand individuals. They will usually infest wood that has some moisture damage, because it is easy to work in. They can, and do infest wood that appears sound and without moisture damage. Carpenter ants feed on a variety of foods and the workers will forage considerable distances to find it. They are often seen climbing trees in search of aphids and other insects to feed on. An important aspect of carpenter ant biology is that in the spring, the worker ants will usually be encountered foraging during the day. By late summer, carpenter ants conduct most of their foraging activity at night and can go unnoticed. Homeowners often see these ants in the spring, around the dishwasher and sink.

Control of carpenter ants requires a little time, a little work, and a little luck! The main nest site must be located and removed or insecticide applied. In houses, the main nest site may be associated with moisture-damaged wood. So, the first step should be to think where wood in and around the house might be exposed to excessive moisture. This is usually under the dishwasher, sink, or bathtub. Although carpenter ants do make trails, they are not easy to find, so there is little chance of following an ant back to the nest. Firewood piles or rotting trees can be an excellent location for carpenter ant nests. If you noticed ants in the house in the early cooler part of spring, the nest is probably in the house. Inspect the framework of the house for nests and when found, replace the damaged wood. This will take care of the ants as well. If there is only a small nest a residual insecticide can be applied to the area where the nest is found.

The University of Nebraska-Lincoln has a good website for ant identification at <http://lancaster.unl.edu/pest/ants/>. If you have questions about ants or other horticulture problems, contact the Master Gardener Volunteer Help Desk at 703-771-5150 or [ex107mg@vt.edu](mailto:ex107mg@vt.edu), or you can bring a sample to the Help Desk Office, 30 Catocin Circle SE, Suite B, Leesburg, Monday - Friday, between the hours of 9:00a.m. and 12 Noon.

Debbie D. Dillion  
Urban Horticulturist  
Loudoun County Extension

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midnight  
at the Community Center

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Congratulations to the Broadlands  
Bombers, Spring 2009 Softball  
Champs!



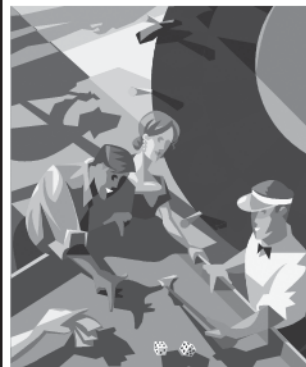
## Broadlands Live! July Concert Breaks Attendance Record!

Broadlands Live! is a free outdoor summer concert series at Hillside Park on the second Friday of the month from 5:30p.m. to 9:30p.m. The July concert was our biggest crowd ever! Domino's, Bluz Brother's BBQ and Hawaii's Best Shave Ice continue to sell their delicious creations, and volunteer groups fundraise by selling candy and glow-wear.

Our next Broadlands Live! date is August 14th, and it's going to be an awesome night. Don't miss our Broadlands Live! Battle of the Bands winners, *Bad Luck* - a really fun rock-a-billy band, at their encore performance at 5:30p.m. Then Larry will be bustin' moves with us at 6:30p.m. Don't miss his high-energy instructional dance segment! *The Groove* will be playing hits from the 70's and 80's from 7:00p.m. to 9:30p.m.

Be sure to pick up an awesome beach bucket from our sponsor Broadlands Family Practice, and fun giveaways from our sponsor Stream Valley Vet at the shows! Thanks to our HOA and our other sponsors; INOVA Loudoun Hospital, OpenBand, Heritage Landscape Service, Wegmans, Harris Teeter, Ashburn Rentals and Broadlands Marketplace who make Broadlands Live! possible.

A big shout out goes to Amie Otto Photography whose shot of *Milkshake* from our last show was published in the Loudoun Independent. You can find links for the bands and our sponsors on [www.broadlandslive.com](http://www.broadlandslive.com). Look for more info on our hotline 571-333-4FUN and be our friend on Facebook! Broadlands Rocks and So Do You!



Your Events Committee is hosting a Casino Night for residents and guests ages 21 and over. Details to follow in upcoming newsletters and online at [www.broadlandshoa.org](http://www.broadlandshoa.org).

## Casino Night!

Save the Date:  
Saturday, October 3, 2009  
7:00 pm—11:00 pm





## Blending Fruits and Herbs to Create Refreshing Summer Treats

### Minted Watermelon Popsicles

1 1/2 pounds seedless watermelon without the rind, cut into 1-inch dice (about 4 cups)  
 2 tablespoons sugar  
 1/4 cup mint leaves, minced  
 2 teaspoons finely grated lemon zest  
 Pinch of salt

In a blender, puree the watermelon with the sugar until smooth. Stir in the mint, lemon zest and salt. Pour the puree into 8 popsicle molds or 2 standard ice cube trays (insert popsicle sticks halfway through freezing) and freeze until hard, about 3 hours. Foodandwine.com



### Fruit-Meet-Herbs Medley

#### Salad

1 peach  
 10-15 strawberries, to make about 1 3/4 cups  
 1/2 apple (firm, not too sweet)  
 1 tablespoon fresh basil leaf  
 1/2 tablespoon fresh peppermint leaf  
 1/2 tablespoon fresh sage leaf  
 1/2 tablespoon apple cider vinegar  
 1-2 walnuts, roasted and chopped

#### Dressing

1 tablespoon olive oil  
 1/2 tablespoon walnut oil, can be replaced by olive oil  
 1/2 tablespoon apple cider vinegar  
 1/2 teaspoon honey  
 1 pinch salt

Put all ingredients for dressing in small bowl. Whisk together and aside. Rinse fruits and tap dry with paper towels. Cut peach into bite-sized pieces. Cut strawberries in half or bite-sized pieces. Remove core from apple and cut into bite-sized pieces. Put into small bowl, add apple cider vinegar and mix. This avoids brown discoloring of apple. Add peach and strawberries to apple. Add dressing and mix gently. Cut fresh herb leaves into small strips. Add them to fruits and mix gently. Add some walnuts as topping and serve immediately. Recipezaar.com.

