

BROADLANDS

Community News

To Our Residents -

**We Wish You a New Year
Filled with Prosperity and
Happiness!**

The HOA Office and Nature Center will be closed on January 1st for New Years Day

- Give back to your community by volunteering, page 5
- Sign up for the Broadlands Blast, page 5
- Backyards Alive!, page 9
- Nature Center Winter Programs, page 10
- Warm soft bread for cold winter days, page 15
- Snow Removal Guidelines, page 20



Come Join us on
Saturday, January 18th
10:00am - Noon for
REAL ESTATE EDUCATION DAY

Have You Ever Wanted to Find Out More About...

The Home Buying Process
 Ways to Improve Your Credit
 Current Local Market Conditions
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 The Value of Having an Agent on Your Side
 How different are low and no down payment options
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 development of children in our community through
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 43115 Waxpool Rd. | Ashburn VA 20148
 (703) 729-9144 | www.openarms-ccdc.org

**Broadlands Homeowners Association
Board of Directors Meeting**
Tuesday, January 14th - 6:00p.m.
Nature Center Conference Room

Board of Directors Meetings

Monthly meetings are held in the conference room of the Nature Center on the second Tuesday of the month at 6:00pm.

Residents are welcome to observe the public portion of meetings, and to address the Board during the 'Homeowner Forum' section of the meeting.

Modifications Subcommittee

The Subcommittee meets at 7:00p.m. in the Nature Center conference room 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 Thursday before the meeting to the Secretary to the Modifications Subcommittee, Robin Crews. Submissions may be emailed to rcrews@broadlandshoa.com or delivered to the Association office in the Nature Center, 21907 Claiborne Parkway. For your convenience there is a drop box available for after-hours submissions.

Please review the Design Guidelines online at www.broadlandshoa.org/for-homeowners/design-guidelines/ for updated guidelines and information required to be submitted with your application, as failure to include all information will delay review of your application.

A response to your application is generally mailed within one week of the meeting.

**Modifications Subcommittee
Meeting and Submission Dates**

Meeting Date	Submission Date
January 15, 2014	January 09, 2014
February 19, 2014	February 13, 2014
March 05, 2014	February 27, 2014
March 19, 2014	March 13, 2014

*Please Note: The Subcommittee is looking for volunteers. If you are interested in joining this group please email Robin Crews, rcrews@broadlandshoa.com.

Looking Forward

Well winter has arrived and we saw our first winter weather events a bit earlier than usual. As a reminder, VDOT is responsible for plowing the streets that are county maintained, while the HOA is responsible for plowing privately owned streets and parking lots and the developer plows streets in sections they are still developing. Residents living on private streets pay additional assessments for street maintenance that include snow plowing and residents living on publicly maintained streets do not pay an additional assessment. Roads are plowed and paid for using taxpayer dollars. If you are uncertain who owns the street you live on, please check out the street listing on our website at <http://www.broadlandshoa.org/wp-content/uploads/2013/10/SnowRemoval.pdf>.

Snow removal on HOA owned streets commences after two inches (2") of snow has accumulated on paved surfaces, or as conditions dictate. As a reminder, it is very helpful for residents to park in their driveways where possible when a winter weather event is predicted. This allows plows to clear the widest path on the street and reduces the likelihood of parked vehicles getting hit either by passing snow plows or by other vehicles traveling on slippery road surfaces.

As the New Year rings in, I would like to take a moment to give thanks and recognition to members of the Broadlands team who have made the community what it is today.

- I would like to first thank the Board of Directors. All nine members of the Board are engaged and community focused. They face the challenge of governing a growing community with changing needs. They are also very supportive of staff and allow us to handle the day-to-day operations.
- I would like to thank the HOA staff. They make my job easier and without them the community would most certainly decline. Their dedication and commitment to the community is outstanding.
- I would like to thank the developer for all their efforts. The Van Metre folks have been here for the long haul. Their commitment to our long-term success is unlike any others I have worked with.
- Last but certainly not least are the many volunteers. The committee volunteers play an essential role in developing the true sense of community. Their service and commitment is vital in sustaining the atmosphere of our community.

I hope everyone enjoyed their holidays and is ready to settle back into the swing of things. I know I am very excited about all of the events and improvements we will have in store for Broadlands in 2014.

Happy New Year to all!

Sarah Gerstein, CMCA, AMS, PCAM
General Manager
Broadlands Association, Inc.



Who's Who

BROADLANDS ASSOCIATION, INC.

21907 Claiborne Parkway
Broadlands, Virginia 20148
Main: (703) 729-9704 Fax: (703) 729-9733
www.broadlandshoa.org

HOA Office & Nature Center Hours: Monday thru Friday from 9:00am to 5:00pm. Additional Nature Center Hours: First three Saturdays from 10:00am to 2:00pm.

BROADLANDS ASSOCIATION MANAGEMENT & STAFF

General Manager

Sarah Gerstein sarah@broadlandshoa.com

Covenants covenants@broadlandshoa.com

Newsletter Editor

Natalie Ihanainen nihanainen@broadlandshoa.com

Newsletter Advertising Manager

Stassa Collins scollins@broadlandshoa.com

Secretary to the Modifications Subcommittee

Robin Crews rcrews@broadlandshoa.com

Administration

Susan Kuklick skuklick@broadlandshoa.com

Receptionist

Joanne Hang joannehang@broadlandshoa.com

Naturalist

Alexandra Vlk naturalist@broadlandshoa.com

Naturalist Hours: Monday 9:15am - 1:45pm, Tuesday 9:30am - 4:30pm, Wednesday 9:15am - 1:45pm, Thursday 9:15am - 1:45pm, Friday 9:15am - 1:45pm

BOARD OF DIRECTORS

President Brian Beahm - brian.beahm@gmail.com (703) 726-6360

Vice President Eric Bazerghi - eric@thehouse.net (703) 723-1046

Secretary/Treasurer Dawne Holz - dawne@holzfamly.net (703) 349-1095

Directors

Gerry Alcantara (703) 858-1320

Stevens Miller (703) 217-0862

Michael D. Simpson (571) 333-3365

Joseph T. Wagner (571) 333-0831

Members at Large, Van Metre Representatives

Roy Barnett rbarnett@vanmetrecompanies.com (703) 425-2600

Denise Harrover dharrover@vanmetrecompanies.com (703) 425-2600

COMMITTEES

Broadlands Live! Summer Concert Chair: Renee Ventrice - tttrenee@yahoo.com

Community Wildlife Habitat* Chair: Oya Simpson - osimpson@broadlandsnaturally.org (703) 725-8040

Events Chair: Tammy Wells - tammy@jwells.us

Neighborhood Watch Chair: Open

Recreation Chair: Open

Swim Team www.broadlandsswimteam.org

Technology* Chair: Dawne Holz - dawne@holzfamly.net, broadlandshoa.org

Tennis Chair: Brad Marcus - bradmarcus@gmail.com

Webmaster webmaster@broadlandshoa.org

*Please look under Clubs and Groups for more information

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Main: (703) 679-1541 Fax: (703) 591-5785

Website: www.fsresidential.com

Email: customerservice.dcmetro@fsresidential.com

Mail Payments to:

FirstService Residential

P.O. Box 11983

Newark, NJ 07101-4983

Useful Numbers

NON-EMERGENCY

Ashburn Fire (703) 729-0006
Dominion Virginia Power (888) 667-3000
Fire Marshall (703) 777-0333
Loudoun County Sheriff (703) 777-1021
Loudoun Water - Customer Service (571) 291-7880
Loudoun Water - After Hrs/Wkends (571) 291-7878
Poison Control (800) 222-3333
State Police (703) 771-2533
Washington Gas (703) 750-1000

