January 2015

A. New

# BROADDANDS

**Our Neck of the Woods** 

Happy New Year From the Broadlands Management and Staff!

The Nature Center and HOA offices will be closed on Thursday, January 1st and Friday, January 2nd for New Years (see trash collection schedule on page 7) and, Monday, January 19th for Martin Luther King, Jr. Day. Trash will be collected on a regular schedule. *visit broadlanshoa.org for up to date community information*.



# JANUARY 2015



### Features

Holiday Trash, Recycling and Christmas Tree	e Pick Up
Schedule	page 7
January Events Committee Meeting	page 9
Visit With Santa Wrap up	page 9
From Your Supervisor	page ll
About Your Pet	page 19
Winter Preparedness	page 22
Enjoy the Ride	page 27

### In Every Issue

Upcoming BOD Meeting	page 5
GM Comments	page 5
Modifications	page 5
Board Highlights	page 7
Covenants Corner	page 10
Nature Programs	page 17
Recipe Page	page 21
Helpers List	.page 29
Clubs and Groups	page 31
Classifieds	.page 32



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				] New Year's Holiday - Nature Center and HOA Offices closed	2 New Year's Holiday - Nature Center and HOA Offices closed	3 Nature Center Open 10:00am - 2:00pm
4	5	6 Wee Naturalist 9:30 & 1:00pm - NC	7 Wednesday Walks, 9:00am - Clydes Events Committee Meeting 7:00pm - CH	8	9 Newsletter Submissions Due by Noon	10 Nature Center Open 10:00am - 2:00pm LCAS Outreach Program 10:00am - NC Naturalist Led Scavenger Hunt 10:00am - NC
11	12	13 Wee Naturalist 9:30, & 1:00pm - NC Board of Directors Meeting 6:00pm - NC	14 Mid-Week Nature Club 9:00am - NC	15 Modification Subcommittee Submissions Due 12:00pm - NC	16	17 Nature Center Open 10:00am - 2:00pm
18	19 Martin Luther King, Jr. Day - Nature Center and HOA Offices closed	20 Wee Naturalist 9:30 & 1:00pm - NC	21 Wednesday Walks, 9:00am - Nature Preserve Mod Subcomm Meeting 7:00pm - NC Tech Comm. Meeting 7:30pm - NC	22	23	24
25	26	27 Wee Naturalist 9:30 & 1:00pm - NC	28 Mid-Week Nature Club 9:00am - NC	29	30	31

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

# **BROADLANDS COMMUNITY INFORMATION**

### Broadlands Homeowners Association Board of Directors Meeting Tuesday, January 13th - 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/designguidelines/ for complete 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

### Submission Date January 15, 2015 February 12, 2015 February 26, 2015

March 12, 2015

Meeting Date January 21, 2015 February 18, 2015 March 4, 2015 March 18, 2015

### Looking Forward

Winter has officially arrived and we all survived the madness of the holidays! Hopefully this winter won't be as snowy as last year, but we're ready no matter what Mother Nature brings our way. As a reminder, VDOT is responsible for plowing 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 that have not gotten off bond. 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. Those roads are plowed and paid for with taxpayer dollars. If you are uncertain who owns the street you live on, please check out the street listing on our website at broadlandshoa. org/wp-content/uploads/2014/11/Street-list-Snow-Guidelines-2014-2015.pdf.

Snow removal on HOA owned streets commences after two inches (2") of snow has accumulated on paved surfaces, or at the discretion of the Association. As a reminder, it is very helpful for residents on all streets 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 supportive of staff and allow us to handle the day-to-day operations.

- Î 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. *Continued on page 7* 

# 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 & Events Comm	littee Liaison
Natalie Ihanainen	nihanainen@broadlandshoa.com,
	events@broadlandshoa.com
Newsletter Advertising Manager 8	Communications Coordinator
Stassa Collins	scollins@broadlandshoa.com
Secretary to the Modifications Sul	bcommittee, Covenants
Robin Crews	rcrews@broadlandshoa.com
Covenants	
Susan Kuklick	skuklick@broadlandshoa.com
Reception	
Joanne Hang	joannehang@broadlandshoa.com
Julie Holstein	julie@broadlandshoa.com
Naturalist	-
Jessica Bukowinski	naturalist@broadlandshoa.com