### Basil Limeade Slushies

8 cups ice  
 4 cups water  
 3 cups fresh lime juice  
 3 cups lightly packed basil leaves, plus basil sprigs, for garnish  
 1 1/2 cups sugar  
 1 1/2 cups soda water



In a blender, working in batches, blend the ice with the water, lime juice, basil leaves and sugar until slushy. Pour the limeade into chilled glasses. Top with 2 tablespoons of the soda water, garnish with the basil sprigs and serve. Foodandwine.com

### Win a \$45 Gift Certificate to ☘ Bonefish Grill!

Answer the following *US Roller Coaster* Trivia questions correctly and you could win. Winner will be chosen at random from all correct entries. Entries must be received at the Nature Center HOA office no later than August 13, 2009. **Be sure to include your name and telephone number.** Good Luck!

- The first wooden dueling coaster in the U.S.:**

<input type="checkbox"/> Trail Blazer	<input type="checkbox"/> Kracken
<input type="checkbox"/> Lightning Racer	<input type="checkbox"/> Dueling Dragons
- The longest floorless roller coaster with the largest loop:**

<input type="checkbox"/> Shockwave	<input type="checkbox"/> Big Bad Wolf
<input type="checkbox"/> Fahrenheit	<input type="checkbox"/> Dominator
- The first hydraulic launch coaster to feature inversions:**

<input type="checkbox"/> Storm Runner	<input type="checkbox"/> Hurler
<input type="checkbox"/> Sooperdooperlooper	<input type="checkbox"/> The Hulk
- The first looping coaster that showcased an underwater tunnel:**

<input type="checkbox"/> Griffon	<input type="checkbox"/> Anaconda
<input type="checkbox"/> Great Bear	<input type="checkbox"/> Roller Soaker
- The only flying coaster of its kind with a head first, face down thrill ride:**

<input type="checkbox"/> Loch Ness Monster	<input type="checkbox"/> Alpengeist
<input type="checkbox"/> Comet	<input type="checkbox"/> Manta

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

## TENNIS ANYONE?

The Broadlands Tennis committee will be hosting **Adult Mixed Doubles Tennis Socials** from 7:30p.m. to 10:00p.m. at the Nature Center Courts on the third Saturday of the summer months:

August 22nd  
September 12th



All skill levels are welcome - these tennis socials are designed for the Broadlands residents to get out on the courts, meet other players, and have a good time!

Participations will be limited to the first 24 who sign up. If you would like to attend, please contact us the week prior via e-mail at [lindasearch@comcast.net](mailto:lindasearch@comcast.net) so that we can organize a fun event for everyone, and keep each player posted on inclement weather updates.

**See you on the courts!**  
**The Broadlands Tennis Committee**



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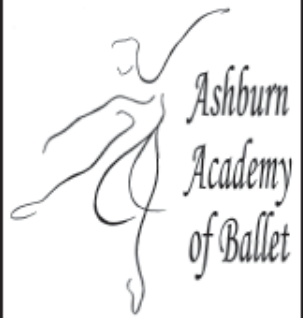
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# CARB CRAZY: THE TRUTH ABOUT CARBOHYDRATES

By: Katie Herbert CPT, Perinatal Specialist

[fitness.innovations@gmail.com](mailto:fitness.innovations@gmail.com)



In this day of (too much) information there are more diets and weight loss gimmicks than ever before. One very common bad guy in the battle of the bulge is carbohydrates. Some popular diets go so far as to eliminate carbs completely. Sure, some people may find success, for a limited time, but at what cost? Do you ever wonder what these extreme diets actually do to your body? I for one am tired of carbs taking the fall while activity levels drop across the country and saturated fat intake rises. Let's settle this one once and for all!

## What is a Carbohydrate?

Carbohydrates are one of the main types of food and energy for your body. Your liver breaks down carbohydrates into glucose (blood sugar). Your body uses this sugar for energy for your cells, tissues, and organs. Repeat: your body uses this sugar for energy.

Carbs can be classified as simple or complex depending on how quickly your body digests and absorbs the sugar. Simple carbohydrates come from fruits, milk products and table sugar. Complex carbs include whole grain breads, cereals, starchy vegetables and legumes. Both types provide vitamins, minerals, and fiber to the diet. All carbohydrates are not created equal and it is good to remember to limit simple carbs that contain refined sugar.

## Is Eating Carbohydrates Bad for the Body?

No. Carbohydrates are good and necessary for the body to perform daily functions. Carbs should account for the majority of caloric intake or about 225g-325g of carbs per day (based on a 2000 cal diet). Because carbs can be broken down more easily than protein or fat, our bodies depend on carbs to function. However, as mentioned above, carbs that contain refined sugar (table sugar, soda, cookies and other treats) should be limited.

## What about the Glycemic Index?

Carbohydrates can also be separated into groups based on the glycemic index which measures how high and how quickly blood glucose levels change after eating carbohydrates. The higher the Glycemic Index, the higher the rise in blood sugar and the longer it takes to return to normal. For a healthy diet it is important to focus on foods with a low Glycemic Index like whole grains, legumes and oats.

## 5 Ways to Make Carbs Count in Your Diet

1. Start the day with whole grains. Oatmeal or cereal that lists whole grains first on the ingredient list is great.
2. Use whole grain breads for lunch or snack. Not only are they better for you but they'll also stick with you longer than white bread.
3. Forget the potatoes. There are so many exciting new textures to try that you won't even miss that boring old potato dish. Try wheat berries, bulgur, or quinoa to get on something new.

4. Go for whole fruit over juice. Whole fruit contains significantly more fiber than juice and juice generally has some added sugar.
5. Get your beans. Beans are a great source of protein, they are inexpensive, and are slowly digested so you'll be satisfied longer.

### The bottom line:

Choose good carbs **not no carbs** and we can live together without any name calling.

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## BROADLANDS HELPER LIST

*The Broadlands Helper List is being Updated* - If you would like to be added to the list, please call the HOA office at 703-729-9704 Monday through Friday from 9:00a.m. to 5:00p.m. or send an email to [scollins@broadlandshoa.com](mailto:scollins@broadlandshoa.com).

# Not Available on Website Edition

**Key:**

- (B) Babysitter's Course
- (C) CPR
- (R) Rescue Breathing
- (F) First Aid

*All area codes are 703 unless noted. For additions and/or changes to the Broadlands Helper List send an email to [scollins@broadlandshoa.com](mailto:scollins@broadlandshoa.com).*



The LYSA Loudoun Black All Stars-U9Girls won the Fairfax Youth Father's Day All-Star Tournament. They played against some very formidable opponents to win the championship! Great job girls!