BROADLANDS COMMUNITY

Southern Walk Internet/Cable:

OpenBand 24x7 Customer Service. (866) 673-6226

OpenBand Trouble Tickets (703) 961-1110

Trash Pickup - Patriot Disposal 1(703) 257-7100

MailBox - Main Street Mailboxes... 1(703) 753-5521

PUBLIC INFORMATION

Animal Control/Shelter (703) 777-0406

Building Permits & Dev. (703) 777-0397

County Landfill (703) 771-5500

DMV (VA) (800) 435-5137

Health Department (703) 777-0236

Library (Ashburn) (703) 737-8100

Loudoun Ride On (703) 777-2708

Loudoun Hospital (703) 858-6000

Miss Utility (800) 552-7001

Metro (202) 637-7000

Parks and Recreation (703) 777-0343

Ridesharing (703) 771-5665

Road Conditions (800) 367-7623

School Board (571) 252-1000

Street Signs/Storm Drains (703) 771-5666

VDOT (703) 383-8368

Van Metre Homes (703) 348-5800

Verizon (703) 954-6222

Verizon Fios (888) 553-1555

SCHOOLS - BROADLANDS

Briar Woods High School (703) 957-4400

Eagle Ridge Middle School (571) 252-2140

Hillside Elementary School (571) 252-2170

Mill Run Elementary School (571) 252-2160



Go Green and Opt Out

You have the option of opting out of hard copies of this monthly newsletter. If you would like to receive electronic copies only of this newsletter, please email OptOut@broadlandshoa.com.

You will no longer be mailed a hard copy, but will be emailed a link to the online version.



Help Keep Broadlands Live! a Smooth Operator

Sung to the tune of "My Favorite Things," by Tammy Skov
Broadlands Live is a community venue.

Volunteers, vendors, and sponsors we need you!

If you can help us there's no deed too small.

Reach us by email or give us a call!

~bumbumbabum- bum bum bum bum~

May in the springtime four concerts get started.

Each month one Friday we'll all join the party.

If there is any way you can assist.

That will ensure our events' a succe-e-e-ss!

(Bum) Business sponsors! (Bum) A few hours! (Bum) Volunteer with pri-i-ide-

So if you are able to help to help with our shows-

Contact us to join-n-n-n--- Broadlands Li-i-i-ve!

Please email Renee at aphioni@gmail.com to find out more information about our Broadlands Live! concert series.

Come Help Plan Festivities in Our Community

Become a volunteer and join the Events Committee. We are holding a meeting on Tuesday, January 14th, 7:30p.m. at the Community Center.

The committee welcomes all to attend and looks forward to hearing our residents great ideas and recommendations. We also need lots of help to produce our great neighborhood events.

Let's keep the Broadlands fun and interesting! Please contact Tammy Wells, tammy@jwells.us for more information.

Great Visit with Santa

Thank you Broadlands Residents for joining us at the **Broadlands Annual Visit with Santa!** We had over 450 people in attendance! Thank you for your donations to the **Toys for Tots** box again this year. Your generosity was overwhelming! A Special Thanks to those who helped make the event a wonderful evening:

- Mrs. Cristin Williamson and the Eagle Ridge Middle School Chorus
- Mr. David Ingalls and Alumni from the Eagle Ridge Middle School Jazz Band
- Mr. Nigel Tangredi and the Briar Woods High School Chorus
- Santa's Helpers from the Briar Woods High School Key Club: Juhi, Minakshi, Rishika, Elise, Emily, Kaitlyn, Lauren, Tiffany & Taylor
- Santa's Little Helpers from Hillside Elementary School: Ria & Jenna
- Broadlands Residents helping during the event: Laurie Greenbaum & Mike van der Biezen
- U.S. Marine Corps *Toys for Tots*
- Carbone Entertainment
- Farmwell Road *Starbucks*
- Broadlands *Safeway*

Thank you again and Happy New Year!

- Barbara van der Biezen and the Events Committee

Patriot Disposal Christmas Tree Collection

- Monday, January 6th & January 13th
- All tinsel and decorations must be removed.
- Please do not place trees in plastic bags.

Time to Remove Your Holiday Decorations

What a wonderful holiday season it was! Sparkling lights, prancing reindeer, smiling snowmen and lovely green wreaths; we all enjoyed the 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 by February 2nd.

⇒⇒⇒ **New** ⇐⇐⇐

The Broadlands Blast

Interested in getting up to date community news in between monthly newsletters? Sign up for our new e-bulletin, the **Broadlands Blast**. Email Blast@broadlandshoa.com to enroll.

Save the Date For the Broadlands Annual Mardi Gras Party

Saturday, March 1st at the Broadlands Community Center 8:00p.m. – 11:00p.m.

More information to come in the February newsletter.

This is one event you don't want to miss!



January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year! HOA office and Nature Center closed	2	3	4 Nature Center Open 10:00am - 2:00pm
5	6 Christmas Tree Collection - throughout the neighborhood	7	8	9	10 Newsletter Submissions due by Noon	11 Nature Center Open & Family Prgms 10:00am - 2:00pm Backyard's Alive 10:00am - NC
12	13 Christmas Tree Collection - throughout the neighborhood	14 Board of Directors Meeting 6:00pm - NC Events Comm. Meeting 7:30pm - CC	15 Modifications Subcommittee Meeting 7:00pm - NC Tech Comm. Meeting 7:30pm - NC	16	17	18 Nature Center Open 10:00am - 2:00pm
19	20	21	22	23	24	25
26	27	28	29	30	31	

Key: CH= Club House; CC=Community Center; NC=Nature Center; HP=Hillside Park

Save Yourself Time, Money and Aggravation

Before you make any modification, change or addition to the exterior of your home, an application is required for the Modifications Subcommittee to review. Don't be misled by well meaning friends, neighbors or contractors. It is the homeowner's responsibility to file an application with the Modifications Subcommittee for all exterior work. A county permit does not circumvent this requirement.

What can happen if you don't submit an application? You may be ordered to cease and desist, which might cause your contractor to charge additional money for delays in completion. You may have to appear before the Board of Directors at a Covenants violation hearing. You may be assessed a fee by the Homeowners Association of up to \$900,- which will be added to your account and to which late fees, attorney fees, and court costs can be charged if payment is not made in a timely manner. You may be taken to General District Court in order for a judge to hear the case and determine the penalty. You may lose your recreational and voting privileges. You might have difficulty selling your home if violations are noted in the resale package which the Commonwealth of Virginia requires you to provide to your buyer.

Please consult the Design Guidelines at <http://www.broadlandshoa.org/for-homeowners/design-guidelines/> for detailed information. Submit a complete application package in a timely manner to the Modifications Subcommittee in order to obtain approval prior to beginning any work. The Design Guidelines provide a framework to maintain design quality throughout the community, to promote sensitivity for the natural environment and to encourage consistency of design while allowing flexibility for achieving design solutions. If you have any questions about architectural modifications, please contact Robin Crews, Secretary to the Modifications Subcommittee at 703-729-9704 or rcrews@broadlandshoa.com.

Notary Services Available to Residents

Notary services are available to Broadlands residents.

The cost is \$5.00 per document. Please call the HOA offices, (703) 729-9704, to confirm availability.

Help Make Snow Plowing Easier and Faster

When a snow storm has been predicted, especially overnight, the snow plows will be working during the early morning hours. The best way to ensure that the plowing crews can clear the streets better and faster is to park in driveways and parking spaces. In many of the townhouse and private streets sections, a vehicle parked in the street can severely restrict the ability of the plows to do their work.

Help your community and neighbors by parking in garages, driveways and marked parking spaces.

For a complete list of the snow guidelines, please see page 20.