#### **BOARD OF DIRECTORS**

PresidentBrian Beahm - brian.beahm@gmail.com (703) 726-63	360
Vice PresidentEric Bazerghi - eric@thehouse.net (703) 723-10	)46
Secretary/Treasurer Dawne Holz - deholz@icloud.com (703) 349-10	)95
Directors	
Heidi Eaton (571) 232-18	330
Cliff Keirce	320
(702) 0E0 45	200

Gerry Alcantara	
Joseph T. Wagner	
Members at Large, Var	n Metre Representatives
Roy Barnett	rbarnett@vanmetrecompanies.com (703) 425-2600
Denise Harrover	dharrover@vanmetrecompanies.com (703) 425-2600

### COMMITTEES

	ConcertRenee Ventrice - tttrenee@yahoo.com at*Oya Simpson -
	npson@broadlandsnaturally.org or (703) 725-8040
Events	Chair: Open, events@broadlandshoa.com
Neighborhood Watch	Chair: Open
Recreation	Chair: Open
Swim Team	www.broadlandsswimteam.org
Technology* Dav	ne Holz - deholz@icloud.com, broadlandshoa.org
Tennis	Brad Marcus - bradmarcus@gmail.com
Webmaster	webmaster@broadlandshoa.org
*Please look under Clubs and C	Groups for more information

### FIRSTSERVICE RESIDENTIAL (Payments and Resale Docs only)

Assessment Information Office: 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 hours)	(571) 291-7878
Poison Control	(800) 222-3333
State Police	(703) 771-2533
Washington Gas	(703) 750-1000

### **BROADLANDS COMMUNITY**

Mailbox (Main Street Mailboxes)1(703) 753-5521
Trash Pickup (Patriot Disposal)1(703) 257-7100
Southern Walk Internet/Cable:
OpenBand 24x7 (customer service) (866) 673-6226
OpenBand (trouble tickets) (703) 961-1110

#### PUBLIC INFORMATION

Animal Control/Shelter	(703)	777-0406
Building Permits & Dev	(703)	777-0397
County Landfill		
DMV (VA)	(800)	435-5137
Health Department	(703)	777-0236
Library (Ashburn)		
Loudoun Ride On		
Loudoun Hospital	· /	
Miss Utility		
Metro	(202)	637-7000
Parks and Recreation		
Ridesharing	` '	
Road Conditions		
School Board		
Street Signs/Storm Drains	` '	
VDOT		
Van Metre Homes		
Verizon		
Verizon Fios		
Wildlife Hotline (local)		
	(,	

### 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



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.



# **BROADLANDS COMMUNITY INFORMATION**

### Board Meeting Highlights

The following actions were taken by the Board of Directors at their meeting held on December 9, 2014.

- Approved minutes of November 12, 2014 meeting.
- Denied an owners request for partial refund of Community Center security deposit for use of a helium balloon.
- Took no action on an owners request to swap trash and recycling service.
- Denied request from neighboring HOA to oppose rezoning of Partlow property.
- Tabled a request for Stick Work installation.
- Tabled the Arbors Apartments request for a Dog Park pending BOS review.
- Approved the improvement plan for route 659, pending legal review.
- Directed management to hire a part time seasonal employee to assist with covenant inspections and pool pass processing.
- Assessed violation charges to seven owner accounts.

### 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.

### Holiday Trash, Recycling Collection and Christmas Tree Pick Up Schedule

New Year's Day, January 1st - NO trash or recycling pickup. Monday, January 5th - trash AND recycling will be picked up.

Christmas trees will be collected for recycling on the 2nd and 3rd Mondays in January - January 12th and January 19th.

Continued from page 5 Their commitment to our longterm 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 community. I hope you will consider joining a committee in 2015.

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 here in Broadlands in 2015.

Happy New Year to all!

Sarah

Sarah Gerstein, CMCA, AMS, PCAM General Manager

### Get Your SWAG On... Broadlands Gear Available for Purchase

Broadlands SWAG for the New Year can now be purchased 9:00am-5:00pm Monday through Friday at the Nature Center. Prices are: Fleece Ear Warmers - \$7.00 Blankets - \$15.00 Corkscrews - \$7.00 Solo cups - \$4.00 Lanyards - \$5.00





# **BROADLANDS COMMUNITY INFORMATION**

Events Committee Kickoff -Wednesday, January 7th, 7:00pm at the Clubhouse, 43360 Rickenbacker Square

Please join us as we ring in 2015 with the kickoff meeting for the Events Committee! The purpose of this meeting is to review the approved events and their respective budgets. We are pleased to introduce some exciting, new events, as well as revamp your old favorites. But we can't do it without you! We have a wonderful group of volunteers who generously donate their time and enthusiasm to make our events happen and we would love to have you join in on the fun. Our goal is to host an array of community wide events for adults, families, teens, and children alike. Snacks served.