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## NON-EMERGENCY

Ashburn Fire	(703) 729-0006
Loudoun County Sheriff	(703) 777-1021
Washington Gas	(703) 750-1000
Poison	(703) 625-3333
Loudoun Water - Customer Service	(571) 291-7880
Loudoun Water - After Hrs./Wk.ends	(571) 291-7878
State Police	(703) 771-2533
Dominion Virginia Power	(888) 667-3000

## PUBLIC INFORMATION

Abused Women's Shelter	(703) 777-6552
Animal Control/Shelter	(703) 777-0406
Building Permits Dept.	(703) 777-0397
Comcast	(703) 430-8200
Child Protective Services	(703) 777-0353
County Landfill	(703) 771-5500
CPR Class Info	(703) 444-1155
DMV (VA)	(800) 435-5137
Drug Abuse	(703) 771-5100
Dulles Airport Hotline	(703) 572-2700
Health Department	(703) 777-0236
Library (Ashburn)	(703) 737-8100
Loudoun Ride On	(703) 777-2708
Loudoun Hospital	(703) 858-6000
Main Street Mailboxes	1(703) 753-5521
Miss Utility	(703) 552-7001
Metro	(202) 637-7000
OpenBand 24x7 Customer Service	(866) 673-6226
OpenBand Trouble Tickets	(703) 961-1110
Parks and Recreation	(703) 777-0343
Ridesharing	(703) 771-5665
Road Conditions	(800) 367-7623
School Board	(571) 252-1000

Social Services	(703) 777-0353
Patriot Disposal	1(703) 257-7100
Van Metre Homes	(703) 723-2800
Verizon	(703) 954-6222
Verizon Fios	(888) 553-1555
Voter Registration	(703) 777-0380
Weather	(703) 936-1212

## LOUDOUN COUNTY PUBLIC SCHOOL

Briarwoods HS	(703) 957-4400
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Mill Run ES	(571) 252-2160

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Robert Dupree	(703) 729-3430
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Richmond Office	(804) 698-1013
David Poisson (district 32)	(703) 421-6899
Richmond Office	(804) 698-1032

## VIRGINIA SENATE

Mark Herring (district 33)	(804) 698-7533
District Office	(703) 729-3300
Constituent Hotline	(800) 889-0229

## U.S. HOUSE OF REP. 10<sup>th</sup> DISTRICT

Frank Wolf	(703) 709-5800
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## U.S. SENATE

Jim Webb	(202) 224-4024
John Warner	(202) 224-2023

## VIRGINIA STATE GOVERNOR

Tim Kaine	(804) 786-2211
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## Notes from Your Neighbors.....

### Ashburn Volunteer Fire Rescue Department

From the professionals all the ways down to Pop Warner, football training camps are in full swing. But so is the summer heat and humidity.

#### Prevent Heat exhaustion & Heat stroke:

- Start slow – if you are training – early & short till you are “acclimatized”
- Pay attention to the humidity index
- Take frequent breaks
- Avoid salt tablets – they do not work
- Drink, DRINK, DRINK!! If you are thirsty you are behind the curve
- Avoid caffeine products
- Wear light, “breathable” clothing

#### Heatstroke is a life-threatening condition. The body is Hot & DRY—can no longer sweat. Follow these first aid steps:

- Call 911
- Move the person into a cool place
- Remove unnecessary clothing – expose as much skin to cooler air as possible
- Cool their entire body by sponging/spraying with cool (NOT COLD) water
- Apply ice packs to the groin, neck armpits where large blood vessels lie close to the surface
- **Do not put them in an ice bath!!!**

**Pancake Breakfast at the Ashburn Firehouse, 20688 Ashburn Rd on the first Sunday of every month:** August 2, September 6, 2009, 8:00am till noon. Adults \$6.00, Ages 3-8 \$4.00, & seniors \$5.00, under 3 is free. Bring your camera. **Terry the Traumasaurus** will be making an appearance for great picture taking. **Join us for “Kid’s Corner”** where every month will feature a new surprise, a visit by a special guest, a craft project, etc. As always, there is an opportunity for child and adult to tour the fire engines and ambulances that protect you every day. If you have a youth group that requires community service hours, please contact [dldevito@yahoo.com](mailto:dldevito@yahoo.com). **Have you ever considered becoming an AVFRD Administrative Member?** Administration members provide the framework and support needed to accomplish the fire-rescue mission – the wind beneath our sails. They provide essential skills; such as event planners, recruitment specialists, marketing gurus, artists, fund raisers, chef’s extraordinaire (*have you been to our pancake breakfast?*), journalists, community event coordinators, and photographers. Admin members also staff our canteen – bringing much needed food and drink to exhausted firefighters at the scene of a fire. **FREE training!** Call 703-729-0006, or stop by the fire station & pick up an application. Prospective Member Meeting is the last Tuesday of every month, 7:00 pm at the AVFRD.

## Interested in Long Term Care Ombudsman Program Volunteer Work?

Help residents of nursing homes and assisted living facilities advocate for their rights, resolve conflicts and improve the quality of their lives. The Northern Virginia Long-Term Care Ombudsman Program needs volunteers who can commit four hours a week for one year. Volunteers needed in the City of Alexandria and the counties of Arlington, Fairfax, Loudoun and Prince William and all towns and cities within. Visits must occur between 8:00 a.m. and 6:00 p.m. on weekdays. Volunteers receive training and continuing support. Call now for information 703-324-5861 or 703-324-5422; TTY 703-449-1186 or visit [www.fairfaxcounty.gov/ltombudsman](http://www.fairfaxcounty.gov/ltombudsman). (A three-day training is scheduled for September.)

Find out why so many of our volunteers say, "I receive so much more than I give!"