Thank you for your assistance.

STAY SAFE- Don't Skate on the Community Ponds!

Please remember skating is prohibited on all community ponds. Even walking on any ice covered pond can be very dangerous.

The surface of the pond may appear to be frozen, but our winters are normally not cold enough to guarantee that the ice is thick enough to support anyone's weight, even a child's.

Parents, please tell your children that it is extremely dangerous, even deadly, to walk or skate on the ponds in the community.

Let's keep our neighborhood safe!

December Board Highlights

The following actions were taken by the Board of Directors at their meeting held on December 10, 2013.

- Approved minutes of November 12, 2013 meeting.
- Consented to providing HOA funded staff support for committee functions.
- Approved In-Home Business application for 42828 Vestals Gap Drive.
- Approved Landscape Lighting Replacements for Nature Center from Power Systems Electric.
- Approved Fitness Center camera installation from Sight & Sound.
- Approved HOA staff salaries and bonuses.
- Approved mandatory write-off of \$829 account balance for pre-petition bankruptcy.

Winter is Here - Please be Prepared!

Both Virginia and Loudoun County Codes require that the occupant - whether an owner or a tenant - remove all snow and ice from any walkway adjoining any part of their property within 6 hours after the snowfall has ceased.

If the snow or ice fell during the night, it must be removed by Noon the following day. Should the storm occur on Sunday, the accumulation must be removed by Noon on Monday.

Failure to comply with the Code can result in a fine of \$250.00 imposed by the county. Complaints should be reported to the County Department of Building and Development, (703) 777-0635.

Please be a good neighbor and a good citizen. Clear your walkways and keep Broadlands a safe environment for all our residents. If you know someone physically unable to keep their walkway clear, please consider giving them a helping hand.

Sledding Safety Tips From “*Kids Health*”

Sledding has been a winter ritual for generations. Anywhere there's snow and a hillside, you can find people sledding. Your grandparents probably did it, as did your parents, and someday your kids will do it, too. Why? It's tons of fun, and it doesn't require any special skills or equipment other than a sled and a helmet.

But sledding can also cause injuries, some of them pretty serious. To keep yourself safe, follow these tips.

Why Is Sledding Safety Important?

Though it may seem like harmless fun, sledding injuries send tens of thousands of people to hospital emergency rooms each year. More than half of all sledding injuries are head injuries, which can be very serious and even deadly. Sledders are actually more likely to be injured in collisions than skiers or snowboarders.

Choose the Right Hill

When hills get coated with snow, they may all look like great locations for sledding. But not all hills are safe. Choose yours carefully. Here are a few guidelines to follow:

- Select a hill that is not too steep and has a long flat area at the bottom for you to glide to a stop.
- Avoid hillsides that end near a street or parking lot.
- Avoid hillsides that end near ponds, trees, fences or other hazards.
- Make sure the hill is free of obstacles such as jumps, bumps, rocks, or trees before you begin sledding.
- Choose hills that are snowy rather than icy. If you fall off your sled, icy slopes make for hard landings.
- Try to sled during the daytime, when visibility is better. If you go sledding at night, make sure the hillside is well lit and all potential hazards are visible.

Dress for Success

Since sledding involves playing in the snow outdoors during wintertime, chances are it's going to be cold. Frostbite and even hypothermia are potential dangers. So is hitting your head. Be sure to wear the proper clothing to stay warm and safe.

- Wear sensible winter clothing — hats, gloves or mittens, snow pants, winter jacket, snow boots — that is waterproof and warm, and change into something dry if your clothes get wet.
- Avoid wearing scarves or any clothing that can get caught in a sled and pose a risk of strangulation. Wear a helmet designed for winter sports. If you don't have a ski or winter sports helmet, at least wear the helmet you use for biking or skateboarding.

Get the Right Kind of Sled

The best sleds can be steered by their riders and have brakes to slow them down. Avoid sleds that can't be steered, such as saucers or plastic toboggans, and never use a sled substitute like an inner tube, lunch tray, or cardboard box. Good sleds are relatively cheap to buy and are well worth the extra money.



Follow These Simple Safety Rules

You've got the right kind of sled and a helmet, you're dressed warmly, and you've picked out a perfect hill. You're ready to go. Follow these rules to keep yourself and other sledders safe:

- Designate a go-to adult. In the event someone gets injured, you'll want

an adult on hand to administer first aid and, if necessary, take the injured sledder to the emergency room.

- Always sit face-forward on your sled. Never sled down a hill backwards or while standing, and don't go down the hill face-first, as this greatly increases the risk of a head injury.
- Young kids (5 and under) should sled with an adult, and kids under 12 should be actively watched at all times.
- Go down the hill one at a time and with only one person per sled (except for adults with young children). Piling more than one person on a sled just means there are more things on the hill that you can collide with.
- Never build an artificial jump or obstacle on a sledding hill.
- Keep your arms and legs within the sled at all times, and if you fall off the sled, move out of the way. If you find yourself on a sled that won't stop, roll off it and get away from it.
- Walk up the side of the hill and leave the middle open for other sledders.
- Never ride a sled that is being pulled by a moving vehicle.

While it's unlikely that you'll be injured while sledding, the possibility definitely exists. Just take a little extra time to dress properly and make sure you're following these safety guidelines, and you'll have a better time knowing you have less to worry about. Sledding is supposed to be fun. Stay safe and warm, and you'll ensure that it is!

Reviewed by:

Kathleen B. O'Brien, MD



SATURDAY, JANUARY 11TH BACKYARDS ALIVE!

Reptiles Alive is coming to the Broadlands Nature Center! They will be giving an educational program about the lives of the animals hidden in your own backyard!

Learn what to do when you encounter wild animals and how to help wildlife in your own neighborhood.

You might meet a box turtle, snapping turtle, gray tree frog or snake.

**Program Time:
10:00am - 11:00am**

**Cost:
\$4.00/child for
residents.
\$5.00/child for
non-residents**

**Pre-register online at
www.broadlandsnaturally.org.
Pre-registering is encouraged
but not required.**

Don't Miss Out!

**Broadlands
Nature Center**

**21907 Claiborne Parkway
Broadlands, VA 20148
703-729-9726**

www.broadlandshoa.org

WINTER PROGRAMS AT BROADLANDS NATURE CENTER

Wee Naturalist!

Date: ongoing - January 24th

Time: Fridays, 10:45am - 11:30am

Ages: 2-3 years old

Cost: \$40.00 residents/\$56.00 non-residents for 8 week session

Every week we will enjoy nature in the winter by doing crafts and going on shorts walks around the Nature Center. We will also get to know some of the Nature Center animals.



Winter Wonderland

Date: January 7th - 28th

Time: Tuesdays, 3:00pm - 4:00pm

Ages: 4-6 years old

Cost: \$20.00 residents/ \$28.00 non-residents for 4 week session

Come explore winter at the Nature Center! In this session, there will be hands-on activities including wilderness survival skills, games, crafts and lots of exploration to discover and have fun even in the chilly winter months.

Winter Wildlife Detective

Date: January 9th - February 13th

Time: Thursdays, 3:30pm - 4:30pm

Ages: 7-10 years old

Cost: \$30.00 residents/\$42.00 non-residents for 6 week session

This fun educational program will let children learn about different kinds of wildlife including their habitats, behavior, and how they survive the cold winter season. We will be doing lots of observing, exploring, and arts and crafts.

Register online at broadlandsnaturally.org

21907 Claiborne Pkwy | Broadlands VA 20148 | 703-729-9726 | www.broadlandshoa.org



Start Your New Year with a Safer Home - Removing Toxic Chemicals From Our Homes Can Be the Simplest Step We Can Take to Protect Our Children

By: Oya Simpson

Keeping your home clean doesn't require weapons of mass disinfection, experts tell WebMD.
<http://www.webmd.com/health-ehome-9/green-cleaning>

Antibacterial and harsh cleansers are usually unnecessary, and some raise concerns about our health and the environment.

