



BROADLANDS



Community News

January 2009

*Happy New Year!
So Far In 2009...*

- **Holiday Trash Schedule:**
No trash or recycling pick-up on New Year's Day, January 1, 2009. Next pick-up day for trash, Christmas trees and yard waste will be Monday, January 5, 2009. Trash and recycling will be picked up on Thursday, January 8, 2009. Christmas trees will be picked up with yard waste on Monday, January 12, 2009. This will be the last yard waste pick-up until Monday, April 6, 2009.
- **February's issue will contain information about our new trash contractor, Patriot Disposal.**
- **HOA Forms are now available online, see page 12 for details.**
- **New Rental Fees for the Community Center, see page 6 for details.**
- **Volunteers needed for Events Committee, see page 5 for details.**

National Wildlife Federation Certified Wildlife Habitat Community



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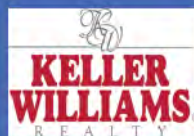
Tammy Bane
42882 Truro Parish Dr
Broadlands



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Broadlands Marketplace

Spend \$5 or more at participating stores.
Tour a Van Metre model home or apartment.
(No purchase necessary.)

Get this **Shop 'N Win** form stamped.
Collect 15 or more stamps and enter to win prizes.*

Grand Prize: \$500 gift card to **Harris Teeter**
Runners Up: \$100 gift card to **Glory Days,**
American Flatbread,
Callaloo, or Anotha.

Drop your form off at **The UPS Store** in Broadlands Marketplace
by the following dates, or mail it postmarked by **1/31/09** for the
January drawing, and by **2/28/09** for the February drawing.

**For full rules visit...*

Broadlands-Marketplace.com

Broadlands Marketplace
43170 Southern Walk, Picoas
Broadlands, VA 20148

Stone Ridge Village Center

Spend \$5 or more at participating stores.
Tour a Van Metre model home or apartment.
(No purchase necessary.)

Get this **Shop 'N Win** form stamped.
Collect 15 or more stamps and enter to win prizes.*

Grand Prize: \$500 gift card to **Harris Teeter**
Runners Up: \$100 gift card to **Glory Days,**
or Giro's,
\$50 gift card to Daily Grind.

Drop your form off at the **Post Net** store in Stone Ridge Village
Center by the following dates, or mail it postmarked by **1/31/09** for the
January drawing, and by **2/28/09** for the February drawing.

**For full rules visit...*

StoneRidgeva.com

Stone Ridge Village Center
42015 Village Center Plaza
Stone Ridge, VA 20105

Name: _____
Address: _____
Phone: _____
Email: _____

Mail completed form to:
Van Metre Commercial, 5252 Lyngate Rd., Burke, VA 22033



BROADLANDS



Contact Information

Board of Directors

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

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ssdkapinos@yahoo.com

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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

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knkcorson@smartneighborhood.net

Vacant - Secretary

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Customer Service

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HOP TO IT!

Local Storyteller and Naturalist Visits the Nature Center

What: Local herpetologist, Alsonso Abugattas, will speak about amphibians and their special characteristics. He will play a game with the attendees and do some demos too.

Come listen, look and learn about frogs and toads!

When: Saturday, February 7, 2009
10:00a.m. - 11:00a.m.

Where: The Broadlands Nature Center
21907 Claiborne Parkway
Broadlands, VA
Phone: 703-729-9704

Who: This is a family program for all ages

COST: \$5.00 per family

571.333.4514
703.327.1900



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The Audubon Sanctuary Shop is at the Broadlands Nature Center Year 'Round!

Open Monday through Friday

9:00a.m. - 5:00p.m.

Visit the Nature Center and find all kinds of gifts, including birdfeeders, toys, nature books, cards, jewelry and much more. Gifts for people of all ages.

HERITAGE FARM MUSEUM

TRACTORPALOOZA

Sat, January 10, 2009

10:00a.m. - 2:00p.m.

Rain Date Sun, January 11, 2009 12:00p.m. - 2:00p.m.

The event for the tractor lover in your life. Explore the Philip and Wanda Marshall Collection of model tractors, cruise Loudoun County on our custom toy tractor mat, and see real antique tractors. Measure up to some really big tires. Enjoy wagon rides if weather permits. Children who bring their own model tractor for the tractor parade will receive free admission to the Museum.

Located at 21668 Heritage Farm Lane in Sterling
571.258.3800

Hours: Tuesday through Saturday 10:00a.m. - 5:00p.m.

Sunday Noon - 5:00PM

Fees: Adults \$5.00, Children \$3.00, Discounts for groups and Seniors

***Don Your Masks and Beads
for
Broadlands' Inaugural Mardi Gras Celebration!!***

**Broadlands Community Center
Saturday, February 21st, 2008
8:00p.m.-11:00p.m.**

We'll crown the King, throw some beads, and dance to the sounds of New Orleans.

It won't be the French Quarter, but it will be fun. Broadlands residents are the only thing this party needs!

DJ, dancing, traditional King cake, Mardi Gras Hurricanes, beer, wine and prizes provided!!

Please bring a bagged snack (chips, pretzels, tortilla chips, etc.) to share.

Volunteers for set up and clean up needed.

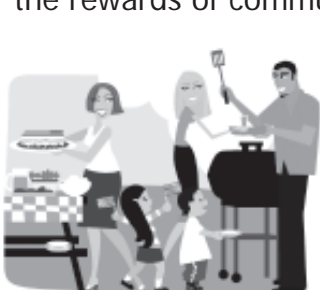
Please email tammy@jwells.us if you are interested.



Want to Make Family & Community Memories?

Seeking individuals interested in helping out with community events and activities in the Broadlands in the new year. We will be focusing on having fun with our neighbors in addition to giving back to the community and those less fortunate.

Please submit your contact info to sunny@smartneighborhood.net as soon as possible. Make it a family affair and experience the rewards of community service.



**PIRANHAS Swim Team Open
Registration Begins Online
MONDAY, FEBRUARY 9th, 2009.**

Come and join the Broadlands Piranhas for another fun filled summer of swimming! The swim team is open to Broadlands residents 18 years or younger. Our goal is to develop a love of swimming while teaching proper technique, principles and good sportsmanship as well as team and neighborhood spirit. We offer excellent coaching, daily practices and fun family activities during the season. The Piranhas compete in two summer swim leagues, the ODSL and CSL Leagues. Both teams offer opportunities for beginning and experienced swimmers. The Piranhas swim teams fill up quickly, so please sign up early.

For complete details on registration or questions, please visit our website at www.broadlandsswimteam.org. GO PIRANHAS!



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New Rental Fees for the Community Center

As of January 1, 2009 changes were made to the rental fee schedule for the Community Center.

Rental Fee	Rental Hours	Security Deposit
\$100	2	\$100
\$150	3	\$150
\$200	4	\$200
\$250	5	\$250
\$300	6	\$300
\$400	7 or more	\$300

Credit cards are not accepted. Please see the Broadlands Community Center Rental Policies for complete information. Available online at www.broadlandshoa.org/node/108.



Audubon Naturalist at Broadlands **Summer Nature Camp** **Kids Grow Better Outside!**



Outdoor activities are one of the best ways to promote your child's social skills and physical health as well as

nurture their interest in science. Give your child the gift of outdoor education this summer with ANS camps. Your kids won't stop talking about their camp experience, and you will be excited about everything they learn.

Broadlands Summer Camp registration is now online!

Broadlands Summer Camp registration begins Monday, February 2, 2009 at 9am
To register online:

Go to www.audubonnaturalist.org.

Click on Register Online and follow the prompts

You will have the option to join ANS or renew your membership when you register online

For questions about the registration process please call 301-652-9188 x16

We encourage people to use the online registration system, however if you do not have access to the internet, we will mail or email you a registration form, or you may pick one up at the Nature Center.

Home Sweet Home (For children entering pre-K or K; child must be at least 4 years old by June 1, 2009)

June 22-26, 2009: 9am-noon

July 6-10, 2009: 1pm-4pm

Where do the owls sleep during the day? Who makes their home in a rotting log? Find out all this and more as we explore amazing animal homes right in our area, including crayfish chimneys, woodpecker cavities and squirrel dreys.

ANS Members: \$120 Non-Members: \$150

Connections in Nature (For children entering 1st and 2nd grade)

June 22-26, 2009: 1pm-4pm

July 6-10, 2009: 9am-noon

Hawks need slugs, worms need foxes, and one action can affect the whole ecosystem. Engage all of your senses as we search out animals and plants and learn how all things in nature are connected.

ANS Members: \$120 Non-Members: \$150

Nature in Disguise (For children entering 3rd and 4th grade)

June 29 -July 2, 2009: 9am to 3 pm (no camp Friday, July 3rd)

Come to the Nature Center and become an eco-artist! See how creative you can be while learning about nature. Create usable art and reduce waste at the same time while incorporating concepts like camouflage, adaptation and habitats.