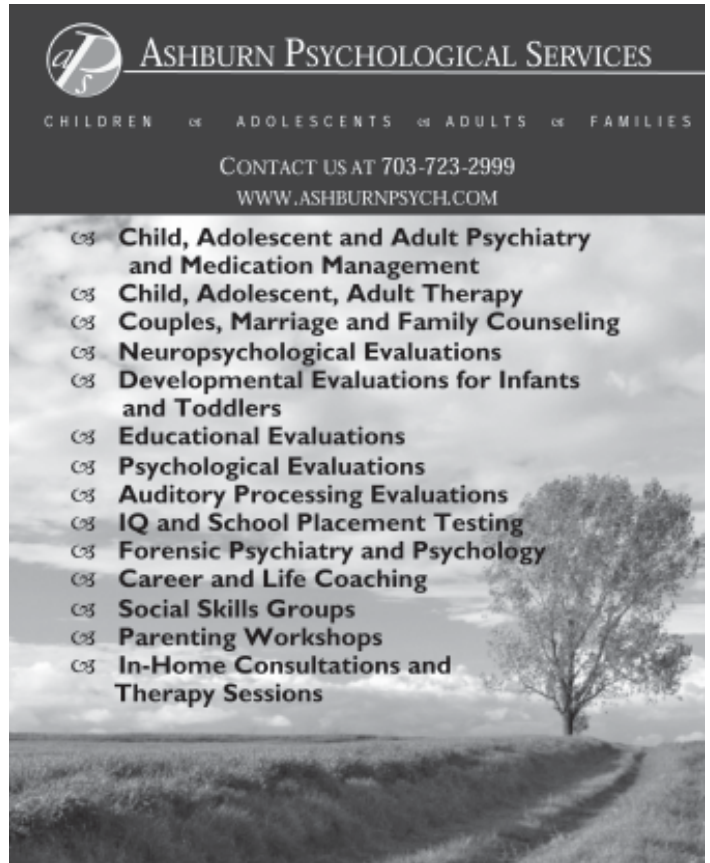
## The Loudoun Chorale Invites New Members to Join For the 2009-2010 Season.

The first rehearsal will be held Sunday, August 23, 6:00p.m. - 8:00p.m. at Holy Trinity Lutheran Church, 605 W. Market St., Leesburg, VA. Prospective members are encouraged to arrive at 5:30p.m. to register and pick up music, and to meet and talk with Chorale members.

The Loudoun Chorale, a community-based organization founded in 1991, is the largest vocal ensemble in Loudoun County with more than 60 mixed-voice singers. The group sings both traditional and contemporary works and in recent years, has performed works by Handel, Gesualdo, Shultz, Brahms, Elgar, Holst, Vaughan Williams, John Leavitt, George Gershwin, Cole Porter, Rene Clausen, and Alan Hovhaness. The Chorale has performed at the Washington National Cathedral and in several Loudoun communities, including Ashburn, Leesburg, Purcellville and the Waterford Fair.

The Loudoun Chorale is under the musical direction of William Propst. For more information, visit [www.loudounchorale.org](http://www.loudounchorale.org) or call 571-236-5734.

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---

# CLUBS AND GROUPS

*Includes Broadlands and surrounding Ashburn area clubs and groups. To be included on this list or if your club has an announcement or an event you would like published, please email: nihanainen@broadlandshoa.com.*

---

## AMERICAN HERITAGE GIRLS

AHG is a God-centered scouting program for girls ages 5 to 18 that emphasizes leadership, patriotism, and community service. For information, contact Deena Lanier at 703-723-0113.

---

## ASHBURN CLASSICS

No meeting will be held in August.

---

## ASHBURN TOASTMASTERS

Ashburn Toastmasters welcomes those interested in developing communication, leadership and presentation skills. For information, contact Catherine Stewart at castewar@cisco.com or visit [www.toastmasters.org](http://www.toastmasters.org) to learn more.

---

## BROADLANDS BICHON FRISE CLUB

Anyone interested in forming a Bichon club (who are Bichon owners currently) can contact JoAnn Conroy at [jfc27@smartneighborhood.net](mailto:jfc27@smartneighborhood.net)

---

## BROADLANDS NEIGHBORHOOD BIBLE STUDY

Please join us in September for an in-depth Bible Study by Beth Moore. We meet Tuesday mornings and evenings in neighborhood homes. For info, contact Karen at 703-723-4341.

---

## BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT COMMITTEE

Broadlands has to complete yearly goals to maintain certification. The Wildlife Habitat Committee works with The National Wildlife Federation, The Broadlands HOA and our residents to achieve these goals. For more information please contact [BroadlandsWildlife@gmail.com](mailto:BroadlandsWildlife@gmail.com).

---

## GIRL SCOUTS

Join Girl Scouts today! A girl can expect to have a great time as she follows the fun and adventure, contributes to her community, learns new skills and makes new friends. Troops for all age levels - K -12th grade. To find out more, please contact Anne Moriak at [anne@moriak.net](mailto:anne@moriak.net) or 703-729-6594.

---

## MOMS IN TOUCH

Hillside Elementary Moms are invited to join us to pray for our children and the school they attend. We meet Tues mornings 9 - 10a.m. during the school year, Please contact Rebecca for more info at 703-858-7379.

---

## CUB SCOUTS & BOY SCOUTS

A youth organization emphasizing fun with a purpose. The Cub Scout program is designed for boys in grades 1-5 and Boy Scouts for grades 6-12. Boy Scout Troop 2970 meets at Our Saviors Way Lutheran Church on Thursday nights. Cub Scout Pack 1483 meets at Hillside and Cub Scout Pack 1484 meets at Mill Run. For information, please call Ed Yarbrough at 703-724-1064.

---

## LA LECHE LEAGUE OF ASHBURN PM

Have questions about breastfeeding? Want to meet other nursing mothers? La Leche League International strives to help mothers worldwide to breastfeed through mother-to-mother support to promote breastfeeding as an important element in the healthy development of the baby and mother. Meets the 2nd

Wed of the month from 7:00p.m. - 8:45p.m. at the Broadlands Community Center. To contact a Leader please call 703-729-1205.