These products don't work any better than their natural or non-toxic counterparts, and they damage the environment and potentially place our long-term health at risk.

"The antibacterial soap we buy in the store doesn't clean hands or reduce the spread of illness any better than regular soap," says Allison Aiello, PhD, assistant professor of epidemiology at the University of Michigan.

You can keep your home just as clean for much less money, safeguard your personal health, and even protect the environment by going back to the basics.

Here are a few of our favorite recipes. Follow the directions or experiment a little with the ingredients to make your own!

All-Purpose Cleaner

Ingredients:

- 2 cups white distilled vinegar
- 2 cups water

Suggested uses: hard surfaces like countertops and kitchen floors, windows and mirrors.

Creamy Soft Scrub

Ingredients:

- 2 cups baking soda
- ½ cup to 2/3 cup liquid castile soap*
- 4 teaspoons vegetable glycerin (acts as a preservative)

Mix together and store in a sealed glass jar, shelf life of 2 years. Dry soft scrubs can be made with baking soda or salt (or combination of both) with 10-15 drops essential oil to scent.

Suggested uses: Use this creamy soft scrub on kitchen counters, stoves, bathroom sinks, etc.

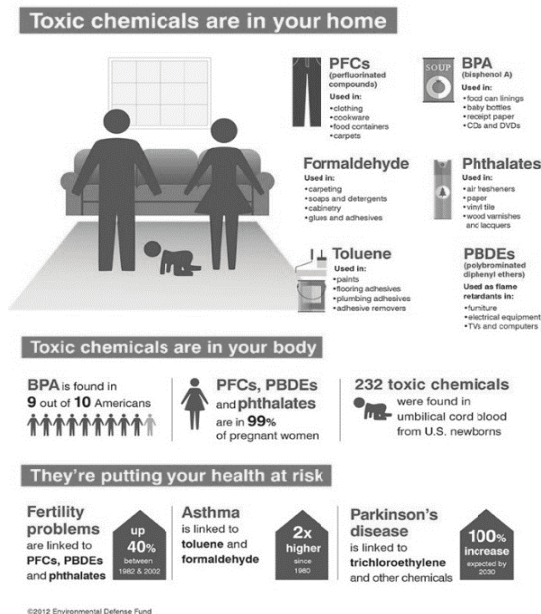
Tips: For exceptionally tough jobs spray with vinegar first—full strength or diluted, scented—let sit and follow with scrub.

- 20-30 or more drops of essential oil (optional)

Tip: Warming in microwave until barely hot will boost cleaning power for tough jobs. Only microwave in a glass container.

- 5 drops antibacterial essential oil such as lavender, tea tree, rosemary or any scent you prefer (optional)

Recommendation: Use a liquid castile soap that does not contain sodium lauryl (laureth) sulfate (SLS) or Diethanolamine (DEA), which may have harmful side effects.



Continued on page 12

Laundry Detergent

Ingredients:

- 1 cup soap flakes
- 1/2 cup washing soda
- 1/2 cup baking soda
- 1-2 tbsp. oxygen bleach (optional for extra whitening power)

Soap flakes can be made by grating your favorite pure vegetable soap with a cheese grater. Mix ingredients together and store in a glass container. Use 1 tablespoon per load (2 for heavily soiled laundry), wash in warm or cold water

For soft water: use 1 cup soap flakes, 1/4 cup washing soda and 1/2 cup baking soda. For hard water: use 1 cup soap flakes, 1 cup washing soda, and 1 cup baking soda.

Tips: Add 1/2 cup white distilled vinegar to rinse as a fabric softener. For a whitener, use hydrogen peroxide rather than bleach. Soak your dingy white

clothes for 30 minutes in the washer with 1/2 cup 3% peroxide. Launder as usual.

Note: This recipe can be safely used in HE washers.

Furniture Polish

Ingredients:

- 1/4 cup olive oil
- 1/4 cup white distilled vinegar
- 20-30 drops lemon essential oil
- Shake well before using (2 teaspoons lemon juice may be substituted for lemon oil but then must be stored in refrigerator)

Dip a clean, dry cloth into the polish and rub wood in the direction of the grain. Use a soft brush to work the polish into corners or tight places.

Tips: To remove water spots rub well with toothpaste. To remove scratches use 1 part lemon juice and 1 part oil, rub with soft cloth.

Toilet Bowl Cleaner

Ingredients:

Sprinkle toilet bowl with baking soda, drizzle with vinegar, let soak for at least 30 minutes and scrub with toilet brush.

Tip: Let ingredients soak for a while to make for easy scrubbing, especially on persistent stains like toilet bowl rings.

Drain Opener

Ingredients:

- 1/2 cup baking soda
- 1/2 cup vinegar

Pour baking soda down the drain and follow with vinegar. Cover and let sit for at least 30 minutes. Flush with boiling water.

Tip: Prevent your shower from clogging by using a drain trap to catch hairs.

Source: Women's Voices for the Earth





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BREADS

CHEDDAR JALAPEÑO BREAD



The dough for this recipe is wetter than many home bakers may be used to, but the end result is a delightfully moist, textured bread.

1 teaspoon active dry yeast (less than a 1/4 ounce package)
 1 3/4 cups plus 1 tablespoon warm water (105-115°F)
 4 cups all-purpose flour plus additional for dusting
 1 1/2 teaspoons salt
 1/4 cup olive oil
 3 tablespoons chopped fresh jalapeño, including seeds and ribs, plus 2 tablespoons chopped fresh jalapeño, without seeds and ribs (from 3 medium total)
 5 ounces coarsely grated extra-sharp Cheddar (1 1/2 cups plus 2 tablespoons)
 1 1/2 ounces finely grated Parmigiano-Reggiano (3/4 cup)
 1 large egg, beaten with a pinch of salt
 Special equipment: a stand mixer fitted with a paddle attachment

Stir together yeast and 1 tablespoon warm water in a small bowl; let mixture stand until foamy, about 5 minutes. Mix together flour, salt, oil, yeast mixture, and remaining 1 3/4 cups warm water in bowl of mixer at low speed until a soft dough forms. Increase speed to medium-high and beat 3 minutes more. Add jalapeño, 1 1/2 cups Cheddar, and 1/2 cup Parmigiano-Reggiano and mix until combined. Scrape dough down side of bowl (all around) into center, then sprinkle lightly with flour. Cover bowl with a kitchen towel (not terry cloth) to keep crust from forming and let dough rise in a draft free place at room temperature until doubled in bulk, 2 to 2 1/2 hours. (Alternatively, let dough rise in bowl in refrigerator 8 to 12 hours.) Turn dough out onto a well-floured surface and gently form into a 11- by 8-inch rectangle with floured hands. Fold dough in thirds (like a letter) with floured hands (dough will be sticky), pressing along seam of each fold to seal. Put dough, seam side down, in an oiled 9- by 5-inch loaf pan. Cover pan with kitchen towel and let dough rise in a draft free place at room temperature until dough completely fills pan and rises above it slightly, 1 to 1 1/4 hours. Put oven rack in middle position and preheat oven to 400°F. Brush loaf with egg, and sprinkle remaining 2 tablespoons Cheddar and remaining 1/4 cup Parmigiano-Reggiano down center of loaf. Bake until bread is golden and sounds hollow when tapped on bottom, 50 minutes to 1 hour. Run a knife around edge of pan to loosen loaf, and then remove from pan to test for doneness. Return bread (not in pan) to oven and turn on its side, then bake 10 minutes more to crisp crust. Cool completely on a rack, about 1 1/2 hours. *Epicurious.com*