ANS Members: \$190 Non-Members: \$240

2008-2009 Snow Removal Guidelines

Within this section, you will find a list of streets indicating which entity is responsible for snow removal. **Please reference this list to determine who to call with snow removal concerns.** Broadlands Association provides snow removal for the private streets that have been completed by the builder and are owned by the Association. As the public streets in the single family home sections are accepted into the state road system, they will be maintained by the Virginia Dept. of Transportation (VDOT). Owners in new construction areas in Broadlands should contact their builder, Van Metre, unless their section/street is included in the HOA or VDOT areas to plow. Major roadways such as Claiborne Parkway, Demott Drive, Vestals Gap Drive, Ellzey Drive, Chickacoan Trail Drive, Glebe View Drive, Truro Parish Drive and Route 625 (Waxpool Road) are considered priority snow removal routes. After these roadways are cleared, work will begin on the secondary residential streets.

Snow plowing is to begin after there has been an accumulation of 2 inches of snow. Sand and/or chemicals will be used at critical intersections and as needed on streets.

In addition, there is a Loudoun County ordinance (Chapter 1022) that requires the owner/occupant of a property which has a public sidewalk adjoining or touching the property in front, rear or either side, to clear or treat that sidewalk for snow and ice within 6 hours of a snowfall (by 12:00 noon for overnight snowfall). Property owners abutting common areas (i.e. along Ellzey Drive) are also responsible for clearing those sidewalks. This will provide a safe walkway for children going to school. The County Department of Building and Development is responsible for enforcement of this ordinance.

Numbers to Call with Snow Removal Questions or Problems

VDOT (Northern Virginia District Office)	703-383-8368
HOA (Broadlands Association)	Wes Schroeder: 703-729-9711 Main office: 703-729-9704
Van Metre Homes (New Construction)	Tom Marable 703-723-2800
Developer (Broadlands Associates, LLP)	Tom Marable 703-723-2800

STREET NAME	SECTION	OWNER	STREET NAME	SECTION	OWNER
Ainsley Court	70	VDOT	Buckley Terrace	30	HOA
Arbor Glen Court	24	VDOT	Burnt Hickory Court	21	Van Metre
Arbor Greene Way	54	HOA	Cattail Meadows Place	38	VDOT
Ardmore Street	26, 28, 30	HOA	Cedar Springs Court	36	VDOT
Arundell Court	6	VDOT	Center Point Circle	28	HOA
Atherton Street	28, 30	HOA	Center Post Terrace	7	HOA
Aurora Heights Drive	21	Van Metre	Champney Court	42	VDOT
Autumn Harvest Court	24	VDOT	Chickacoan Trail Drive	1, 14, 15, 24, 38, 40, 44	VDOT
Autumnwood Square	10	HOA	Claybrooke Circle	28	HOA
Avens Court	5	VDOT	Clover Meadow Court	40	VDOT
Avonworth Square	60	HOA	Cloverleaf Court	78	VDOT
Awbrey Place	15, 16	VDOT	Columbus Street	28	HOA
Ayr Hill Court	80	VDOT	Coulwood Terrace	60	HOA
Bankbarn Terrace	3	HOA	Crossbeam Square	7	HOA
Basil Court	20	VDOT	Crosswinds Terrace	58	HOA
Bayard Terrace	56	HOA	Darby Terrace	26	HOA
Becontree Terrace	56	HOA	Demott Drive	6 (Residential areas)	VDOT
Bexley Way	42	HOA	Dilworth Terrace	60	HOA
Bluestone Court	24	VDOT	Edgemere Terrace	56	HOA
Bramblebush Terrace	56	HOA	Ellzey Drive	1, 4, 5, 24	VDOT
Broadwell Court	82	VDOT	Engleside Place	72	VDOT
Broxton Terrace	56	HOA	Evening Breeze Court	13	VDOT

2008-2009 Snow Removal Guidelines – cont.

STREET NAME	SECTION	OWNER	STREET NAME	SECTION	OWNER
Fairweather Court	20	VDOT	Reynwood Place	44	VDOT
Falling Rock Terrace	34	HOA	Riders Square	11	HOA
Fernbrook Court	38	VDOT	Ridgeway Drive	70,72,74,80,82,90	VDOT
Field Station Terrace	8	HOA	Riverstone Court	38	VDOT
Fieldthorn Terrace	56	HOA	Royal Fern Terrace	54	HOA
Fling Court	6	VDOT	Sandhurst Court	72	VDOT
Foche Terrace	11	HOA	Scara Place	17, 19	VDOT
Forest Edge Square	34	HOA	Schenley Terrace	54	HOA
Frame Square	7	HOA	Schoolhouse Court	4	VDOT
Fullerton Street	26	HOA	Shady Wood Terrace	34	HOA
Gatehouse Way	14	VDOT	Silverthorne Court	20	VDOT
Gentle Heights Court	44	VDOT	Small Branch Place	36	VDOT
Glebe View Drive	17, 20, 42, 43, 44	VDOT	Songbird Court	40	VDOT
Glyndebourne Court	74	VDOT	Spring Morning Court	24	VDOT
Golden Autumn Place	24	VDOT	Springwell Drive	36	VDOT
Goodwin Court	5	VDOT	Stillbrook Farm Drive	13	VDOT
Halburton Terrace	56	HOA	Stone Hollow Drive	78	VDOT
Harvest Green Terrace	10	HOA	Stonestile Place	78	HOA
Hawksbury Terrace	54	HOA	Stonewheel Way	42	VDOT
Hearthstone Court	16	VDOT	Sturman Place	18	VDOT
Heritage Oak Court	80	VDOT	Summer House Place	42	VDOT
Hidden Pond Place	36	VDOT	Sundance Square	39	HOA
Highgrove Terrace	56	HOA	Sunderleigh Square	56	HOA
Highview Trail Place	82, 90	Developer	Sundial Court	42	HOA
Hollowind Court	13	VDOT	Sunstone Court	76	HOA
Humbolt Square	30	HOA	Sweet Bay Terrace	54	HOA
Hunters Green Square	34	HOA	Tealbriar Place	62	Van Metre
Huntsman Square	10	HOA	Thornblade Circle	62	Van Metre
Inglewood Court	72	VDOT	Thornhill Place	24	VDOT
Inman Park Place	26	HOA	Tithables Circle	14, 15, 16	VDOT
Iredell Terrace	11	HOA	Topsfield Drive	82	VDOT
Ivy Wood Terrace	8	HOA	Tumbletree Terrace	56	HOA
Kennerly Terrace	60	HOA	Vestals Gap Drive	24,36,38,40,44	VDOT
Kisko Way	26	HOA	Vestry Court	4	VDOT
Kitchen Prim Court	17	VDOT	Welby Terrace	8	HOA
Larchmont Way	54	HOA	Wells Way	70	VDOT
Laurier Drive	74	VDOT	Westdale Court	52	HOA
Lefevre Inn Drive	5	VDOT	Whisperhill Court	82	Developer
Mapleton Court	70	VDOT	White Post Way	15	VDOT
Marburg Terrace	60	HOA	Wild Timber Court	21	Van Metre
Markham Place	26, 28, 30	HOA	Windover Drive	52, 54	HOA
Marsh Creek Drive	38	VDOT	Windy Oaks Square	58	HOA
Meadow Field Court	40	VDOT	Windy Pine Court	90	Developer
Meander Crossing Ct	40	VDOT	Wingfoot Court	52	HOA
Merion Street	26, 30	HOA	Withers Grove Court	90	Developer
Middle Ridge Place	42	VDOT	Woodspice Court	44	VDOT
Midsummer Way	24	VDOT	Through Streets		
Milford Drive	52	HOA	Belmont Ridge Road	Rt. 659	VDOT
Moss Landing Court	36	VDOT	Broadlands Boulevard		VDOT
Mount Auburn Place	43	VDOT	Claiborne Parkway	Ashburn Farm - Wynridge	VDOT
Newbridge Square	11	HOA	Claiborne Parkway	Wynridge - Croson	VDOT
Oak Post Court	74	VDOT	Croson Road	Rt. 645	VDOT
Oatyer Court	15	VDOT	Hillside Park		HOA
Old Wood Way	36	VDOT	Ryan Road	Rt. 772	Developer
Overland Park Drive	26, 28, 30	HOA	Shelhorn Drive	Rt. 643	VDOT
Pallan Terrace	60	HOA	Truro Parish Drive		VDOT
Park Brooke Court	78	HOA	Village Drive		VDOT
Park Creek Drive	62	Van Metre	Waxpool Road	Rt. 625	VDOT
Park Glenn Drive	62	Van Metre	Wynridge Drive		Developer
Reamy Way	19	VDOT	Mooreview Parkway	to Old Ryan Road	Developer



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Broadlands Association Board of Directors Meeting November 11, 2008 Board Actions

The meeting was called to order at 5:33p.m. with the following Board members in attendance:

Cliff Keirce
Brian Beahm
Denise Harrover
Staci Kapinos

Eric Bazerghi (via speaker phone)
Mark McIntosh
Tom Marable

Wes Schroeder, General Manager
Three Homeowners

Cliff Keirce moved to approve the minutes from the October 14, 2008 Board Meeting with an amendment to Item M and was seconded by Brian Beahm. The motion was approved 6/0/1 with Mark McIntosh abstaining.

Staci Kapinos brought up a request from staff to increase the newsletter's classified advertising pricing for 2009 approximately 12%. This is in line with other community newsletters in the area. Staci Kapinos moved to increase the classified advertising pricing for the newsletter approximately 12%. Brian Beahm seconded the motion. The motion passed 7/0/0.