---

## LOUDOUN WOMEN'S NETWORKING GROUP

For women who own home based small businesses. We focus on growing our businesses while giving back to the Loudoun community. We meet the first and third Thursday of the month. We support each other and we support four non-profit organizations in Loudoun. To learn more about us, or to contact us for membership consideration, please visit our website at [www.LoudounWNG.com](http://www.LoudounWNG.com)

---

## MOM'S CLUB OF BROADLANDS

A national club whose members are Moms and kids from the Broadlands. Activities and outings happen weekly. We meet in the Community Center every third Friday at 10:00am. For information, contact Julie Peckman at 703-858-5679 or [membership.momsclub\\_broadlands@yahoo.com](mailto:membership.momsclub_broadlands@yahoo.com).

---

## INVESTMENT CLUB

Meets in the Community Center on the 3rd Thursday of each month at 8:00 p.m. Review personal investments, consider and purchase new investments, learn about investing and socialize! Contact Sylvia Thomason 703-327-2474 or Laura Bechtold 703-729-6074 for information.

---

## LOUDOUN COUNTY AUTISM NETWORK

We are a network focused on autism awareness in our community and committed to the prevention and recovery of autistic children. Monthly meetings are held at 7:00p.m. on the second Thursday of the month in the Parent Resource Center in the KiDazzles facility on Red Rum Drive in Ashburn. For more info, go to [www.locoautismnetwork.com](http://www.locoautismnetwork.com).

---

## PET LOSS SUPPORT GROUP

For anyone who has lost or anticipates losing a pet. We are a free support group that meets every third Tues from 7:00p.m.-8:00p.m. at Ashburn Psychological Services. We welcome all and are handicap accessible. For more info contact Robin Norris 571-278-9162 or [robin@sashaheart.com](mailto:robin@sashaheart.com).

---

## TECHNOLOGY COMMITTEE

Meets at 7:30 p.m. on the 2nd Wednesday of each month at the Broadlands Nature Center. For info, visit [broadlandshoa.org](http://broadlandshoa.org) and click on Committees. Meetings are open to all residents.

---

## YOUNG MUSICIANS NETWORK

Minton Academy of Music host a Friday Night Jam Session for young musicians every 2nd Friday of the month at 8:00p.m. The jam session is for young musicians between the ages of 11 and 16. Young musicians must have at least 1 year of private lessons to attend. For more info call 703-723-1154.

---

## (OPEN BAND CUSTOMER FORUM) SOUTHERN WALK TECHNOLOGY COMMITTEE

A forum for Southern Walk residents to discuss concerns and solutions regarding OpenBand. Meets the 1st Monday of each month at the Nature Center. For info, contact Erika Cotti at [ecotti@smartneighborhood.net](mailto:ecotti@smartneighborhood.net), 703 932-1385.

**Board Minutes Contined from page 11**

A policy regarding charging for preparing modification applications for homeowners that have completed projects that are approvable by the Modifications Subcommittee is being explored with the attorney.

A request by a homeowner for the Board to petition Loudoun County to have stop signs installed on Glebe View Drive was reviewed. The Board decided to wait to see if the Broadlands Boulevard extension to Belmont Ridge Road would have a positive impact on traffic and speeds.

Cliff Keirce moved to go into Executive Session at 7:37p.m. to discuss collections. The motion was seconded by Staci Kapinos. The motion passed 6/0/0.


Eric Bazerghi moved to exit Executive Session at 7:37p.m. and assert that no action was taken in Executive Session. Staci Kapinos seconded the motion. The motion passed 6/0/0.


Eric Bazerghi moved to adjourn the meeting and was seconded by Staci Kapinos. The motion was approved 6/0/0. The meeting adjourned at 7:38p.m. The next Board meeting is scheduled for July 14, 2009 at 5:30p.m. ✨

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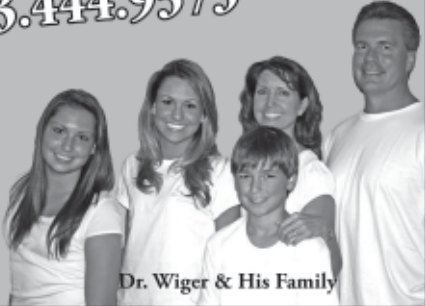


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## ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to over 3300 homes and businesses in the Broadlands community. The Newsletter Committee reserves the right to reject any advertisement that is not in the best interest of the Broadlands Community or the Broadlands Association. Advertising orders cannot be cancelled after the posted deadline.

### ADVERTISING INFORMATION

Advertiser provides copy design and format. Electronic format is required in PDF, TIFF or JPEG's. Ads not sent in this format will be returned. Although every effort is made to provide a professional look to your ad, the association is not responsible for ad quality. Advertising deadlines are the first day of the month prior to the issue. Insertion Order Forms are available at [broadlandshoa.org](http://broadlandshoa.org) on the newsletter page.

*Limited Availability:* 1/2 Page B/W  
7.25" W x 4.875" H \$295/issue (6 months prepaid \$265.50/issue). Color ads also available.

1/4 Page 3.625" w x 4.875" h  
\$160.00/issue (6 months prepaid \$130.00/issue)

1/8 Page 3.625" w x 2.25" h  
\$90.00/issue (6 months prepaid \$72.00/issue)

Payment is due in full when ad is submitted. Make checks payable to Broadlands Association. No cash payments, please. Copy changes to prepaid ads may be submitted before each deadline.

MAIL ADS and PAYMENT TO:  
Broadlands Association  
ATTN: Newsletter Ads  
21907 Claiborne Parkway  
Ashburn, VA 20148

For more information or questions regarding advertising, contact Staci Kapinos at 703-729-9704 ext.101 or [ads4broadlands@yahoo.com](mailto:ads4broadlands@yahoo.com).

*Please Note: Advertisers in the Broadlands Newsletter are not endorsed by the Homeowner's Association, the Board of Directors or HOA Management.*

### EDITORIAL INFORMATION

The deadline for editorial submissions is **noon on the 15th of the month**, or noon on the last business day before the 15th should it fall on a weekend or holiday. Submissions should be emailed to [nihanainen@broadlandshoa.com](mailto:nihanainen@broadlandshoa.com). A message may be left for the editor at 703-729-9704 ext.101.

## AUGUST CLASSIFIED ADS

### AUDITIONS

**THE INSTITUTE OF PERFORMING ARTS FOR YOUTH:** Auditions August 15 for "Nutcracker in a Shell All Jazzed Up!" An Ashburn holiday favorite - children performing jazz, hip hop, ballet and tap. Call 703-724-4900 or visit [www.IPAYouth.org](http://www.IPAYouth.org).