The Best Dinner Rolls

Roxana's Home Baking .com



1/2 cup all purpose flour
 2 tsp dry yeast
 1/2 cup lukewarm water
 2 eggs
 1/2 cup Greek yogurt
 2 tbsp sugar
 1 tsp salt
 1/4 cup water
 3 1/4 cups all purpose flour
 4 tbsp melted and cooled butter
 2 tbsp salted butter (for brushing the rolls, optional)
 Special equipment: a stand mixer fitted with a dough hook attachment

In a mixing bowl add 1/2 cup flour, 1/2 cup lukewarm water and the dry yeast. Mix to combine and leave at room temperature until bubbly and has a sponge-like texture. In a separate bowl whisk the eggs with the yogurt, salt, sugar and the remaining 1/4 cup water. With the dough hook attached and the mixer running, add the wet ingredients to the yeast mixture. It's going to be a very sticky batter. Now slowly, on low speed, add the 3 1/4 cups of flour, little by little. When all the flour is added pour the 4 tbsp of melted butter and slowly increase the mixer speed from low to high. Keep mixing for 2-3 minutes and turn the mixer off. With a wooden spoon or a spatula, clean the sides of the bowl, scraping down the sticky dough. Turn the mixer back on and mix on medium-to-high for another 2-3 minutes or until the dough will start to clean itself from the sides of the bowl. Dough will be a little sticky, but don't add flour. Using a spatula spoon put the dough into a clean buttered bowl, cover with plastic wrap and leave at room temperature for about 1 1/2 hours or until doubled in volume. Punch down the dough and with floured hands, take the dough out of the bowl and place it on a floured surface. Now divide the dough into 20 pieces, shaping each one into a ball. Place them on baking sheet (at this point you can wrap tightly in plastic and freeze for future use) cover again with plastic wrap or a tea towel and leave at room temperature for another 30-40 minutes. Meanwhile heat the oven to 375°F. Bake the rolls for about 20 minutes or until golden. Remove from oven and quickly brush them with the salted butter. *Roxanashomebaking.com*

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Jazzercise & Williams Martial Arts & Fitness Raises \$2,800 For Susan G. Komen

Jazzercisers and Williams Martial Arts & Fitness raised \$2,800 for Susan G. Komen by staging a benefit dance-fitness class, self-defense class and shopping expo on October 26, 2013. According to Jazzercise instructor and benefit organizer Karen Mouser, Susan G. Komen will use the donations for research, community outreach, education, advocacy and global work.

Held at Williams Martial Arts & Fitness, the event drew local businesses and residents in support of the fundraising effort. Refreshments and silent auction items were generously donated by Ashburn Bagel, Chantel's Baker, Potbelly's, Aesthetica Cosmetic Surgery & Laser Center, American Girl Doll, Ashburn Ice Rink, Creative Dance Center, Nerium, Northern Virginia Gymnastics Academy, Radiance Day Spa, Thirty-one Gift, and Zinga's.

Both Ashburn businesses believe it is important to support and give back to the community. Their efforts include donations to local schools, helping Girl Scouts earn badges, sponsoring the Turkey 5K Run and an on-going food drive for Loudoun Interfaith Relief.

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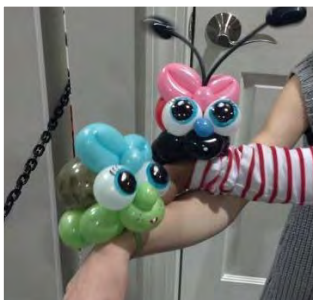


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December in the Broadlands



Bouncing Back From Holiday Spending

In these tough economic times, many of us are trying to stretch our dollars and keep our debt as low as possible.

The following tips from the National Foundation for Credit Counseling (NFCC), offer easy ways to save:

- Empty the change in your pocket into a jar each night. Pocket change can add up to between \$30 and \$50 a month.
- Cut \$5 a day out of your incidental spending. Mindless spending and impulse shopping take a bigger chunk out of your spending than you might care to admit.
- Resolve to carve \$10 a month from each of five discretionary spending categories. For example:
- Food: plan meals in advance and never grocery shop on the run.
- Eating out: order water to drink when dining at a restaurant.
- Utilities: lower the thermostat at home.
- Shopping: stay out of malls, and shop only when an item is needed.
- Medical: sign up for one of the discount plans on prescriptions currently being offered by many national drug chains.
- Kick your bad habits. Buying a pack of cigarettes and a lottery ticket each day can add up quickly.
- Eliminate bank fees. Bank with an institution that has ATMs near where you live and work, eliminating any fees assessed by using a machine outside of your network. Don't pay for your checking account when many banks offer free checking with few strings attached. Never overdraw your account.
- Get an insurance check-up. You don't want to be over-insured or underinsured, but if you can handle raising your deductible, it will save you money each month.
- Don't have too much of a good thing. Examine your cell phone package. Are the minutes right for your calling patterns? Look at your cable plan. Are you paying for channels you never watch?

Bouncing Back continued on page 26

A Gift Left on Our Doorstep

By: Shannon M. Pecora, MA, Stream Valley Veterinary Hospital

Well over a year ago, one of our employees arrived at work to find a cat carrier near our front door. Inside was a sweet six-year-old cat, and attached to the carrier was a note. The note described how much the cat was loved but that her owners just could not afford to care for her anymore. This kitty had a gastrointestinal condition that meant, in addition to standard expenses such as cat litter and routine veterinary care, she required a special diet, daily supplements, and more specialized medical care. In tough times, these folks had to make a choice, and they wanted to do what was best for their little friend.

We are thankful that this family chose to leave this kitty in the hands of veterinary professionals. We've all heard stories about pets left on busy roadways, in garbage cans, or in open fields, so the alternative in this case could have been much worse. However, for various reasons, even a pet hospital is not necessarily the ideal place to relinquish a pet.

For one thing, a veterinary office is a business dedicated to pet healthcare. The staff members' time is scheduled and managed for appointments, surgical procedures, and the like. Not that every minute of every day is inflexibly reserved, but a relinquished pet that is "fostered" at a vet cannot be guaranteed specific times for attention, affection, exercise, or basic socialization. Additionally, as pet hospitals are businesses, they rely on income to purchase supplies, pay employees, and cover the general costs associated with running a business. Some hospitals accept donations in "Good Samaritan Funds" that can help in relinquishment situations, but this is not always the case. Care for these pets then comes directly from the business's finances. Most importantly, veterinary offices are not known for holding high-publicity adoption events. While internet presence and word of mouth can help spread some news, this doesn't give a relinquished pet the type

of exposure he or she might receive in a more appropriate setting. Simply put, a pet waiting to be adopted from a vet's office has a more difficult time finding a forever home. Fortunately the kitty left at our office found her forever home.

So, what's a desperate, yet responsible pet owner to do? Shelters and rescue groups are there to help. The Loudoun County Animal Shelter has lots of information on its website, loudoun.gov/animals, including tips for finding pet-friendly housing and the link for the recently-opened Loudoun Pet Pantry. There are also rescue groups, such as the ASPCA or the Humane Society, that have chapters all over the nation. Locally, there are volunteer-based groups like HART (Homeless Animals Rescue Team) or FOHA (Friends of Homeless Animals), and even breed- or species-specific groups like the House Rabbit Society.