Tom Marable notified the Board that Wynridge Drive was to be paved beginning November 12th and striping was scheduled for the following Wednesday. Cliff Keirce and Denise Harrover reported they had attended the CAI Leadership Conference.

A homeowner attended the meeting requesting clarification regarding his compliance with the Board's suggested remedy and whether compliance would release him from further claims regarding the issue. He was informed that was the Board's intention and Management was directed to draft a letter stating compliance would resolve the issue with the Board of Directors but any future modifications were a separate issue.

Ridgeway Drive and various methods to ease traffic and speeding were discussed. Laurier Drive's use as a cut-through and whether it could be closed were also discussed.

Additional website advertising was still being discussed and information was being gathered by the Technology Committee.

Brian Beahm moved to adopt additional portions of the following roads: Broadlands Boulevard, Claiborne Parkway, Shellhorn Road, Waxpool Road, Truro Parish Road and Glebe View Road in its entirety. Staci Kapinos seconded the motion. The motion passed 6/0/0.

Denise Harrover moved to approve the proposal submitted by Hadsell Sun & Shade to install the pool covers at the Summerbrooke main and wading pool. Staci Kapinos seconded the motion. The motion passed 6/0/1 with Eric Bazerghi abstaining.

The Board members who attended the meeting with the trash companies reported on their impressions from the meeting and current and proposed pricing was compared. Staci Kapinos moved to approve Patriot Disposal's proposal to be the Association's trash contractor starting April 1, 2009 for a period of three years. Eric Bazerghi seconded the motion. The motion passed 6/0/1 with Denise Harrover abstaining.

The Board expressed a preference towards switching pond maintenance companies but requested clarification regarding the meaning of minor maintenance of the aeration system at the Nature Center Pond.

After Management's report of its review of settlement sheets Brian Beahm moved to assess the homeowners on Thornblade Circle the Single Family Private Street rate as of October 1, 2008. Prior assessments will remain at the rate assessed. The motion was seconded by Denise Harrover. The motion passed 6/1/0 with Cliff Keirce dissenting.

Ten hearing notices were sent to be heard at the meeting. Four violations were for Trash cans in view, four were for lawn maintenance, one for an inoperative lamp post and one for a derelict vehicle. Five homeowners resolved the issue prior to the meeting and one gave a completion date of 11/30/2008. The Board authorized following normal assessment of charges procedures for the remaining violations.

The Board of Directors reviewed the draft budget submitted and made some minor changes to the budget. Staci Kapinos moved to approve the budget as amended. Eric Bazerghi seconded the motion and it passed 7/0/0.

Staci Kapinos moved to approve the Earth Day Resolution submitted by Oya Simpson of the Habitat Committee as amended. Eric Bazerghi seconded the motion and it passed 7/0/0.

Staci Kapinos left the meeting at 7:00p.m. *continued on page 24*

HOA Forms Now Available Online

There is a new section on the side bar of the Broadlands Association website home page entitled HOA Forms. You can go here <http://www.broadlandshoa.org/node/108> and access forms for rental of the Community Center, the Exterior Modification Application, set up Automatic Debit for HOA Assessments and Resale Certificate information. In early spring, the 2009 Pool Membership Application will be added. If you have any questions about this new website link please contact the HOA office at 703-729-9704.

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Broadlands Association Board of Directors

*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, January 13, 2009
5:30 p.m.**

In the Nature Center Conference Room

New Modifications Subcommittee Members Needed

Are you interested in serving the community and keeping Broadlands a beautiful place to live?

The Modifications Subcommittee is looking for new members. No special talents are required, just a willingness to participate in monthly or bimonthly meetings throughout the year; first and third Wednesdays March through October and third Wednesdays November through February at 7 pm at the Nature Center. Subcommittee members will become familiar with the Design Guidelines in order to render decisions regarding proposed projects submitted by Broadlands residents.

If you are interested, please contact Maureen Burns at the HOA office - 703-729-9714 or send an email to mburns@broadlandshoa.com.

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
January 21, 2009	January 16, 2009
February 18, 2009	February 13, 2009
March 04, 2009	February 27, 2009
March 18, 2009	March 13, 2009

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

Trash Collection Schedule
Mondays:
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show! But now it is time to pack
up the decorations and enjoy
your holiday memories.

The Broadlands Design
Guidelines require that holiday
lighting and decorations be
removed in a timely manner.
Please plan to pack yours away
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Nothin' But 'Net

From the Federal Trade Commission.

Submitted by: Dawne Holz, HOA Technology Committee member and Consumer Education Specialist at the FTC.

"Free Security Scan" Could Cost Time and Money

Messages telling you to install and update security software for your computer seem to be everywhere. So you might be tempted by an offer of a "free security scan," especially when faced with a pop-up, an email, or an ad that claims "malicious software" has already been found on your machine. Unfortunately, it's likely that the scary message is a come-on for a rip-off.

The free scan claims to find a host of problems, and within seconds, you're getting urgent pop-ups to buy security software. After you agree to spend \$40 or more on the software, the program tells you that your problems are fixed. The reality: there was nothing to fix. And what's worse, the program now installed on your computer could be harmful.

According to the Federal Trade Commission (FTC), scammers have found ways to create realistic but phony "security alerts." Though the "alerts" look like they're being generated by your computer, they actually are created by a con artist and sent through your Internet browser.

These programs are called "scareware" because they exploit a person's fear of online viruses and security threats. The scam has many variations, but there are some telltale signs. For example:

- you may get ads that promise to "delete viruses or spyware," "protect privacy," "improve computer function," "remove harmful files," or "clean your registry;"
- you may get "alerts" about "malicious software" or "illegal pornography on your computer;"
- you may be invited to download free software for a security scan or to improve your system;
- you could get pop-ups that claim your security software is out-of-date and your computer is in immediate danger;
- you may suddenly encounter an unfamiliar website that claims to have performed a security scan and prompts you to download new software.

Scareware purveyors also go to great lengths to make their product and service look legitimate. For example, if you buy the software, you may get an email receipt with a customer service phone number. If you call, you're likely to be connected to someone, but that alone does not mean the company is legitimate. Regardless, remember that these are well-organized and profitable schemes designed to rip people off.

How Do the Scammers Do It?

Scareware schemes can be quite sophisticated. The scam artists buy ad space on trusted, popular websites. Even though the ads look legitimate and harmless to the website's operator, they actually redirect unsuspecting visitors to a fraudulent website that performs a bogus security scan. The site then causes a barrage of urgent pop-up messages that pressure users into downloading worthless software.

What to Do

If you're faced with any of the warning signs of a scareware scam or suspect a problem, shut down your browser. Don't click "No" or "Cancel," or even the "x" at the top right corner of the screen. Some scareware is designed so that any of those buttons can activate the program. If you use Windows, press Ctrl + Alt + Delete to open your Task Manager, and click "End Task." If you use a Mac, press Command + Option + Q + Esc to "Force Quit."

If you get an offer, check out the program by entering the name in a search engine. The results can help you determine if the program is on the up-and-up. ***continued on page 33***



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How Can We Reduce Our Human Foot Print?

The Broadlands Wildlife Habitat Team sponsored the second gathering of the Broadlands Keep Loudoun Beautiful Chapter, teen group from Briar Woods High School.

There was a showing of the documentary, "Human Foot Print", which opened up a lot discussion about reducing and recycling. Tony Hayes, a Recycling Specialist from Loudoun County and Oya Simpson, of the Broadlands Wildlife Habitat Team, answered many questions during the evening that created lots of positive energy about increasing recycling at school and at home as well as reducing our general consumption.



Local Birds Send Out a Classified Ad!

WANTED: BED & BREAKFAST - Family seeks winter lodgings, with regular meals; all-day buffet preferred. Central heating not required, but water is a decided plus. Applications now being taken in your back yard.(courtesy of birdwatching.com)



Soon winter weather will hit Loudoun County and it will be time to let birds know you want their business. The best time to start feeding them is in the fall so they can become familiar with your backyard. However it's never too late to help our feathered friends.

Attract birds to your yard by providing seed mixtures, and seed specifics like thistle, safflower and sunflower seeds. Birds also like to eat suet, fruit and grains.

A constant source of fresh water is important as well. Provide it by placing a plastic tub, plant saucer etc...out in the open. Water levels should not be deeper the 2-3 inches and should be cleaned frequently. Make sure there is shrubbery at least 15 feet away from the feeder to provide birds with cover and places to perch and preen.

Consider placing various kinds of shelter opportunities in your backyard. Brush piles and evergreen or deciduous shrubs are great windbreaks, perches and possible food sources. Provide nesting material like yarn, string, hair or feathers in your backyard. Hang them on a railing or place them in an onion bag.

Place nest boxes for wrens, chickadees, bluebirds, titmice, house finches and wood peckers in your yard. Make sure the placement and dimensions of the box are correct for each individual bird.

With this basic winter birding information you can now easily meet your birding needs right here at the nature center. Support the partnership between the Audubon Naturalist Society and Broadlands and order your **birdseeds and suet** by filling out the preorder form on page 18 in this newsletter.

Become an Audubon Naturalist Society Member and Save!

Become a member of the Audubon Naturalist Society and receive a 10% discount on birdseed and gift shop items. You will also get a discount on summer nature camps at the Broadlands Nature Center. Go to www.audubonnaturalist.org and click on join /donate for more information.