So come one, come all, come on out and help plan the best events in the county!

### Sign Me Up!

While serving on the board is probably the most visible example of volunteerism in our association, there are many other ways that you can contribute your time and talents to improving our community. Your participation in the community is beneficial to you, your neighbors and the association. For example, common benefits gained by volunteering include:

- making a positive difference in other peoples' lives

- sharing or learning new skills
- boosting your resume—volunteer jobs are fair game
- meeting new people
- having fun

Don't let our community suffer from lack of enthusiasm. Even a few hours of your time can make a big difference in the culture of the community. Help us generate goodwill, encourage "paying it forward" and strengthen our community. Contact Sarah at sarah@broadlandshoa. com for ways to get involved or see page 6 for committee chair information.

### Great Visit With Santa!

Thank you Broadlands Residents for joining us at the Broadlands Annual Visit with Santa on December 5th. We had over 400 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:

- Broadlands HOA General Manager, Sarah Gerstein & Newsletter Editor & Events Committee Liaison, Natalie Ihanainen

- Mrs. Cristin Williamson and the Eagle Ridge Middle School Chorus
- Mr. David Ingalls and alumni from the Briar Woods High School Chorus
- Mr. Nigel Tangredi and the Briar Woods High School Chous
- Santa's Helpers from the Briar Woods Key Club: Apoorva, Justine, Kailee, Katelyn, Megan, Minakshi, Nureen, Pooja, Tara & Tiffany
- Santa's Little Helpers from Hillside Elementary School: Jenna & Ria
- Broadlands Residents helping during the event: Laurie Greenbaum & Mike van der Biezen
- U.S. Marine Corps Toys for Tots
- Farmwell Road Starbucks
- Cascades Safeway
- Carbone Entertainment

Thank you again and Happy New Year!

- Barbara van der Biezen, Event Organizer, and the Broadlands Events Committee For "Point of View of a Volunteer" and photos, please see page 24

> Save the Date to "Shake Off Those Winter Blues and Put on Your Dancing Shoes!"

It's time to move those feet and tap those toes. Brush up on your Line Dancing and learn some new steps.

> LADIES NITE OUT Friday, March 6, 2015 Broadlands Clubhouse 6:00pm - 9:00pm

Catch up with friends and neighbors. Enjoy food and drink. Dance or just watch – a nite of fun and relaxation.



# 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 owner's responsibility to file an application for all exterior work. A county permit does not circumvent this requirement. The process is easy if you apply before work commences.

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 violation hearing. You may be assessed a fee 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. You may be taken to General District Court 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 you provide to your buyer.

Please consult the Design Guidelines on the website for detailed information. Submit a complete application package 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.

### January Covenants Corner

### Following Winter Weather

### Please Clear Your Walkways

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.

### Help Make Snow Plowing Easier and Faster

When a storm occurs, 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 vehicles 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, visit broadlandshoa.org.

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. The same goes for dogs. Please keep the canines off ponds for their safety.

Let's keep our neighborhood safe!

# FROM YOUR SUPERVISOR SHAWN WILLIAMS

# The Importance of Economic Development

During my term of the Board of Supervisors, we have heavily focused on economic development. As I explained in my column last month, residential units don't pay for themselves in terms of on-going local government operations. The average home in Loudoun County requires more in local governmental services such as schools and public safety than it pays in property taxes. Since Loudoun County has historically been a 'bedroom community' for employment centers to the east, the imbalance between residential and commercial development has created a high property tax rate.

To address this issue, the Board has focused on increasing the County's commercial tax base to offset the ongoing costs of residential units. Commercial development is hugely revenue positive to the County from an annual operational budgetary standpoint. Additionally, more jobs closer to home cut down on traffic congestion and improve the overall quality of life for Loudoun residents. Many in our community are fortunate enough to be able to telecommute but not all have that opportunity. To attract new commercial investment to Loudoun, the Board has invested in economic development efforts.

At the beginning of our term, the Board undertook a comprehensive revision of our regulations and policies to make them more business friendly. As a result, we cut unnecessary red tape, implemented measurable response metrics and updated the County's zoning ordinance to make the processes faster and more consistent for potential commercial investors. We established a cross-



departmental 'Business Assistance Team' to assist businesses of all sizes get quick and accurate help with permits and questions. Finally, we reorganized and expanded the Loudoun's Department of Economic Development to increase our marketing efforts and directly recruit new businesses. We hired Buddy Rizer as the Director of Economic Development and he has excelled in the role. Loudoun is getting a reputation for being business friendly and that was far from the case a couple of years ago.