It's relatively easy to find any such organization through a simple web search. And, you don't have to count out your veterinarian as a resource altogether. Every day, veterinary professionals work with clients who have adopted from these agencies, and we also care for pets who need medical services while they're being sheltered or fostered. We can make recommendations and offer suggestions. In this season when so many homes recently welcomed new pets through the family decision of a "holiday-gifted" new kitten, puppy, hamster, or other companion, we understand that other families who love their pets can feel helpless in the face of hard times. We want to help, but in the capacity that makes the most sense. So, if you're faced with such a tough decision, go ahead and give your pet hospital a call. Just like you, we want what's best for both your family and your pet.



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- Snow removal will start after two inches (2") of snow has accumulated on paved surfaces, or at the discretion of the Association.
- Please allow 18 hours for every 6" of snow accumulation for the roads to be cleared. If you're essential personnel, or are required to be available for work around the clock, please make private arrangements or park on a VDOT street.
- Ice melt will be applied at the discretion of management and the conditions in each neighborhood. Ice melt application trucks will patrol Association owned streets after a snow or ice event as well as after a melt/ freeze cycle (warm day/freezing night) immediately following the snow or ice event.
- All snow removal equipment contracted by the Association must maintain a minimum of thirty-six inches (36") of clearance from all parking spaces. The snow that accumulates within the thirty-six inches (36") is the sole responsibility of the person(s) assigned to the parking space. Curbside and open parking spaces will not be cleared.
- Vehicles parked curbside in the townhome areas must be moved to allow for snow removal. Failure to do so will result in a less efficient snow removal process and parked vehicles could become stuck due to snow deflecting off plows. Owners that find themselves in this situation due to an unmoved car will be responsible for clearing these areas.
- Homeowners need to be aware that if they clear snow from driveway entrances or vehicles prior to the street or parking lot plowing by the snow removal contractor, that snow may be unintentionally deflected by removal equipment during plowing and may come to rest in driveways or parking spaces. In cases such as these, neither the Association, nor the snow removal contractor are responsible for clearing deflected snow. It is the responsibility of the resident to clear this snow.
- Snow should never be deposited onto streets, sidewalks, parking spaces or parking lot islands, if shoveling or blowing snow, deposit it onto grass covered common areas. This applies to contractors, residents, or anyone hired to perform snow removal service by a resident. The Association is not responsible for removal of snow piled in the street, in a parking space, or on the sidewalk by residents or a contractor hired by residents.
- Snow will be removed from Association owned mailboxes in the townhome areas by the snow removal contractors to allow mail delivery and pick-up.
- The Broadlands Association is not responsible for removing the snow from sidewalks in front of townhomes or single-family homes. This is the sole responsibility of the resident.
- 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.
- 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 by VDOT. After these roadways are cleared, work will begin on the secondary residential streets.

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Tabata Bootcamp Take 3 Method

By, Katie Herbert CPT & Tabata Bootcamp Trainer, locotabatabootcamp@gmail.com

As a fitness professional I would love to believe that I can solve all health and fitness problems through exercise alone. After quite a few years, loads of clients and never ending research I am here to tell you that exercise alone will not get you to your fitness goals. It hurts to say it, but the first step to recovery is acceptance. If exercise alone won't lead us to our final goals what else do we need? I am so glad you asked! Sound nutrition, of course. At this point I am sure some of you are groaning, I mean who hasn't tried some kind of diet? Of those that have tried a diet, who has spent the time, money, energy and wasted taste buds just to end up in the same place they started? This happens so often because most diets are not realistic. Diets are not the answer. They are generally too strict, too time consuming, too gross, too crazy or some combination of the above.

Now you may be wondering, if "diets" aren't the answer and I can't get to my goals by exercise alone, what can I do? This is where the Tabata Bootcamp Take 3 Method of eating comes in. Not a diet, not a fad, just 3 simple questions to ask yourself before you eat. When it comes to eating we often take only a few seconds to decide what goes into our mouths. If that is all the time we have to make a decision then we better make sure that we can do something that only takes a few seconds to

make a sound, mindful decision about what goes in. After all, if we are going to change how we eat, then we need to change how we think about eating.

There are 3 fundamental questions in the Take 3 Method. When you first read them they will seem obvious and basic. If they were obvious though, we would already be doing it. Maybe the questions seem obvious because they just make sense.

The three fundamental questions are:

1. **Am I hungry?**
2. **Is it smart?**
3. **How much do I need?**

Again, the idea behind the Take 3 Method is that every time you go to eat you ask yourself these questions. It isn't hard to do; you don't have to spend all day getting them ready. Just start with: Am I Hungry? This little question doesn't seem like much, but it holds quite a bit of power. Stopping to ask that question could be the difference between success and sabotage. Think about how many times a day you mindlessly grab a snack. If you simply stopped and asked: Am I hungry? How many calories could you save? If you answer no, you move on with your day. If you answer yes, then you move on to the second question.



I opened my pantry and asked myself the first question then I made the decision that yes, I am hungry. So now I ask: Is it smart? Seems obvious, but this quick question gives me a moment of pause and now I can own my decision. The bag of chips that I first reached for are certainly not smart, but I remember that there are some fresh berries in the refrigerator. Congrats to me, another sound, mindful decision.

Lastly, I ask: How much do I need? Even with healthy and nutritious food, we need to listen more to the body instead of mindlessly shoveling food in. My next step is to grab a bowl and get the portion that I need, not the entire container.

I am going to challenge everyone to try this. Just try it for a day, before eating anything. It is so simple and it is so empowering to own the choices in your day. Three simple questions could be the last piece of the puzzle for you and your goals. Remember, small steps can lead to big success!

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Bouncing Back continued from page 18

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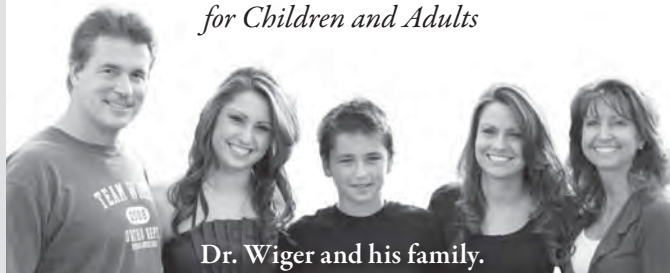
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CLUBS AND GROUPS

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.

ASHBURN AREA WOMEN'S CLUB

The General Federation of Women's Clubs is dedicated to community improvement through volunteer service. The Ashburn Area Women's Club meets the 1st Thurs of each month at 7:00p.m. in the Broadlands Community Center.

ASHBURN CLASSICS

New in the area - miss all your old friends? We have the club for you! We are a club for those 50 and over who want to have a good time and meet new friends. We meet the 2nd Saturday morning of each month at the Mills Recreation Center in Ashburn from 10:30am to 1:00pm. We also have satellite clubs that meet monthly such as Bridge, Bunco, Mexican Train, PayMe card game, Book clubs and a Lunch Bunch. We also support local charities. Please join us on Saturday, January 11th. For more information please call Carmen at 703-723-3723.

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.

ASHBURN TOASTMASTERS

Welcomes those interested in developing communication, leadership and presentation skills. We meet every second and fourth Wednesday at 7:15pm in the Broadlands Community Center, 43004 Waxpool Rd. For information, visit www.toastmastersclubs.org.

BRIDGE GROUP

Bridge players interested in joining a social bridge game please contact Ved Gupta at 973-902-3321 or vedbgupta@yahoo.com. We meet every Wednesday from 5:00pm to 8:00pm at 42809 Vestals Gap Drive.

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT

Organizes wildlife habitats, eco-friendly living and native plants related programs and events. The Committee works with the NWF, Broadlands HOA and residents to achieve our annual goals. To learn more about the committee work, visit www.BroadlandsNaturally.org.

BROADLANDS/ASHBURN NEIGHBORHOOD BIBLE STUDY

Come join us for a new study - *Discerning the Voice of God* by Priscilla Shirer. We are an interdenominational women's bible study group that meets Tuesday mornings in neighborhood homes. Please contact Chris 703-729-2095 for information or questions.