You Can Make A Difference!

Your support is critical to our efforts to provide an impressive array of exploration, education and conservation programs. By making a donation to the Audubon Naturalist Society you are helping to preserve and protect the natural treasures and wildlife habitat of the Washington, D.C. region.



ANS has been selected for inclusion in the 2008-09 Catalogue for Philanthropy as one of the "finest smaller charities Greater Washington has to offer."

January 2009 Birdseed Sale Preorder Form

Preorder deadline: January 26th. Order form and payment must be received at the Nature Center no later than 5:00p.m. on January 26, 2009.

Pick up is at The Broadlands Nature Center on Saturday, January 31st from 9:00a.m. – 11:00a.m. All orders must be paid in advance. Payment at the time of pickup **will not** be available.

If you have any questions please call 703-729-9704. For seed descriptions see the following page. Become an ANS member and receive a 10% discount. For info go to www.audubonnaturalist.org

Birdseed & Suet		Preorder Price	Qty.	Totals
ANS Wild Bird Mix	25 lbs.	\$18.00		
ANS Wild Bird Mix	40 lbs.	\$28.00		
Black Oil Sunflower	25 lbs.	\$22.00		
Black Oil Sunflower	40 lbs.	\$33.00		
Cardinal Blend	20 lbs.	\$21.00		
Cracked Corn	25 lbs.	\$11.00		
Fruit & Berry Mix	5 lbs.	\$8.00		
Fruit & Berry Mix	20 lbs.	\$32.00		
Hulled Sunflower Chips	5 lbs.	\$9.00		
Hulled Sunflower Chips	25 lbs.	\$40.00		
Niger Thistle	8 lbs.	\$15.00		
Niger Thistle	25 lbs.	\$40.00		
***Patio/Deck Mix	20 lbs.	\$31.00		
Safflower	25 lbs.	\$26.00		
Split Peanuts	5 lbs.	\$8.00		
Split Peanuts	25 lbs.	\$36.00		
suet Hi-Energy w/seed		\$1.50		
case of 12 Hi-Energy w/seed		\$18.00		
suet Natural Pure		\$2.50		
case of 12 Natural Pure suet		\$30.00		
suet Peanut Butter		\$1.50		
case of 12 Peanut Butter suet		\$18.00		
White Millet	25 lbs.	\$13.00		
Woodpecker Mix	20 lbs.	\$32.00		
Subtotal				
VA Sales Tax (multiply subtotal by .05)				
Total w/tax				
Payment: Check or (VISA/MC/Amex/Disc) #				Exp. Date
Name: _____				
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Email _____				

Please return with payment to:		ANS Birdseed Sale		
		The Broadlands Nature Center		
		21907 Clairborne Parkway		
		Broadlands, VA 20148		

The proceeds go to ANS and to BHOA to support environmental education programs. Thanks!



Birdseed Descriptions

*** See the patio/deck mix for less mess at your feeders.

ANS Wild Bird Mix The Audubon Naturalist Society's own mix. Contains Black Oil Sunflower Seed, White Millet, and Split Peanuts. Attractive to most feeder birds.

Black Oil Sunflower These seeds are small, have thin shells, and contain high protein content, making them appealing to a wide variety of birds.

Cardinal Blend This blend is perfect for Cardinals during the cold months. Contains Oil Type Sunflower Seed, Safflower, Black Stripe Sunflower Seed.

Cracked Corn Several species can be attracted with Cracked Corn. Juncos, Sparrows, Cardinals, and Doves will enjoy this inexpensive grain.

Fruit & Berry Mix This mix appeals to a wide variety of birds. Contains Sunflower Oil Seed, Sunflower Chips, Split Peanuts, Safflower, Tree Nuts, Cherry Flavored Cranberries, Dark Raisins,

Hulled Sunflower Chips The advantages of Sunflower Seeds, without the hulls. Many Finches can be attracted with Sunflower Chips in a tube feeder.

Nyjer Thistle This seed is extremely popular with Goldfinches, but also accepted by Juncos, Sparrows, and Doves. Commonly fed in a Nyjer tube feeder.

Patio/Deck Mix The Deck/ Patio Mix is for the smaller birds. Contains Sunflower Chips, Split Peanuts, Hulled Millet. No shells in this mix, so less mess underneath your feeders.

Safflower Used in many areas to attract Cardinals, this seed will also be consumed by Mourning Doves, Song Sparrows, White-Throated and White-Crowned Sparrows.

Split Peanuts Peanuts provide energy as they are extremely high in oil and calorie content. Peanuts attract Chickadees, Jays, Crows, Titmice and Sparrows.

White Millet A commonly used ingredient in Wild Bird mixtures. This seed attracts Mourning Doves, House Sparrows, Song Sparrows, White-Crowned and White-Throated Sparrows.

Woodpecker Mix This mix is perfect for Woodpeckers. Contains Split Peanuts, Tree Nuts, Corn, Sunflower Chips, Raisins, Pumpkin Seed, Dried Cherries.

The Critter Corner
By Dr. Steve Velling
Ashburn Village Animal Hospital
"Pinching Pennies on Your Pets"

With the economy the way it is, we're all watching where our dollars go. That goes for pet care, too. By focusing on prevention, you will keep your pet healthy and avoid expensive procedures without sacrificing Fluffy or Fido's health.

Here are some tips:

Keep pets fit and trim - Many pets we see are overweight, and that extra weight increases the chance of some serious health threats such as arthritis, diabetes, or cancer. To help maintain a normal weight on your pal (you know when you can feel the ribs on your dog, or see a waist line on your cat), make sure to measure your pet's food (with an actual measuring cup - not a "coffee can"!), minimize the treats, and work in a daily exercise regimen.

Do It Yourself - You can learn basic grooming at home, from bathing to nail trims. Don't know how? Ask your groomer or vet how they do it and you can save some money! Also, learn to brush your pet's teeth, or find the right chew toys to use to lengthen

the time between potentially pricey cleanings.

Buy Smart- You can still buy toys for Shadow or Sadie, but you don't need to get designer clothes, collars or pillows. Also, when getting food or litter, buy in bulk to take advantage of the savings, and store the product in airtight containers.

Work with your Vet- Ask your vet if Bowzer or Brenda need all the shots that they are recommending (but don't stop going in at least once a year). Wellness exams can spot problems when they are smaller and usually easier to treat. And ask your veterinarian to write prescriptions for expensive medications that can be filled at wholesale places like Costco, or to prescribe the generic form when possible. Finally, take advantage of monthly specials that some veterinarians offer.

Be Prepared - Pet insurance is growing in popularity because many people don't want the cost of treating their four-legged friend to dictate whether they seek veterinary care or not. There are many different plans and options (I like Pets Best Insurance personally), so check them out before deciding.

I hope you all are weathering the financial storms we're going through, and I wish all of you a happy and healthy holiday season, and all the best for 2009!


Til next time,
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January Children's Programs and Events at the Nature Center

The Audubon Naturalist Society and the Broadlands HOA have partnered to provide the following programs.

All programs will be held at The Broadlands Nature Center located at 21907 Claiborne Parkway Broadlands, Virginia. Please call 703-729-9704 to sign up or get more information.

Please inquire about cost when you call to sign up. Please also dress for the outdoors.

Frogs and Polliwogs

Date: Tuesday, January 13, 2009

Ages: 6 - 8 years old

Time: 3:00p.m. - 4:00p.m.

Get ready for our February family program on frogs and toads by learning all about these important amphibians.

How are they different and how are they the same?

My Grandparent and Me - Plant or Animal?

Date: Wednesday, January 14, 2009

Ages: 4 and 5 years old

Time: 11:00a.m. - 12:00p.m.

Come to the Nature Center with a grandparent and find out what different animals eat.

Play a game called Popcorn, Bunnies and Foxes. Enjoy a snack when we are done.

Please let the instructor know if your child has food allergies.

Mommy, Me and Nature Make 3 - Wildlife in Winter

Date: Tuesday, January 20, 2009

Ages: 12 Months to 3 years

Time: 10:00a.m. - 11:00a.m.

What are animals doing in the winter? Which ones hibernate and which ones don't?

Sing songs, make a craft. We will go outside weather permitting.

Registration:

All programs listed above are \$5.00 and will be held at the Nature Center unless otherwise stated. Please call or stop by the Nature Center to register **at least one day before** the program is held. A **minimum number of 3 participants** is required or the program will be cancelled. Please dress for the outdoors.

In Need of a Long Winter's Nap?

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

You've had your last sip of champagne and cleaned up the last piece of confetti. Kwanzaa, Christmas, Chanukah, the New Year—whatever you celebrate over the winter, the big holiday rush is finally coming to a close. The kids have a couple of days or weeks before they have to go back to school or college, and maybe you were able to take a bit of time off work, too. You want nothing more than to plop down on the sofa and enjoy a mindless movie or a good book.



After all, shopping, party planning, schedule-coordinating, and traveling have left many of us pretty darn frazzled by January 2nd, and we deserve a relaxing break. Our families have earned it! But don't forget your family pets—our holiday stress can rub off on them as well. If you've had a house full of guests or an unusual vacation schedule, you may notice that Polly Parrot is molting, Tabby won't come out from under the bed, or Fido has been nervously licking his right front paw. You could find that your pets appear stressed and depressed, and you'll need to help them wind down, too. Try getting Polly a new interactive toy to keep her busy mind appropriately and calmly stimulated. A cozy new bed and a good snuggle session could renew Tabby's sense of family security. And why not let Fido cuddle up on the couch with you for some ear scratches and belly rubs to remind him that he is still a loved member of the "pack"?