### CHILDCARE NEEDED

**PART-TIME CHILD CARE WANTED:** Beginning September when school starts. 7:00 a.m. to 8:00 a.m. M-F; 2:45 p.m. until 6:00 p.m. on Tuesdays and Thursdays. For 3 children, ages 9,9,6. Home in Mill Run boundary. May be good opportunity for Mill Run stay-at-home mom if willing to have our kids in your home. \$165 per week. Call Lisa 703-408-3295.

### EARLY EDUCATION/DAY CARE

**EARLY CHILDHOOD EDUCATION CONSULTANT:** Former Elementary school teacher, Mom of 3 with a BA in Education and MA in Special Education located near Mill Run ES available for occasional babysitting and TUTORING preschool age through 3<sup>rd</sup> grade. Contact Debbie 703-405-5180 or [Smile2u@smartneighborhood.net](mailto:Smile2u@smartneighborhood.net).

**TOTALLY TWO:** Drop your 2 year old off for a morning of fun filled developmentally appropriate activities. Tues and/or Thurs 9-11:30am, \$25 per morning. Contact Debbie, mom of 3, former elementary school teacher, with BA and MA in education. [Smile2u@smartneighborhood.net](mailto:Smile2u@smartneighborhood.net) or 703-405-5190.

**HOME DAY CARE:** Provided in the secure and nurturing environment of our home. State-licensed, CPR and first aid certified, USDA food program participant. Over 15 years experience. Many Broadlands references. Full or part-time, 7:00am to 5:00pm, M-F. Please call, 703-858-5535 or 703-509-8822.

**DAY CARE:** Loving mother of 3 willing to watch your child full-time, M-F in my home in Broadlands. Lots of experience with children. Great references if needed. Please call 571-333-4711.

**FALL/SPRING 2009-2010 MOMS MORNING OUT:** Two certified education teachers offering a fun, stimulating, structured learning environment for 15 months-4years old. Tuesdays and Thursdays, 9:15am - 12:15pm. Call Jenny for info: 571-333-3395.

**GROWING MINDS PRESCHOOL:** A home-based preschool that has limited openings in its four year old program. For more information, please call Judi at (703) 858-7966.

**LITTLE SPROUTS PRESCHOOL:** Enroll now for classes beginning in September. Home-based preschool in Broadlands serving children 18 months to 5 years old. <http://LittleSproutsPreschool.Clubspaces.com>. Call for a tour 408-750-7349, Karlene.

**PROGRESSIVE SPEECH THERAPY, LCC:** A unique pediatric speech-language & feeding therapy practice that provides therapy/diagnostic services for children 0-18 years of age. In home/school/daycare visits available to maximize your child's progress! Contact [info@progressive-speech.com](mailto:info@progressive-speech.com), call 571-246-6495, or visit [www.progressive-speech.com](http://www.progressive-speech.com).

**HOME CHILD DAY CARE SERVICES:** State Licensed. CPR & First Aid Certified. Insured. Breakfast, lunch & snacks provided. Attached single family home & fenced-in backyard. Smoke and pets free. Ages from 13 mths-12 yrs. Hours 7:30am - 6:00pm (M-F). Full/part time available. Please call Mrs. Tuladhar at 571-291-2311 for more information.

**KINDERGARTEN ENRICHMENT:** Need more than 3 hours per day for your kindergartner? Kinderbear offers an enrichment program for children ages 5 & 6. Math, reading, writing and fun activities. We offer 2, 3 or 5 days per week. Fully licensed facility. 703-858-0117.

### HOUSING/RENTAL EXCHANGE

**ASHBURN CAMPUS GWU GRADUATE STUDENT:** seeks to rent a room in a house in exchange for after-school tutorial for math and science (all subjects); Tutor is also available for personal training in tennis, soccer, yoga, and Pilates, two to three times a week. Certified personal trainer and yoga instructor with excellent references. Contact email: [healthinvestors@hotmail.com](mailto:healthinvestors@hotmail.com)

### INSTRUCTION

**TUTOR/SUMMER ENRICHMENT:** Certified teacher with Masters Degree willing to tutor in math, reading and writing, grades K-6. Have experience with children with special needs. Call Jenny for info: 571-333-3395.

**SWIM LESSONS:** Private and semi-private swim lessons for children or adults. I am a Broadlands resident and Mom of two who has taught swimming lessons for years. I also am a local Elementary School Counselor and former collegiate swimmer and United States Swimming Age Group coach. I am willing to come to the pool of your choice. Call or email Carli at 703-501-2344 or [cblische@yahoo.com](mailto:cblische@yahoo.com).

**GOLF LESSONS, BRAMBLETON LEARNING CENTER:** Comprehensive golf instruction. Proper swing mechanics, short game analysis. All age levels. Contact Tim Weaver at 703-967-9603 or [timweaver@golfurheadoff.com](mailto:timweaver@golfurheadoff.com).

**MINTONS ACADEMY OF MUSIC IN ASHBURN:** We are Broadlands residents that have been teaching music in the area since 2002! Our teachers are Emmy Award winners, Bachelors and Masters of Music, and some of the most award winning band directors in Loudoun County. With over 16 teachers at our school we teach all instruments to all ages. **Wanna' Play?** Visit us at [www.mintonsmusic.com](http://www.mintonsmusic.com). Call us at 703-723-1154 or stop by 21690 Red Rum Dr Suite 137 Ashburn, VA 20147.

**GOLF LESSONS:** Individual or form your own group! Cathy Jones, Assistant Teaching Professional, USGTF Level III Instructor, Brambleton Golf Course in Ashburn. Website: [www.Golfurheadoff.com](http://www.Golfurheadoff.com). Girls School of Golf, Ages 10-15, July 13-17 and August 3-7. Call at 703-501-8739.

**PRIVATE TUTOR:** Licensed teacher available to tutor K-8 students in any subject area for remediation, retention, or enrichment. Please call Karen at 571.333.2930 or email [ketrny@gmail.com](mailto:ketrny@gmail.com)

**ALOHA MIND MATH:** Discover the genius in your child! Abacus method, a fun way to learn math. Improves memory, visualization and focusing skills. Now enrolling for Junior/Senior program in Ashburn & SouthRiding. Visit [www.aloha-usa.com](http://www.aloha-usa.com) or call 703-463-9680.