CUB SCOUTS & BOY SCOUTS

The Cub Scout program is designed for boys grades 1-5 and Boy Scouts grades 6-12. Boy Scout Troop 2970 meets at Our Savior's Way Lutheran Church on Thurs nights. Cub Scout Pack 1483, www.pack1483.com, meets at Hillside and Cub Scout Pack 1484 meets at Mill Run. For info, contact Ed Yarbrough at 703-724-1064.

GERMAN LANGUAGE PLAYGROUP

If your children were born 2008 or later and you're raising them auf Deutsch (whether you're fluent or not), contact Jessica Mouw, jemouw@gmail.com, to join a German-Language playgroup.

GRIEFSHARE SEMINAR/SUPPORT GROUP

GriefShare recovery seminar and support group meets at Our Savior's Way Lutheran Church in Broadlands on Monday nights. For more info, please call Beth Anton at 703-470-8821 or visit our website at www.griefshare.org.

GIRL SCOUTS

Adventure, educational activities, cookie sales, friends. If you can think it, you can do it! Join the Girl Scouts. Now forming troops at all age levels: K -12th grade. For more info, contact Stephanie Pigg, (703) 729-6086 or troophillside.org@gmail.com.

GO GIRLS CLUB

Does your daughter have ADD or ADHD? Then bring her to the Go Girls Club! An inspiring program for interesting girls. Join us to meet other girls with ADHD, share experiences, make friends and celebrate her strengths! For girls in grades 3 to 5. A Broadlands resident is forming a new GoGirls Club in Broadlands now. For more info please email gogirlsashburn@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 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 1st and 3rd Thurs of the month. For more info please visit our website at www.LoudounWNG.com.

MOM'S CLUB OF ASHBURN

Broadlands & Brambleton resident Moms who organize fun & engaging weekly activities for us & our kiddos; playgroups by birth year, monthly Mom's Night Outs, + special interest groups for all, i.e. reading, cooking, etc. Monthly Member Social every 2nd Thursday of the month at 10 a.m. at Broadlands Community Center. Contact Crystal Wasilausky for membership info: crystalwasilausky@yahoo.com.

MOMS IN PRAYER

Hillside Elementary and Eagle Ridge Middle School Moms are invited to join us to pray for our children and the school they attend. We meet Monday mornings 9:00a.m. - 10:00a.m. during the school year. Please contact Rebecca for more info at 703-858-7379.

PET LOSS SUPPORT GROUP

We are a free support group that meets every 3rd Tues at 7:00p.m. at Ashburn Psychological Services. Contact Robin Norris 571-278-9162 or robin@sashaheart.com for more info.

ROTARY CLUB OF ASHBURN

The enthusiastic members of the Rotary Club of Ashburn are heavily involved in serving our Ashburn community. We meet each Thursday for lunch from 12:00-1:15pm at 1757 Golf Club. Please email us at ashburnrotary@gmail.com if you're interested and want to find out more.

TECHNOLOGY COMMITTEE

We meet the third Wednesday of each month at 7:30p.m. in the Nature Center. For more information, visit broadlandshoa.org and click on Committees. Meetings are open to all residents.

JANUARY CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

GROWING MINDS PRESCHOOL: A home based, state licensed preschool located in Broadlands will be holding an open house for its 2 ½, 3 and 4 year old programs on Wednesday, February 12th at 7:00 p.m. Open registration for fall classes will begin on February 16th. For more information, please contact Judi Ratcliffe at gminds@verizon.net or (703) 858-7966.

INSTRUCTION - ARTS/MUSIC/RECREATION

START MUSIC LESSONS NOW: There is a professional music school just minutes from your home. University trained teachers in all instruments. We've produced more LCPS award and competition winners in the past eleven years than any other area school. Call now to schedule a tour. 703-723-1154 **Mintons Academy of Music** www.mintonsmusic.com.

PIANO LESSONS IN YOUR HOME for kids and adults. I have a Music Degree and 20 years' teaching experience in Loudoun County and Washington, DC. I'm a friendly instructor who can motivate by demonstrations and sharing the joy of music. Lessons are personalized to ensure progress on the piano. Broadlands references available. Please call 703-777-4352 or email BlueRidgeStudio@verizon.net.

INSTRUCTION - TUTORING

A-1 LOUDOUN COUNTY MATH TEACHER: Grades K to 12. Pre-algebra, Algebra (I & II), Geometry, Trigonometry, Pre-Calculus and Calculus. Specialize in home-schooled students. Tutor at your home or Ashburn Library. Reasonable rates. Call Vincent Chu at 571-379-3074 or email vchu_911@yahoo.com. Visa, Master Card, Discover and Amex accepted.

S.O.S. TUTORING: Is your middle or high school student not reaching their full potential because of poor work habits? We can help! S.O.S. assists students in the areas of ORGANIZATION, TIME MANAGEMENT, and ASSIGNMENT COMPLETION. Call 703-

728-3199 today. www.sostutoringservices.com.

SAT/ACT/PSAT/TJ Test Prep: Professionally trained with over 7 years experience, LCPS teacher offers 5 week courses. Limit 8 students/class – register early! Saturday classes. Private tutoring available. Call 571.335.8378 or visit www.collegeboundloudoun.com.

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IN YOUR HOME: Get fit now with my 22+ yrs experience to make you your best! Sculpt, tone, strengthen, promote flexibility! Individualized programs; weight loss/nutritional guidance; pre-natal/post-partum; yoga/Pilates; all ages/fitness levels. Safe/effective. Equip provided. Free phone consult, special intro offer! **Stephanie Gotfried 703-542-2595;** stephaniegotfried@verizon.net; fitnesstogova.com.

HIGHER INTENSITY—SHORTER DURATION—POWERFUL RESULTS! Tabata Bootcamp™ offers a new and unique approach to fitness with incredible results! Classes offered by LoCo Tabata Bootcamp at Athletic Revolution in Ashburn. Bootcamps run in 8 week sessions, call today to get in on the action! Katie Herbert 937-477-0044 or email: locotabatabootcamp@gmail.com.

EARLY MORNING OUTDOOR BOOT CAMP CLASS: Mon/Thurs from 5:50-6:50am rain or shine. \$15/class—paid month in advance. Prepay 2 months, get FREE CLASS. Bring yoga mat, water bottle, medium (5-8#) & heavy weights (8-12#). High intensity interval training for full body toning/cardio workout & finish with stretches while the sun is rising! Call/email Sara Peffley—licensed physical therapist & certified personal trainer at (703)729-0258, smpeffley@verizon.net.

GET FIT THROUGH YOGA AT BROADLANDS COMMUNITY CENTER: Yoga is about balance. Balance between breath & movement, balance between you and your demanding lifestyle. Gain core/overall strength, flexibility, balance and mental focus with "lilili yoga". All levels welcome! Contact us at kym@lililiyoga.com.

HEALTH COACH: Are you fatigued, stressed, overweight or generally not feeling well? I assist and motivate people into taking back their health and their lives. Contact me today for a free consult. Melissa Salat 571-484-4343; melissagsalat@gmail.com; www.facebook.com/MelissaSalatWellness.

ELECTRICAL-PROFESSIONAL CONTRACTORS

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HOME SERVICES

GREEN LEAF LANDSCAPING: Snow removal, spring clean-up, grass cutting, planting, mulching, leaf removal, tree removal, edging/trimming, power washing, gutter cleaning, trash hauling, aeration & seeding. FREE ESTIMATES. Contact: Vidal Melendez 571-263-1176/571-484-1193, vidalmelendez@yahoo.com.