Unfortunately, feather plucking or foot licking can lead to skin problems or infections that toys and belly rubs can't cure. Also, if Tabby has been in hiding for too long, she may have skipped too many meals or trips to the water bowl. In some cases, the effects of stress need attention beyond some extra TLC. Look for signs of self-inflicted injury, lethargy, unusual timidity, or changes in eating, drinking, urine, or bowel habits that last longer than a day or so—among other out-of-the-ordinary symptoms. The bottom line is that you know your family pets better than anyone else, so if you are concerned for any reason, play it safe and make an appointment with your vet.

We all want to breathe a little easier once we've gotten through the holiday pressures. Just don't forget your pets when your family gets the chance to decompress. Of course, soon enough it'll be time to plan the perfect gifts and dates for Valentine's Day...!

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As Economy Sinks, Demand Rises at Loudoun Community Health Center Community Support Sought

The demand for the Loudoun Community Health Center's medical services has increased significantly over the past three months, largely due to the economic downturn that has left many people unemployed or without benefits due to employer cut-backs.

The health center's patient population has risen from 1,200 people a year ago to more than 5,000 patients today. With the demand for its low-cost medical services growing daily, the community health center, which receives no federal or state funding, is in dire need of contributions to help keep up with the increasing number of people who would not otherwise be able to afford to see a doctor. "We are tangibly seeing the effects of the national economic crisis right here in Loudoun County, the wealthiest county in the nation," said Debra Dever, CEO of the Loudoun Community Health Center.

As a result, the Loudoun Community Health Center today announced a special fundraising appeal to help provide medical care for needy Loudoun residents. The health center provides medical care to anyone in need, regardless of their ability to pay, whether they have insurance or not. Unlike the local free clinic, which only treats adults between the ages of 18 and 64, the Loudoun Community Health Center is the only charity in the area caring for patients of all ages, including children and senior citizens. Since opening in May 2007, more than 1,600 children, most from low-income families, have been cared for, and 500 of those are babies under the age of 1. Approximately 40-50 newborns are seen every month at LCHC.

According to Dever, the goal is to raise \$300,000 before the end of 2008. Donations will be used to provide medical care to low-income and uninsured residents of Loudoun County. "Donors will make an immediate impact on our medically underserved neighbors, which is a very rewarding feeling," said Dever.

"As Loudoun's newest charity, we are filling a void not offered by other organizations in the community," said Dr. Lauren Cianciaruso, Chief Medical Officer at LCHC. "Our patients tend to have more complex health problems because they have put off seeing a doctor until a problem can no longer be ignored. Now that LCHC is here to help them, these people can finally afford to seek medical care."

Donations can be made online at www.LoudounCHC.org or by sending a check to the Loudoun Community Health Center, 224 A Cornwall St., NW, Leesburg, VA 20176.

The Library Corner January 2009

The New Year brings cold weather and opportunities. The county faces a budget crisis, and the Loudoun County Library Board of Trustees has been asked to approve drastic cuts to programs, personnel, collections and even libraries by the County Administrator as options for the Supervisors.

In difficult economic times, Libraries are a refuge, a source of solace, free services and learning, and a resource to find employment. Our library system was recently ranked tenth in the nation in our population category by Hennen American Public Library Rankings (www.haplr.com), a ranking we've earned three times before. Our excellent librarians and staff are the backbone of our success. The Library, as with all other departments in the county, has been asked to submit the preferred scenarios to cut 5%, 10%, 15%, 20% and 30% from our current costs. Due to the predominance of personnel related costs in our budgets, we will have no alternative but to cut staff, cut hours and reduce the collection to achieve even moderate budget reductions. The entire library budget is less than one percent of the entire county budget. At a 20% reduction, we lose 37 positions, we can only stay open eight hours per day and close Sundays and we must cut our collection budget by almost \$350,000. At a 30% cut, we lose a total of 65 positions, and must go to a five day, 40 hour week or close two of our eight branches. The residents of the county deserve better than that. If you value the programs and services offered by your library, you have the opportunity to help. You must write to the Board of Supervisors at bos@loudoun.gov and urge them not to cut the library budget as part of the overall reduction in the County budget process.

Scott Stewart

Chairman, Loudoun County Board of Trustees, Member Ashburn Library Advisory Board

The Annual Ashburn Library Used Book Sale will be held at the Ashburn Library, 43316 Hay Road, on **Jan 23 from 10:00a.m. to 9:00p.m., January 24th from 10:00a.m. to 5:00p.m., and January 25th from Noon to 3:00p.m.** Bargains will abound, with prices ranging from 50 cents to \$2.00. Come buy used books, videos, and music. Donations of used books, software, videos, and music can be brought to the library on **January 10th and January 21st** during normal library hours. For more information, contact Larry Stepnick at 703-858-9066 or larry@severyngroup.com. To volunteer, contact Douglas Nelms at alab_volunteer@yahoo.com. All of the funds raised by the sale go to support the Ashburn Library, its programs and staff activities.



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Board Actions continued from page 11

Lori Seidmeyer of the Habitat Committee discussed an upcoming seminar on rain barrels and requested the Modifications Subcommittee prepare guidelines and was requested to submit guidelines she had from neighboring communities to Maureen Burns. The Board requested Management add Committee Reports to the agenda for future meetings.

Cliff Keirce moved to enter Executive Session at 7:10p.m. for the purpose of discussing collection issues, a lawsuit and personnel. The motion passed 6/0/0.

Cliff Keirce moved to exit Executive Session at 7:21p.m. and assert that no action was taken in Executive Session. Denise Harrover seconded the motion. The motion passed 6/0/0.

Denise Harrover moved to approve the payroll. Brian Beahm seconded the motion. The motion passed 6/0/0.

Brian Beahm moved to adjourn the meeting and was seconded by Tom Marable. The motion was approved 6/0/0. The meeting adjourned at 7:28p.m. The next Board meeting is scheduled for December 9, 2008 at 5:30p.m.

PLEASE REMEMBER...

Loudoun County Law requires that dogs be under the control of its owner when off the owner's property.

Roaming dogs are a hazard both to themselves and to others in the community.



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Recipes Fit For the President and Perfect For Super Bowl Sunday

Barack's Chili

"I've been using this chili recipe since college and would bring it to any potluck. I can't reveal all the secrets, but if you make it right, it's just got the right amount of bite, the right amount of oomph in it and it will clear your sinuses."

Ingredients:

1 large onion, chopped
1 green pepper, chopped
Several cloves of garlic, chopped
1 tablespoon olive oil
1 pound ground turkey or beef
1/4 teaspoon ground cumin
1/4 teaspoon ground oregano
1/4 teaspoon ground turmeric
1/4 teaspoon ground basil
1 tablespoon chili powder
3 tablespoons red wine vinegar
Several tomatoes, depending on size, chopped
1 can red kidney beans

Sauté onions, green pepper and garlic in olive oil until soft. Add ground meat and brown. Combine spices together into a mixture, and add to ground meat. Add red wine vinegar, tomatoes and let simmer, until tomatoes cook down. Add kidney beans and cook for a few more minutes. Serve over white or brown rice. Garnish with grated cheddar cheese, onions and sour cream.

Barack Obama Pizza Burger

A Chicago pizzeria-style burger named for the President. Recipe courtesy the M Street Bar & Grill, Washington, DC.

For the Garlic Butter:

1 head garlic
1 stick unsalted butter, softened
2 tablespoons chopped fresh parsley
1 teaspoon champagne vinegar
Kosher salt

For the Burgers:

6 8-ounce Angus beef patties
Kosher salt and freshly ground pepper
1/2 cup marinara sauce, plus more for serving
12 thin slices fresh mozzarella cheese (about 8 ounces)
6 crusty rolls, such as Kaiser
1/2 cup chopped fresh basil

Make the butter: Preheat the oven to 350. Remove papery outer layer from head of garlic and slice off top to expose cloves slightly. Wrap garlic in foil and roast in oven until soft, about 45 min. Cool slightly and squeeze roasted pulp into a bowl. Whip

Make the burgers: Preheat a grill or grill pan to medium-high. Season patties with salt and pepper. Grill about 3 minutes per side, turning once. Move burgers to the cooler side of the grill (or reduce the heat on the stove) and top each with marinara sauce and 2 slices cheese. Spread cut sides of each roll with some garlic butter and place face down on the grill. Cover and cook until the cheese melts and the buns are toasted, 1 to 2 min. Place a burger on each roll bottom; add some chopped basil and roll top. Serve with more marinara sauce, if desired.

Congratulations to December's Trivia Contest Winner:
Carolyn Sica

Win a \$45 Gift Certificate to Bonefish Grill!

Answer the following *Presidential Inaugural* 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 January 15, 2009. **Be sure to include your name and telephone number.** Good Luck!