Earlier this fall, the Department released its report for Fiscal Year 2014, showing strong results for the Board's strategy. The Department was involved in attracting thirtynine businesses to either re-locate or expand in Loudoun, approximately a \$250 million total investment and about 2,600 new jobs. Twenty-two Loudoun based companies were named to Inc. Magazine's 1,000 Fastest Growing Companies in the United States. The rural economy is growing as well. Eight new wineries opened in Western Loudoun, bringing the County total to forty-two. This growing industry is gaining wide recognition; it was recently announced that the 2015 Wine Tourism conference will be held in Loudoun. What makes this all the more noteworthy is that many neighboring jurisdictions are going in the opposite direction and while the commercial office market continues to be challenged with an uncertain federal budgetary environment we are significantly outpacing our neighbors. There may be times when we are competing for commercial business. I will consider state matched incentives provided the return on investment is clear and it is in Loudoun's best interest but, we need to be prudent and only do this as necessary.

One of the fastest growing commercial sectors in the County is the data center industry. Loudoun currently has fifty-six data centers, with approximately 70% of the world's internet traffic passing through the County. This industry generates almost \$70 million in tax revenue for the County. To put that number in perspective, that is equivalent to approximately 7.4% of the annual Loudoun County School's budget.

I have gotten a lot of questions and concerns about the aesthetics of data centers, especially the large new one at the intersection of Waxpool and Smith Switch, across from the Ashburn Ice House. Unfortunately, that building was approved in 2010 and at the time the zoning ordinance required the building to be sited towards an internal court. This is a great example of government red tape getting in the way of

continued on page 12

### continued from page 11

common sense. Earlier this year, the County adopted new design standards for data centers to provide more landscaping, screening and architecturally appealing buildings. Additionally, we provided more flexibility in the zoning ordinance to site the front of buildings where it makes sense – so we don't end up with air conditioning units facing Waxpool Road again.

Overall, I'm proud to see clear results from the Loudoun's economic development efforts. Creating more jobs closer to home and generating more tax revenue is a win-win for County residents. If you have any questions about this article or other county issues, please email me at *shawn.williams@loudoun.gov* or call my office at 703-771-5088. For my frequent updates, visit *www.loudoun.gov/broadrun* to sign up for my email newsletter and 'like' my facebook page. thristian Child Development Center

43115 Waxpool Rd. Ashburn VA 20128 (703) 729.9144 www.openarms-ccd2.org

# 2015-2016 Half-Day Program Now Enrolling!



Lottery Closes January 30

Open Arms is a nurturing and safe environment for the development of children in our community through loving, Christ-centered, bible-based care.



### Former Naturalist Hikes the Appalachian Trail; You Can Too! By: Jessica Bukowinski, Broadlands Naturalist

As we approach the start of a new year many of us may be focusing on dreams, plans and resolutions. I am pleased to present an interview with Broadlands HOA's former ANS Naturalist. Alexandra Vlk. who left her position at the Nature Center last April in order to take the kind of journey many people only dream about: She spent 3 months hiking the southern half of the Appalachian Trail (AT). The Appalachian Trail is a 2,180 mile hiking trail that follows the Appalachian mountains from Georgia to Maine, and passes route 7 less than 30 miles from Broadlands, VA. An estimated 1.800-2,000 backpackers attempt to hike the entire trail each year. They are known as thru-hikers.

**Broadlands Nature Center:** What made you decide to hike the AT?

Alex: It was actually my best friend's dream to hike the AT and she was needing a drastic change in her life so she asked me if I would go along with her. I read a few books about the trail and decided it was something that I wanted to experience as well. A few months before April I gave her a final decision and off we went!

# **Broadlands Nature Center:** How did you prepare for your journey?

Alex: I did not exercise or anything before the trail! I just bought some higher quality gear and read a few books about it. Nothing you do can actually prepare you for the trail I realized very shortly into it.

Broadlands Nature Center: How long were you on the trail? Did you hike the whole thing? If not, where did you start and where did you finish?

Alex: I was on the trail for 3 months, April – June 2014. I hiked half of it (1018 miles) from Springer Mt. Georgia to Harpers Ferry, West Virginia. Broadlands Nature Center: What was your trail name? (It is customary for hikers on the Appalachian to pick a "trail name" rather than use their given name to sign in log books.)