LOONEY'S TILE AND GROUT RESTORATION: When all you do is Tile and Grout, you know it will be done right. Re-Grouting, Grout Repair, Cleaning, Sealing, Professional Caulking and Water Damage Repair. We do not sub-contract our work. See our before and after pictures at www.Lcleantileandgrout.com and what our customers are saying on Angie's List. Locally owned in Ashburn, please contact us at 703-999-1933, Mike@Looneystileandgrout.com.

HOME IMPROVEMENT CONTRACTOR: Specializing in finishing basements, remodeling bathrooms, remodeling laundry rooms, 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.

SHANTZ'S HOME SERVICES: Has new email: Shantz1966@gmail.com. For all your home improvement needs, Honey Do's; specializing in Bath Room, Kitchen and Basement remodeling. Contact Shantz Darling at 571-221-4940 or email Shantz1966@gmail.com. Licensed and Insured. Free estimates. Broadlands resident.

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CLEANING BY CHRISTA: Sole operated home cleaning by returning college student. Valuable service with low prices that will make your home and soul shine. Free estimates; references available. Contact me via email at christa.holland@gmail.com or phone at 662-226-1108.

MAID IN VIRGINIA- RESIDENTIAL CLEANING: We have earned a reputation for having the highest integrity. We enter your home excited to clean. We can provide numerous references. Locally owned and operated in Ashburn Licensed, Bonded, Insured with Workers Comp Insurance. www.maidinvirginia.com; 703-723-5199.

NILDA'S CLEANING SERVICE: Residential homes, move out-in, weekly, biweekly, monthly or special one-time service. Good references Licensed, insured. Free estimates. 50% off second cleaning. (Cell) 571-332-0467; (Home) 703-401-1320. Ask for Nilda or Javier.

MARKETPLACE

MARY KAY: A wise woman once had a dream to change the lives of women for the better. Her hope was so contagious that, one person at a time, her dream spread around the world. Nearly 50 years later, millions have been touched by the legacy that Mary Kay Ash left. I'm proud to share in her commitment of caring and connecting in communities, just like ours, to help make a difference. Contact Deborah Leben 703-217-4583 dleben@marykay.com www.marykay.com/DLeben.

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

PROFESSIONAL SERVICES

TAX SEASON'S HERE! Why risk your financial health with tax preparers you don't know? Get to know a neighborhood CPA right here in Broadlands and stay financially healthy. Sophear Uoy with Assurance Tax & Accounting providing experience, personal, tailored service. Schedule a free initial meeting today, 703-869-7796 or suoy@assurancetaxandaccounting.com.

ASHBURN LAW OFFICE, PLC: We are dedicated to serving clients' needs honestly, expeditiously and affordably in the areas of: Wills, prenuptial agreements, criminal expungements, traffic infractions, DUI/DWI, divorce, personal injury, landlord/tenant disputes, immigration and more. 44081 Pipeline Plaza #105 Ashburn, VA 20147. 703-986-3337, Attorney@Ashburn-Law-Office.com.

BEGNIS LAW, PLLC: Offering legal services in the areas of family law/divorce, criminal/traffic, and wills/estate planning at affordable rates. Contact an experienced attorney today to schedule an initial consultation: James P. Begnis, www.begnislaw.com, james@begnislaw.com, (703) 771-8700, 21 North King Street, Leesburg, Virginia 20176.

DISNEY TRAVEL: Planning a Disney vacation? Let me help you plan the vacation of your dreams! I'm a travel agent specializing in Disney vacations. My services are COMPLETELY FREE. Call Erika at 571-449-0277 or e-mail at erika@wishingwelltravel.com for a free quote.

STATE FARM INSURANCE: Are you paying too much for insurance? Not getting the service you expect? State Farm is the #1 insurer of cars, homes, & small businesses in Loudoun County. The **Joe Mullee Agency** in Ashburn has represented State Farm for 33 yrs. and is the largest of all the Loudoun County agencies & one of the biggest in the state. Servicing our existing clients is our #1 priority. Call or email us for your free comparison. 703-724-4800 or joe@joemullee.com.

GGGGRRRRR!!!! Computer crashed? Network down? Computers confuse you? Call Less Silberberg, Ashburn computer consultant. Over 30 years experience. Certified, licensed, Loudoun COC member. PC's, Mac's, iPads/Tablets, Smart Phones – Android, iPhone, Networks, maintenance, installation, problem solving. Daytime, weekend, evening appointments. 703-304-1130 silberberg@aurifex.net.



How to Place Classified Ads

Classified Ads (limited to 40 words maximum) must be received with payment by the 5th of each month for the following month's issue.

Monthly Rates:

Resident Rates	Non- Resident Rates
Monthly - \$10.00	Monthly - \$20.00
Personal (For Sale) Ads \$0	

Payment and Ads:

Please email ads to: scollins@broadlandshoa.com.

Checks only please, made payable to "Broadlands Association".

No cancellations after the deadline.

Mail to or drop off payments at:

Broadlands Association
21907 Claiborne Parkway
Broadlands, VA 20148

For more information contact:

Advertising Manager

Stassa Collins, (703) 729-9704,
scollins@broadlandshoa.com

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ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to over 3500 homes and businesses in the Broadlands community. The Newsletter Editor 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 initial deadline.**

ADVERTISING INFORMATION

Advertiser provides copy design and format. Electronic format is required in PDF or TIFF. 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. Insertion Order Forms are available at broadlandshoa.org on the newsletter page. **DEADLINE: Ad and payment submissions are due the 1st day of the month prior to the issue. (Ex: Jan1 for Feb's issue.)**

MONTHLY PRICING

BLACK AND WHITE:

1/8 pg (3.625" W X 2.25" H) \$90 /\$75*
 1/4 pg (3.625" W X 4.875" H) \$165 /\$140*
 1/2 pg (7.5" W X 4.875" H) \$295 /\$270*
 Full pg (8.5" W x 4.875" H) \$550/\$525*

COLOR (INSIDE COVERS) LIMITED

AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$225 /\$210*
 1/2 pg (7.5" W X 4.875" H) \$425 /\$405*
 Full pg (8.5" W X 11" H) \$1050 /\$900*

Add 10% to base price above for preferred placement

COLOR (OUTSIDE BACK COVER) LIMITED

AVAILABILITY:

1/4 pg (3.625" W X 4.875" H) \$250 /\$240*
 1/4 pg horizontal banner (8" W X 3" H) \$250 /\$240*
 1/2 pg (8" W X 4.875" H) \$475 /\$455*
 Full pg (8" W X 8"H) \$1050 /\$950*

**Discounted price if 6 or more months are prepaid*

PAYMENT IS DUE IN FULL WHEN AD IS SUBMITTED. Make checks payable to *Broadlands Association*. Checks only accepted. Changes to prepaid ads may be submitted before each deadline.

MAIL ADS and PAYMENT TO:

Broadlands Association
 ATTN: Newsletter Ads
 21907 Claiborne Parkway
 Broadlands, VA 20148

For more information or questions regarding advertising, contact Ad Manager Stassa Collins at ads4broadlands@yahoo.com or 703-729-9704.

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 10th of the month**, or Noon on the last business day before the 10th should it fall on a weekend or holiday. Editorial submissions should be emailed to nihanainen@broadlandshoa.com. A message may be left for the editor at 703-729-9704.

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Sunday, January 26 - 12:00 - 3:00p
Monday, February 3 - 9:00 - 11:00a
Thursday, February 20 - 9:00 - 11:00a



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Full-Day: Wednesday, January 15

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*This Holiday Season
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To My Wonderful Clients and Friends:
THANK YOU for another great year
serving your real estate needs!*

Bonnie Selker
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