- Which President's Inaugural had to compete with Super Bowl Sunday:
☐ Jimmy Carter ☐ William Clinton
☐ Lyndon B. Johnson ☐ Ronald Reagan
- Which President was the first to use a bulletproof, closed limousine:
☐ Jimmy Carter ☐ John F. Kennedy
☐ Lyndon B. Johnson ☐ Ronald Reagan
- Which tone-deaf chief executive once told a reporter, "I only know two tunes, one of them is 'Yankee Doodle' and the other isn't"?
☐ Calvin Coolidge ☐ James Buchanan
☐ Thomas Jefferson ☐ Ulysses Grant
- Which President made the clever statement, "About the time we think we can make ends meet, somebody moves the ends"?
☐ Franklin Roosevelt ☐ Dwight Eisenhower
☐ Herbert Hoover ☐ Grover Cleveland
- Which President recalled, "As to the Presidency, the two happiest days of my life were those of my entrance upon the office and my surrender of it"?
☐ Martin Van Buren ☐ Thomas Jefferson
☐ Bill Clinton ☐ Woodrow Wilson

NAME: _____

PHONE: _____

BROADLANDS BOMBERS WIN LEAGUE CHAMPIONSHIP - Way to Go Team!



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Workshop for Parents & Teachers 10 Keys to A Stress-Free Home & Pre-School

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Tuesday, January 6, 2009 from 7:00p.m. - 9:00p.m.

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- Improve focus, attention and behavior.
- Create positive behavior plans that build confidence.
- Calm an angry, frustrated or violent child.
- Relieve anxiety and sensory integration issues.

Martin will explain why your kids are bossy, anxious, and easily overwhelmed; sabotage friendships, demand fairness and say, "I'm bored"; like to argue, fidget, make noises or chew. Medication, nutrition and siblings will be addressed as well.

The Workshop is FREE to the community. All parents, teachers and caregivers are encouraged to attend. Educators will receive documentation for Continuing Education Credits for attending. Please call 703-729-9144 with questions.

Additional information can be found by visiting www.CelebrateCALM.com.

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By, Katie Herbert Certified Personal Trainer

knherbert13@gmail.com



A wise man once said that there are two kinds of people: those who find a way and those who find an excuse. This was a great piece of advice from my Dad. I use this mantra with my clients on a daily basis. In this busy world of ours there are always distractions that get in the way of a healthy lifestyle. How many days do you have that go exactly as planned? Phone calls at the last second, a sick child, you are feeling tired, it was raining, it was too hot, you had other things to do, you were on vacation, someone brought cake to the office...I can go on and on. The point is that there are always obstacles that stand between you and your goals. The key to overcoming this situation, is to truly embrace your goals, and don't let these distractions get in your way.

How do we excuse-proof our goals? First you need to clearly identify your goal — write it down. Furthermore, write it somewhere that you will see it everyday. Next, make a list of any factors that get in the way of reaching that goal. Once you identify the roadblocks, make a plan for how you can work around these problems. For example, if you are trying to fit a workout in at home but find yourself interrupted by phone calls, unplug the phone! I know that sounds crazy but hear me out, we as a society are so tied to our phones, convenience has become a prison. I would bet that 90% of calls aren't urgent and could go to voicemail. So go ahead, finish your workout, then you can talk to Mom about her awesome new cookie recipe.

All too often people let life **control them** instead of taking **control of life**. Most times people do so without even thinking about it. We get so busy and over-plan so much that we forget that we don't have to fill every second of the day. In fact, it does a body (not to mention mind and soul) good to have a moment to just breathe and direct our focus on our own well-being. Repeat after me, "It is ok to do something good for me."



Some quick tips to keep you honest:

- Schedule 'you' time and use that time to work on your goal.
- Verbalize your excuse, sometimes a reason sounds legit in your mind but given a voice that same reason sounds totally bogus. I'm serious; you all should hear some of the excuses that I hear!
- Forgive yourself. It's important to remember that no one is perfect and some distractions must be dealt with. The successful people in life find a way to handle the distraction and then get back on track.

We all search for a new beginning in the new year. Make this a year of no excuses. Commit to taking control of your life and your goals, whatever those goals may be. If you follow that simple rule don't be too surprised to find yourself searching for new goals :) Happy New Year!

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Low Light, Low Maintenance House Plants

I must confess, I like to watch Home & Garden TV. You can pick up some useful ideas from many of the shows. An opinion held by many of the realtors on these shows who are appraising homes for their value or to put on the market is to get rid of any artificial plants and replace them with beautiful living plants. Of course this is TV you know, they are telling you how to stage your home to sell it and are not worried about the ongoing maintenance of a live plant!

Even though I am a horticulturist, indoor plants are not my favorites. I much prefer an expensive artificial look-a-like that you just need to dust a couple of times a year! I struggle with the potted plants that I over-winter inside each year. By the time spring rolls around, they are looking pretty sad and are in desperate need of light and some fresh soil & fertilizer.

That said, houseplants can be beautiful & can help reduce indoor air pollution. The best way to avoid problems is to select plants that are tolerant of interior conditions. Below is a short list of some houseplants that are pretty much foolproof.

Janet Craig Dracena - *Dracaena deremensis* "Janet Craig". All members of this genus have excellent tolerance to low light and humidity, but Janet Craig is absolutely the best. Its decorative dark green, strap-like leaves are 12-18" long and 2-3" wide and will fill the need for dark foliage in any interior.

Heartleaf Philodendron - *Philodendron scandens oxycardium*. This plant can survive for long periods under very low light conditions. For this reason, it can be found growing in almost any office. It's often planted in a jar of water or in a dish garden. Potting soil and a pot with a hole in the bottom to ensure good drainage would be better, but the fact that Heartleaf Philodendron does well even with adverse root environments indicates just how tough it is.

Devil's Ivy - *Epipremum aureum*. This plant looks a lot like Heartleaf Philodendron and, in fact, is often called "Philodendron". To further confuse matters, it is also called "Pothos". But, whatever you call it, it is easy to grow. This plant can also be grown in water. The best variety of Devil's Ivy is "Marblequeen". The leaves of this variety are variegated and the variegation is more intense in bright light.

Snake Plant – *Sanseveria* (various species). Another common name for this plant is mother-in-law's tongue. This may be the toughest plant on the list. It, too, can tolerate low light and humidity. The leaves are thick and leathery, so it is also able to withstand occasional dry periods. There are two common forms of Snake Plant — one that makes a compact rosette of leaves and one that makes a tall erect plant. There are varieties with silvery horizontal leaf bands, entirely green leaves, or bright yellow leaf margins.

Cast Iron Plant - *Aspidistra elatior*. This plant earned its reputation for toughness during the Victorian Era. Its ability to survive cold, dimly lit rooms, and the fumes of coal gas made it a very popular plant. It is a slow grower with long dark green or green and white striped leaves. The variegated variety requires medium to bright light to maintain its variegation.

Remember, all plants must have some light; however, the above plants require low light and very little care. Over or under-watering is a major problem with houseplants. You should use the "finger method" to tell when the plant needs water. For a 8" container stick your index finger in the growing media up to the first joint. If the soil is moist, no water is needed. If it is dry you should add enough water so that about 10% comes out the bottom of the container. Houseplants should only be fertilized when they are actively growing. Those growing in very low light can actually be damaged from over-fertilization. For information on culture of indoor plants go to: <http://www.ext.vt.edu/pubs/envirohort/426-100/426-100.pdf>.

Contact the Loudoun County Master Gardener Volunteer Help Desk at 703-771-5150 or ex107mg@vt.edu if you have questions on houseplants or gardening. We are still accepting applications for the 2009 Master Gardener Training class. If you are interested contact the Master Gardener Volunteer Help Desk.

Debbie Dillion
Urban Horticulturist
Loudoun County Extension



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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 hscott@broadlandshoa.com.

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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 ***hscott@broadlandshoa.com***.*

Broadlands Residents - Thank You So Very Much

The Jolly One graced our presence once again on December 5th and 6th at the Nature Center. A HUGE thank you goes out to the residents who volunteered their time to make this a special event for our neighborhood tots—You know who you are! We also owe the Technology Committee another HUGE thank you for once again taking our photographs and preserving our memories of this holiday.



Broadlands own Tech Committee



Our residents once again spread the joy and our good fortune this holiday season by participating in the Holiday Coalition's "Neighbors Helping Neighbors" campaign. A toy filled SUV made a big delivery to the drop point on Dec. 12th. Lots of children will be touched by your generosity.

Thank you for showing your holiday spirit by participating in these events.
Happy New Year to you!



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LCSA - Customer Service	(571) 291-7880
LCSA - After Hours & Wknds	(571) 291-7878
State Police	(703) 771-2533
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PUBLIC INFORMATION:

Abused Women's Shelter	(703) 777-6552
Animal Control	(703) 777-0406
Building Permits Dept.	(703) 777-0397
Comcast	(800) COMCAST
Child Protective Services	(703) 777-0353
County Landfill	(703) 771-5500
CPR Class Info	(703) 444-1155
DMV (VA)	(703) 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
Miss Utility	(703) 552-7001
Metro	(202) 637-7000
OpenBand 24x7 Cust. Svc.	(866) 673-6226
and Trouble Tickets	(703) 961-1110
Parks and Recreation	(703) 777-0343
Ridesharing	(703) 771-5665
Road Conditions	(800) 367-7623
School Board	(703) 771-6410

Social Services	(703) 777-0353
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PUBLIC OFFICIALS COUNTY SUPERVISOR:

Stevens Miller	(703) 771-5069
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SCHOOL BOARD REPRESENTATIVE:

Robert DuPree	(571) 233-4610
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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
Constituent Hotline	(800) 889-0229

U.S. HOUSE OF REP. 101 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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Notihin' But 'Net continued from page 15

Good Security Practices

Check that your security software is active and current: at a minimum, your computer should have anti-virus and anti-spyware software, and a firewall. You can buy stand-alone programs for each element — or a security suite that includes these programs — from a variety of sources, including commercial vendors and your Internet Service Provider. The security software that was installed on your computer when you bought it generally works for just a short time — unless you pay a subscription fee to keep it in effect. Visit <http://security.getnetwise.org/tools/search> for a list of security tools from legitimate security vendors selected by GetNetWise, a project of the Internet Education Foundation.