Alex: My trail name was Sticky Buns. Apparently whenever I sat down I would get dirt, grass, leaves, etc on my bum. I guess this didn't happen to anyone else so the name stuck. Another group of people called me Alex in Wonderland for whatever reason.

**Broadlands Nature Center:** Tell us a few of the trail names of folks you met. **Alex:** K-bar, Lost Boy, Messy, Bear Burrito, Bear Claw, Brother Nature, Black Beard, Rodeo, Swiper, Real Talk, Raven, Star Dust, Knoxville, DQ, One Gallon, Honey Badger, Twirls.

# **Broadlands Nature Center:** Did you hike alone? Or with friends/ family?

Alex: I started off hiking with my best friend Jessica Porter (Messy) for about a month. Then I started wandering off on my own to other groups and people. During the day I was usually hiking alone. I met up with my friends at the end or during breaks.

# Broadlands Nature Center: Were you ever scared?

Alex: I was never scared. There was always so many people around me weather I could see them or not. I had to really try to be by myself, so it was hard to get scared. People would always keep tabs on you as well. If you didn't arrive at a shelter by dark and they knew you were hiking to that particular place they would go out looking for you. It was a lot more community based in the first section of the trail. I heard after West Virginia this changes. **Broadlands Nature Center:** Tell us about one of you favorite moments on the trail? (Bonus points for when/ where).

Alex: Waking up in the morning to hot coffee and the outdoors. Also, meeting up with friends every day after a long hike was my favorite part of the trail. The community on the trail is a pretty amazing thing.

Broadlands Nature Center: Did you meet any Trail Angels? What did they give you? (A trail angel is someone who provides thru-hikers and section hikers with special treats. Often trail angels live near the trail, are frequent day hikers, or once hiked the AT themselves.)

Alex: A ton of trail angels! They would give us doughnuts, beer, protein bars, oranges, water, coffee, sandwiches, candy, rides etc.

**Broadlands Nature Center:** Tell us about your worst day on the trail.

Alex: In Hiawassee, Georgia I got norovirus. This was only a week into the trail. I would puke, walk, puke, walk. It was rough. My friend had to follow behind me to make sure I didn't pass out. A group took most of my pack weight to where I was staying that night.

Broadlands Nature Center: Did you see any wildlife you had never seen before? Alex: A lot of bears in Shenandoah National Park! They would get so close. And I would hear crazy owl sounds throughout the night. Other than that just the regular squirrels and birds.

**Broadlands Nature Center:** Did you have to use any wilderness first aid skills?

ges. Alex: Nope. I saw others popping Continued on page 14 JANUARY 2015 | OUR NECK OF THE WOODS 13

# From the Naturalist...

Appalachian Trail Continued from page 13 blisters and rapping their feet but I never had that problem.

Broadlands Nature Center: What piece of gear did you appreciate most? Alex: My stove and mug by far.

Broadlands Nature Center: What gear did you wish you had not brought? Alex: I packed pretty well. I kept all of my stuff. I had a habit of buying new clothes or nail polish at stores, though. I had a coloring book at one point.

Broadlands Nature Center: While you were hiking... what did you miss most about life off the trail? Alex: Hot shower and a bed.

Broadlands Nature Center: Now that you are back... what do you miss most about life on the trail? Alex: The community of it. You would get to know a person very intimately in a short amount of time. And hitchhiking, I really miss hitchhiking!

Broadlands Nature Center: Have your feet recovered from all that walking yet? Alex: I was out hiking a day after I was back. I didn't get too beat up at all from the trail. I did not even get a blister.

**Broadlands Nature Center:** What advice do you have for Broadlands residents who might want to hike the AT?

Alex: JUST DO IT! Anyone can do it. I heard a lot of people saying they wish they could have done the trail when younger but there were 70 year olds hiking the trail faster than me. And completely out of shape people hiking farther than me. If you want to do anything in life just go for it and stop making excuses for yourself.

**Broadlands Nature Center:** Do you want to hike the AT again? Try the Pacific Crest Trail? Or something else?

Or was this a one-time trek? Alex: I would like to finish the trail one day but not anytime soon. And I would like to do sections of the PCT and the Camino in Spain.