**HANDWRITING WITHOUT TEARS:** Finally help for your children. Now available for children needing handwriting assistance or those wanting to get a start on school. Certified instructor with 7 years experience. Classes are fun and non-threatening, but extremely effective. Contact: Kely R. Davis at [Kelyrdavis@yahoo.com](mailto:Kelyrdavis@yahoo.com).

**MUSIC LESSONS:** *The Community Music School of the Piedmont* offers piano, harp, cello, guitar & French horn lessons at Our Savior's Way Lutheran Church. Highly qualified, faculty for children & adult. **SUMMER PROGRAMS AVAILABLE!** Member of National Guild of Community Schools of the Arts, National Association of String Teachers, & the Suzuki Association of the Americas. Contact: 540-592-3040 or [piedmontmusic@aol.com](mailto:piedmontmusic@aol.com).

**MUSIC LESSONS: GUITAR, CLARINET AND SAXOPHONE.** Instructor has Music Degree, Master's Degree and 20 years' experience teaching kids (age 8+) and adults. In-home or studio instruction. References from Broadlands residents. Please call 703-777-4352 or email [WoodwindStudio@verizon.net](mailto:WoodwindStudio@verizon.net).

**CREATIVE DANCE CENTER** in Ashburn is taking registrations for fall classes! Jazz, Hip Hop, Ballet, Contemporary for ages two through adult. Special tuition reduction through August 31. On Loudoun County Pkwy (near the Ashburn Post Office) Call 703-724-4900 or visit [www.cdcdance.com](http://www.cdcdance.com).

### HEALTH & WELLNESS

**CPR & FIRST AID TRAINING:** Corporate & Community; Day Care, Church Groups, Social Clubs, New Parents. Dynamic, highly qualified instructors! Competitive rates. Flexible scheduling at your convenience! **We come to you!** *Minimal* class size required. LifeTime Educators @703 729-2051.

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**PREGNANCY MASSAGE:** Former L&D nurse and doula certified in pregnancy massage. Relieve back, hip pain and other physical discomforts of pregnancy. Fathers encouraged to participate in the session. Read more at [www.tranquilmoment.com](http://www.tranquilmoment.com). Ashburn location. Claudette Plater, RN, CMT. Call 703-724-4210.

**ART OF LIVING:** Yoga and Meditation course with "Sudarshana Kriya" *A tool to minimize stress practiced by 4 million worldwide.* Please call: 703-723-8181 or email: [ashburn@us.artofliving.org](mailto:ashburn@us.artofliving.org). Contact us for information on free introductory sessions.

**ASHBURN PILATES:** Private Pilates Studio located at the corner of Farmwell Road and Ashburn Village Blvd. (Behind IHOP) Improve posture, flexibility and core strength through Classical Pilates. Private, Duet and Mat Class options. Call 703-729-1669 or visit [www.ashburnpilates.com](http://www.ashburnpilates.com).

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**HANDYMAN SPECIALIST:** Lives in the Broadlands with a Class A License and insurance. Everything from those dreaded and never ending honey-do lists, to projects and much, much more. Free estimates. Please call Mike at P&M General Contracting, 703-862-0415. [MichaelARosario@aol.com](mailto:MichaelARosario@aol.com).

**HONEST CONTRACTOR, FREE ESTIMATES;** Sprinkler system- turn on (free with any other service), repair, installation, and backflow testing.



Night-lighting- install and service (free demonstrations). Landscaping/Hardscaping – mulching, edging, leaf/debris removal, planting, and stone/rock walls. **Great local references and Competitive Prices!!** Call 703-989-1422 or Email [Sjwolfe1369@yahoo.com](mailto:Sjwolfe1369@yahoo.com).

**BANE ELECTRICAL SERVICE LLC:** Residential & Commercial service work specializing in trouble shooting and any other service related to upgrades or repairs. Licensed and Insured Electrical Contractor VA/MD. Ask about our monthly specials!!! Contact Chris 703-723-6501 (Broadlands Resident).

**MARIA'S START CLEANING LLC:** Residential and commercial cleaning. Servicing the Washington metropolitan area for more than 20 years offering competitive rates and great references. Call for a free estimate 10:30am-4:30pm, Monday – Friday at 703-723-3850 or visit our website at [www.mariasstarcleaning.com](http://www.mariasstarcleaning.com).

**ASHBURN ELECTRIC:** Specializing in Recess Light Installation & Services. Licensed & Insured. Contact: Craig Fladager at 703-858-7332 (Broadlands Resident).

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**HOME IMPROVEMENT CONTRACTOR:** Specializing in finishing basements, remodeling bathrooms, electrical, plumbing, exterior hot tub installations, express water heater replacement and expert at waterproofing wet basements. 30 years experience. Free estimates. For all your home improvement needs, please call Marc at 703-724-0772.

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**POO BARE, LLC Dog and Goose Waste Removal Service:** Protecting your dog, family and community with the timely removal of infectious dog waste. Weekly service, no contracts, and \$10.00 off first month for new customers. Contact: [www.poobare.com](http://www.poobare.com), 571-436-1444.

**LAWN MOWING SERVICES:** Mowing, trimming, mulching and more! We also clean gutters and remove snow. Call Jose 703-928-7732 or email [OTTELAWN@hotmail.com](mailto:OTTELAWN@hotmail.com).

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**ALL AROUND GLASS INC:** Herndon, VA Patio Door Glass, Broken Windows, Insulated Glass, Mirrors, Tub & Shower enclosures, Tabletops, Rescreening, Auto Glass, Commercial and Residential, 30 years experience, mobile service 703-481-8557, fax 703-481-1883. Licensed and Insured.

#### **MARKETPLACE**

**LET'S DISH:** Always offers great food and great value for your family. Located by the Ashburn Ice House and at [letsdish.com](http://letsdish.com). Enter code DISHINASH and get \$10 off your session order. We deliver too! Call 703-858-7900 for details.