Make it a practice not to click on any links within pop-ups.

You can report possible fraud online at ftc.gov or by phone at 1-877-FTC-HELP. Details about the purchase — including what website you were visiting when you were redirected — are helpful to investigators. Visit www.OnGuardOnline.gov to learn more about protecting your computer from bugs, viruses and scammers.

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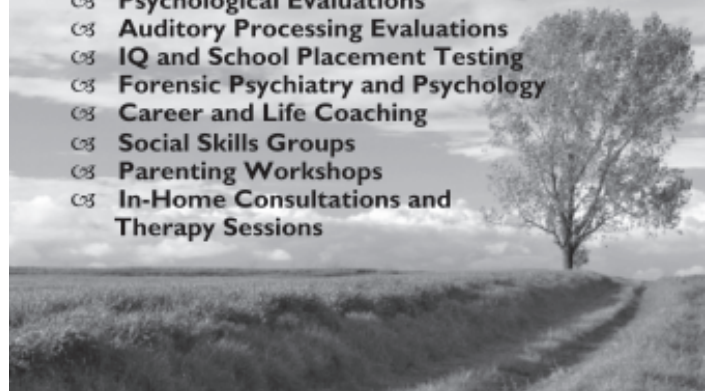
ASHBURN PSYCHOLOGICAL SERVICES

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CONTACT US AT 703-723-2999

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- ☞ Child, Adolescent and Adult Psychiatry and Medication Management
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- ☞ Career and Life Coaching
- ☞ Social Skills Groups
- ☞ Parenting Workshops
- ☞ In-Home Consultations and Therapy Sessions



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: nihananen@broadlandshoa.com.

ASHBURN CLASSICS SENIORS

The next meeting will be at the Mills Recreation Center in Ashburn Village at 10:30a.m. on January 10th. Anyone who is 50 or older is welcome to attend. The program for the meeting is **Safety in the Home** - a very important issue as we get older. Please invite a friend and come enjoy fellowship, fun, good food, and a great program.

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 to learn more.

BROADLANDS BOOK CLUB

For ten years now, our book club has been meeting every other month to discuss various books, from My Sister's Keeper to Sammy's Hill, to Water for Elephants, Rise and Shine and more. If you'd like to be a part of this fun, and longstanding club, please contact Deb Keirce at 703-729-7320.

BROADLANDS NEIGHBORHOOD BIBLE STUDY

Please join us either Tuesday mornings or evenings at a neighborhood home for a study on the Heart of Christ by Max Lucado. For more information, contact Karen at 703-723-4341 or Tammie at 703-858-2771.

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.

CHRISTIAN BOOK CLUB

We meet every other month in each other's homes, to have relaxed, engaging discussions about Christian Books. We read fiction and non-fiction such as The Gates of Splendor, and works by Beth Moore, Stormie Omaritan, etc. If you'd like to join us for fun and fellowship, please call Deb at 703-729-7320.

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 Moriaki at anne@moriaki.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 every Tuesday morning from 9:00a.m. - 10:00a.m. during the school year, Please contact Rebecca for more information at 703-858-7379.

CUB SCOUTS

Cub Scouting is a youth organization emphasizing fun with a purpose. We teach principles of good citizenship, character development, outdoor

adventure, fitness and health and much more. The Cub Scout program is designed for boys in grades 1-5 and Boy Scouts for grades 6-12. New Boy Scout Troop 2970, recently formed by leaders and families across Eastern Loudoun County with over 20 years of Scouting experience, now 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 on Cubs and Boy Scouts, please call Ed Yarbrough at 703-724-1064.

AMERICAN HERITAGE GIRLS

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

WORKING MOTHERS NETWORK

We are a group of working moms who meet regularly to share the great journey of motherhood and, have a variety of meetings at different times, locations and days of the week to accommodate busy-working mom's schedules. We also provide events that include children (like play-dates) and Network Events 'just for mom'. For more info visit <http://workwmn.meetup.com/341/>.

MOM'S CLUB OF BROADLANDS

A national club whose members are Moms and kids from the Broadlands. Activities and outings happen weekly. Meets in the Community Center every third Fri at 10:30am. For info., contact Lynn Brizzi at 703-327-9550 or by email at lynnbrizzi@hotmail.com.

INVESTMENT CLUB

Meets in the Community Center on the 3rd Thurs of each month at 8 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.

TECHNOLOGY COMMITTEE

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

(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, 703 932-1385.

JANUARY CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

LITTLE SPROUTS PRESCHOOL: Open House Thursday, Feb 5th at 7 pm. Registration for 2009-2010 classes begins Feb 5th – Feb. 13th. 1, 2, and 3 day programs for children 18 months through 4 years old. Hands on interactive learning through fun. Call for more information: Karlene Baker 408-750-7349. Website <http://LittleSproutsPreschool.clubspaces.com>.

HOME DAY CARE: Provided in the secure and nurturing environment of our home. State-licensed and over 15 years experience. Full or part-time, 7:00 to 5:00, Monday to Friday. USDA food program participant. Please call, 703-858-5535.

A CHILD'S PLACE PRESCHOOL: A quality social, educational and growing experience! Classes for 3,4 & 5 year olds; 9am-12 noon. Offered 2,3 or 5 days per week. Located at Galilee UMC – Algonkian Parkway at Winding Road 703-421-2939, www.achildsplacepreschool.com.

INSTRUCTION

MUSIC LESSONS: *The Community Music School of the Piedmont* announces that cello instructor, Jeremiah Shaw, has openings in Ashburn! Mr. Shaw has degrees in Cello Performance from The Cleveland Institute of Music and The Juilliard School. CMSP also has openings for piano, harp, and French horn at Our Savior's Way Lutheran Church. Contact: 540-592-3040 or piedmontmusic.org.

CORE COLLEGE ESSAYS: A well-written essay gains advantage. Ironically, this genre is rarely taught in school. I help students write top essays by guiding them through the process from start to finish. I can also help polish a current essay. Contact Meghan: 703.772.7466. See www.coreessays.com for details about this unique service.

TEACHER WITH MASTER DEGREE WILL TUTOR: Certified teacher, K-12 with Master Degree willing to tutor grades K-8 in all subject areas. Experience with special education students. Please call Jenny at 571.333.3395 or email jenny_vanhorn@yahoo.com.

GUITAR LESSONS: Classical, rock and blues styles. Instructor has Music Degree and 20 years experience teaching kids and adults. Lessons in your home; references from Broadlands residents. Please call 703-777-4352 or email blueridgestudio@verizon.net.

FOR SALE

MELITTA: One cup coffee maker w/ iced tea spout. Uses "JAVA PODS". Like new condition. Asking \$10.00. Contact: 703-729-0396.

ROWENTA "PRECISION" STEAM IRON: Like new, asking \$10.00. Contact 703-729-0396.

PADDOCK BOOTS: Size 2 girls. Like new – used only 5 days (horse camp). Asking \$10.00. Contact 703-729-0396.

FOR RENT

ASHBURN/BROADLANDS: Private Offices, \$495/month, T-1 Line, month-to-month lease. ERA Teachers: 703-471-4233x218 or llsre@aol.com.

GROUPS AND CLUBS

LWNG NETWORKING GROUP: Loudoun Women's Networking Group (LWNG) is a networking group of women who operate home based businesses in Loudoun County. We meet in the evenings on the first and third Wednesdays in Ashburn, and we have been growing steadily for 2 years now. Our focus is helping each other to grow our businesses, while supporting worthy causes in our community. If you are interested in learning more, please visit our website at www.LoudounWNG.com. We are accepting new members, and would love to hear from you!

HEALTH & WELLNESS

KINDERDANCE: Last chance to enroll in this year's Kinderdance® classes held at the Community Center is January 15th! Preparation for the "June Year End Demonstration" will begin in early Spring. Tues. 1:00pm: Level II (4 & 5 yrs.); Wed. 9:00am: Level I (3-5yrs.); Wed. 10:10am: Tots class (2 yrs.) Registration forms available in the Nature Center. Call 703-728-7862 or email KDofLoudoun@aol.com for additional information.

ZUMBA: is fun...it's the type of exercise you'll want to do every day and feel good about doing it! It's different. You probably never thought you'd be exercising to this type of music. Salsa, Merengue, Hip-Hop, Cumbia – All levels. For more information contact 703-307-6919 or Nmontas777@aol.com.

ART OF LIVING: Yoga and Meditation course with "Sudarshana Kriya" *A tool to minimize stress practiced by 4 million worldwide.* **01/16/09 to 01/20/09**, Ashburn, VA. Call: 703-723-8181 or email: ashburn@us.artofliving.org. **Free introductory session:** 01/08/09 at Broadlands Community Center, 7:00pm-8:30pm. RSVP: 703-568-5858.

JAZZERCISE: Bring your body back. Why Wait? Only \$50 for the rest of 2008 when you register for January 2009 Easy Fitness Ticket. No Joining Fee. Jazzercise combines elements of jazz dance, yoga, and more to create a truly effective program for people of every age and fitness level. For info call 703-669-5997, email micaah@ashburnjazz.com or visit www.ashburnjazz.com.

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.

HOME SERVICES

DRAPERY & BLIND SERVICES: Installation, fabrication, shades, rods, cornices, valances and also repairs. Hunter Douglas, Kirsch and Graber products. Many references, lives in Ashburn, Insured. Quick service – 40 years experience. Contact: 703-723-4301 or 703-728-5160.

HOME REMODELING YOU CAN TRUST: Let Integrity Homes remodel your kitchen/bathroom or convert your basement into a finished area. We are committed to providing exceptional quality at a reasonable price. Our showroom will provide you with a vast array of selections and design ideas. Contact Ashburn resident John Dec 703-667-4524.

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.

THE HOME DOCTOR: The Cure for What Ails Your Home - 703-861-0393 Painting, power washing and sealing. AC maintenance and replacement, electrical, carpentry, ceramic tile, plumbing, wood rot, all major/minor repairs...we can do it! Free Estimates!

SHANTZ HOME SERVICES: For all your home improvement needs; specializing in bath and basement remodeling. Contact Shantz Darling at 571-221-4940 or email shantz@glassmile.net. Licensed and Insured. Broadlands resident.

YOUR HANDYMAN SERVICES: We specialize in all your home improvement needs like painting, power washing, plumbing, remodeling kitchens, bathrooms and much more. So don't delay, call today! 571-437-4113, owner Rodney Hampton. License #B800195.

PROFESSIONAL PAINTING: Residential interior & exterior. Licensed & insured. Quality workmanship. Reasonable. Free estimates. 25 yrs experience. "You can't afford not to call." Please call Gary's Painting, 703-971-4016.

HOME IMPROVEMENT: Carpentry, drywall, painting, electric, plumbing, flooring, renovation, additions, small jobs welcome. Free estimates, Licensed & Insured. Call 703-250-0868 or email OTTELLC@hotmail.com.

LARRY MILLER INC. WINDOW CLEANING SERVICE: Residential Specialist. Free screen cleaning, free estimate. Licensed & insured. Resident of Broadlands. Call Larry at 703-723-7770.

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

THE CARE OF TREES: Need trees and shrubs beautifully pruned? Well maintained trees add value to your property. Call certified arborist Bonnie Deahl for an appointment. 703-661-1700 www.thecareoftrees.com.

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.

FULL CIRCLE HOME IMPROVEMENT: Kitchen and Bath Remodeling. Flooring Installation, Tile, Hardwood, etc. Finish Trim Moldings Lighting and more. Outside work, decks, sheds, etc. Specializing in smaller jobs. Licensed and insured. Call Rich at 703-723-4268.

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

BELMONT CONSTRUCTION CORP: We specialize with all types of home repairs whether it's inside or outside. Additions, baths, electric, plumbing, hardwood/carpet, granite countertops, landscaping, organize garages, tree cutting, yard drainage problems, ETC. 571-209-0332. Live & work in Ashburn.

BELMONT DECK & PATIO & PAINTING CORP: Building all types of decks and patios. Pressure treated and composite maintenance free products. Maintaining old decks/patios by power washing and painting. Light home repairs, rotten wood, roofing, siding, etc. 571-209-0332.

MARKETPLACE

TASTEFULLY SIMPLE is the answer to your entire Super Bowl party menu. Check out the website or call me for some super quick appetizer ideas. Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, www.tastefullysimple.com/web/Lsvendsen, FoodFromLisa@comcast.net

STRESSED? TIRED? DIFFICULTY

SLEEPING? Allow me to introduce Private Quarters linens to your home. Experience luxury hotel comfort at an affordable cost and wake up feeling refreshed and energized. I offer free gift wrapping for the Holidays! Call Kim at 571-918-4355 or view the catalog at www.kimedwards.privatequarters.net.

PETS

KIT & KABOODLE PET CARE SERVICE, LLC:

Is your pet part of the family? Kit & Kaboodle Pet Care – because your family member deserves the best! Providing Loudoun County with quality pet care since 2000. For more information call 571-223-2977 or visit our website at: www.kitandkaboodlepets.com.

PROFESSIONAL SERVICES

GGGGGRRRRR!!!! 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. Grand Opening Special: Men's Haircut \$10 and Children's \$9. Includes hot towel service. Phone: 703-858-9008. Please come and see us!

TRAVEL

CRUISES INC. - Disney Spring Break '09 Cruise! Priced lower than the cruise line! Join your friends and neighbors on a 4-night cruise over Spring Break on Disney's beautiful ship Wonder. Visit the Bahamas and Disney's own private island Castaway Cay. Book now, cabins priced like this won't last long. Call Karen at Cruises Inc. 703-729-8329.

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*;
\$ 6.25/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

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 Form available at 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.

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. A message may be left for the editor at 703-729-9704 ext.101.

Broadlands Committees and Events



January Activities

Date Activity

- 8th 7:30p.m. Events Committee Meeting(NC)
- 13th 3:00p.m. Frogs and Polliwogs(NC)
5:30p.m. Board of Directors Meeting(NC)
- 14th 11:00a.m. My Grandparent and Me - Plant or Animal?(NC)
7:30p.m. Tech Committee Meeting(NC)
- 15th 8:00p.m. Investment Club(CC)
- 16th 10:30a.m. Broadlands Mom's Club(CC)
- 21st 11:00a.m. Mommy, Me and Nature Makes Three(NC)
7:00p.m. Modifications Subcommittee Meeting(NC)

Community Events Committee

Meets first Tuesday at 7:30pm in the Nature Center.

Committee Manager: Open

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

Meets every second Wednesday of the month.

Contact Staci Kapinos, ssdkapinos@yahoo.com, 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

Technology Committee (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

(OpenBand Customer Forum)

SW Technology Committee

*Meets 1st Monday in the Nature Center. Open to all residents. **Chair:** Erika Cotti, ecotti@smartneighborhood.net, (703) 932-1385*

A CLYDE'S GIFT FILLS A LOT MORE THAN STOCKINGS.

Give Clyde's Gift Coins and Cards



Wondering where to get that perfect gift? Look no further than Willow Creek Farm where your only dilemma will be which to choose – Gift Coin or Gift Card. Gift Coins come in \$25, \$50 and \$100 denominations and are packaged in our beautiful green velvet box. Our Gift Cards can be for any amount and fit perfectly into any wallet. Both make a delicious gift. To order, just call or visit us at the restaurant, or go online to www.clydes.com. *And Happy Holidays from Clyde's.*



42920 Broadlands Boulevard
Broadlands, Virginia 20148
571.209.1200
clydes.com



Members of Brownie Troop 6369 and their Dads participated in purchasing and laying Christmas wreaths on the tombstones of United States Marines at Quantico National Cemetery on Dec 6th. The event took place to honor our fallen heroes and their service to our country.

The participants were:
Scott, Cassie and Regan Holstein
Andrew, Katy and Kira Shinas
Mike and Amanda Lang
Winston and Rita Beauchamp
Dan, Lydia and Russell Smith
Paul and Kelsie Vander Voort

We're kid-friendly.

Strange sounds. Strange smells. Strange people. A trip to the hospital can be especially intimidating for children. That's why Inova Loudoun Hospital provides a child-friendly emergency department specially designed to put our youngest patients at ease. Children can watch videos, play games, read books or watch TV. It's more like home. And our experienced pediatric staff is specially trained to understand the unique needs of children, like using smaller equipment for smaller bodies. If a hospital stay is required, we'll continue to provide a warm and caring atmosphere in our pediatric inpatient unit. Inova Loudoun Hospital is committed to your child's health and well-being. We'll treat your child like one of our own.



Quality Care Close to Home
www.inova.org/ilh

INOVA HEALTH SYSTEM IS A NOT-FOR-PROFIT HEALTH CARE SYSTEM.

I'm a Loudoun Mom and I want BRMC!



Is there any such thing as "too much pediatric medicine?" Can we actually do too much to protect our kids' health and wellbeing? When Broadlands Regional Medical Center (BRMC) announced their partnership with world renowned Children's National Medical Center, I was thrilled. Because even though we've got good pediatric services here already, I can't have enough reassurance when it comes to my kids. And now, I'll have pediatric expertise much closer to home.

Loudoun County has more than 260,000 residents, many of them young families. I think Dr. Bear is a great addition to our available health care services. Because there's really nothing more important than our kids and we all want the best for them.

I am asking my Supervisor to vote Yes on BRMC.

Ask your Supervisor to ☒ **Vote Yes** on BRMC
www.loudoun.gov



IT'S GOOD FOR LOUDOUN COUNTY

Broadlands Association, Inc.
21907 Claiborne Parkway
Broadlands, VA 20148

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