**JEWELRY EVENTS:** The High Fashion Jewelry Business is booming! Come for our monthly area "Diamonds and Dinner" event and hang out with women already experiencing the rewards of our own part-time business. Complimentary accessory based gifts for all who attend! Call Margot Olenik at (703-475-0589 for dates.

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**KYLIE MIKUTA DESIGNS:** Offering custom scrapbook design services, pre-designed layouts/albums, monthly crops, adult classes and kids craft classes/camps. Checkout more at [www.kyliemikutadesigns.com](http://www.kyliemikutadesigns.com) and send emails to [kylie@kyliemikutadesigns.com](mailto:kylie@kyliemikutadesigns.com).

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#### **PROFESSIONAL SERVICES**

**ASHBURN ATTORNEY:** Robert Ohneiser, Esq. Attorney-at-Law (Licensed since 1987). Current practice: Loudoun Courts, Federal Court and U.S. Supreme Court. Divorce, Custody, Wills & Living Wills, Contracts, Accidents and Litigation. Call for appointment including weekends and evenings: 703-729-6446, [OhneiserLaw@Verizon.net](mailto:OhneiserLaw@Verizon.net).

**COMPUTER REPAIRS:** Do you need computer repairs that are friendly and priced reasonably? I can provide wireless networks, virus removal and PC Tune-ups that are competitively priced. Contact Brian at (703)648-0810. Check out [www.weekendpctech.com](http://www.weekendpctech.com) to see our prices!

**GGGGRRRRRR!!!!** Computer crashed? Network down? Kid installed a game and killed your computer? Computers confuse you? Email an enigma? Internet incomprehensible? Call Less Silberberg, your local Ashburn computer guy. 703-304-1130. PCs, Macs, Networks - Maintenance, installation, problem solving. Daytime, weekend, evening appointments.

#### **SALON SERVICES**

**ROYAL BARBER SHOP:** Now open. *The best haircut in Town.* 42882 Truro Parish Dr, Broadlands, VA 20148. Men's Haircut \$12 and Boy's Haircut \$11. Includes hot towel service. Phone: 703-858-9008. Please come and see us!

#### **HOW TO PLACE CLASSIFIED ADS**

Classified Ads (Limited to 40 words maximum) must be received with payment by the 10th of each month for the next month's issue.

**Broadlands Resident Rates:**  
\$ 7.00/Business Ad\*;  
\$ 0/Personal Ad or Lost & Found Ad

**Non-Resident Rates:**  
\$14.00/Business Ad\*;  
\$ 7.00/Personal Ad  
\$ 0/Lost & Found Ad  
\*10% off for 6 months prepaid

Payment: Check to "Broadlands Association"

Send To: Broadlands Association

ATTN: Stassa Collins  
21907 Claiborne Parkway  
Ashburn, VA 20148, 703-729-9704,  
[scollins@broadlandshoa.com](mailto:scollins@broadlandshoa.com)

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# Broadlands Committees and Events



## August Activities

### Date Activity

- 5th 7:00p.m. Modifications Subcommittee Meeting(NC - Conference Room)
- 11th 5:30p.m. Board of Directors Business Meeting(NC)
- 12th 10:30a.m. Exploring our Meadow(NC)  
7:30p.m. Tech Committee Meeting(NC)
- 14th 5:30p.m. Broadlands Live!(Hillside Park)
- 15th 10:00a.m. - 12:00p.m. Nature Center Open  
8:30p.m.(Approximately) Flicks in the Sticks(NC)
- 19th 7:00p.m. Modifications Subcommittee Meeting(NC)  
7:00p.m. Toastmasters Meeting(CC)
- 20th 8:00p.m. Investment Club(CC)
- 21st 10:00a.m. Broadlands Mom's Club(CC)

## Committees

### Community Events Committee

**Committee Chair:** Tammy Wells, tammy@jwells.us

### Neighborhood Watch Committee

**Chair:** Staci Kapinos, ssdkapinos@yahoo.com

### 'Broadlands Live!' Summer Concert Committee

**Chair:** Sunny Trippel 571-333-0695, sunny@smartneighborhood.net

### Recreation Committee

**Chair:** Open. Contact Staci Kapinos, ssdkapinos@yahoo.com, (703) 728-5849 for more information.

### Open Spaces Committee - Volunteers Needed

### Community Wildlife Habitat Committee

Provides information about wildlife habitats and promotes environmentalism within the National Wildlife Federation's goals such as to protect and improve the environment, including improving the awareness of global warming. **Chair:** Oya Simpson, (703) 725-8040, broadlandswildlife@gmail.com

### Swim Team

**Website:** [www.broadlandsswimteam.org](http://www.broadlandsswimteam.org)

### Technology Committee ([broadlandshoa.org](http://broadlandshoa.org))

Meets second Wednesday 7:30 pm in the Nature Center. Open to all residents. **Chair:** Dawne Holz, dawne@holzfamily.net

**Webmaster:** [webmaster@broadlandshoa.org](mailto:webmaster@broadlandshoa.org)



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 Broadlands, VA 20148

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**Inova Loudoun Hospital** is proud to be  
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All families will have an opportunity to participate in the "Family Passport" game and have a chance to win fabulous prizes from the treasure chest.



"AN INTERACTIVE COMMUNITY EVENT"  
Presenting Sponsor



**When: Saturday, August 29**

**Time: 10:00 am – 4:00 pm**

**Admission & Parking: Free with easy wheelchair and stroller accessibility**

**Beneficiary: Loudoun Interfaith Relief** 

**Where: Dulles Town Center**

**For More Information Call 703.777.8577 or visit [www.familyfestva.com](http://www.familyfestva.com)**

**Be sure to STOP BY and visit each exhibit to register for a chance to WIN great door prizes!!**

- Rocknocoeros Live!
- Live Science Show by Curiosity Zone
- 200 Sq Ft Hands-on Children's Art Center
- Interactive animal display by Animal Ambassadors
- Sterling Volunteer Fire Dept trucks to explore
- Fire & Safety Center — Emergency Preparedness, Basic First Aid Information, FREE Children's Safety ID
- Teddy Bear Clinic — free bears while supplies last
- Award-winning face painter Dee Vinchey
- Model Train Exhibit

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