Are you inspired by Alex's story? Do you have a New Year's resolution to get outside more? If so please consider joining me and other Broadlands residents for Broadlands Community Hike – January 17<sup>th</sup>

We will meet at noon at the Broadlands Nature Center Parking Lot to carpool/ caravan OR at 1:00pm at the parking lot on the SW corner of route 7 and Rt. 601 (Blueridge Mountain Rd) in Bluemont, VA .

The hike up to the look-out spot by Bears Den Trail Center is a bit steep, so sturdy hiking books are recommended. Broadlands residents \$3.00/person (\$10.00 max per family), non-residents \$5.00/person. Sign up at the Nature Center. (In the case of extreme weather the hike may be postponed. Snow date is January 31st.)

If you are not able to join us, you can experience the Appalachian Trail vicariously through the online journals of recent Appalachian trail hikers at *trailjournals.com/journals/appalachian\_ trail/*. For those of you who prefer an actual book that you can hold in your hand (or download to your tablet) I recommend AWOL on the Appalachian Trail by David Miller.

Broadlands' ANS Naturalist, Jessica Bukowinski, believes that connecting with nature brings out the best in all of us. Jessica can be reached at naturalist@broadlandshoa. com. You can learn more about the Audubon Naturalist Society (ANS) at anshome.org Winter Nature Preschool Program! Fresh Air Kids at Rust Nature Sanctuary

Children are born naturalists. The Rust Nature Sanctuary builds on children's inherent curiosity about the world by using hands-on, nature-based activities to foster social, physical, and academic skill development. Our Fresh Air Kids Class is for children ages 5 and younger along with a parent or caregiver. Classes meet on Fridays for 8 weeks and take place entirely outdoors on our 68acre nature sanctuary.

If inclement weather arises we will head indoors to our cozy Discovery Room. This class will involve crafts, songs, books and always a hike. Bring a lunch and/or snack and meet other caregivers!

Fresh Air Kids will take place over the course of 8 Fridays, from January 9 until February 27, 2015. Time: 10:00am - 11:30am Cost: \$75.00 (siblings 21 months and older cost \$60.00) Location: Rust Nature Sanctuary 802 Children's Center Road Leesburg, Virginia

To register call 703-669-0000 or email susanne.ortmann@anshome.org. For more information visit anshome. org/Rust.





# Saturday, January 10th Programs at the Broadlands Nature Center

21907 Claiborne Parkway Broadlands, VA 20148 703-729-9704



### Loudoun County Animal Services Community Outreach Program Ages: Adult

Time: 10:00am - 11:00am

Cost: FREE, no registration needed.

Loudoun County Animal Services is offering a community outreach program geared towards Home Owner Associations. Loudoun County citizens often have questions regarding lost animals, nuisance wildlife and commonly enforced laws. Program will be held in the Nature Center conference room.

### Naturalist-Led Scavenger Hunt

Ages: All ages - children under the age of 4 must bring a caregiver Time: 10:00am - 11:00am

**Cost:** \$4.00/child pre-paid at broadlandsnaturally.org by noon on 01/09/15 or \$5.00/ child at the door on the day of the event.

Potty trained children ages 4 and up may participate in a naturalist-led scavenger hunt (we'll be going outside the nature center if the weather allows) while parents are attending the Loudoun County Animal Services program in the conference room, but children under 4 years old *must* bring a caregiver.

### Audubon Naturalist Society (ANS) Presents Nature Birthday Parties at Broadlands Nature Center

- Parties are recommended for children ages 4 to 10.
- Parties are held year-round and are 1.5 hours long. An additional 15 minutes before and 15 minutes after the party may be used for set up and clean up. One hour is led by an experienced naturalist and includes program based on a theme, a nature walk, and may include a craft or game. The remaining 30 minutes is the responsibility of the host family and is reserved for traditional birthday fun.
- Party fee includes up to 14 children. \$15 for each additional child up to a maximum of 18 children.
- Party host provides food, drinks, and party decorations if desired. Set-up and clean-up are the responsibility of the birthday host family.
- COST: \$225 for ANS Members & Broadlands Residents, \$260 for non-members/ non-residents (includes a one-year family membership to ANS).

Times: 1<sup>st</sup> and 3<sup>rd</sup> Saturdays of each month at 10:30am - 12:00pm (Limited availability at other times pending availability of the Broadlands Naturalist).

### Choose your birthday party theme:

### Insect Investigation

Enter into the wonderful world of insects, and enjoy a visit from a Madagascar Hissing Cockroach before heading outside to search for insects and creepie crawlies.

### Pond Plunking

Get wet and muddy as we explore the pond, looking for a variety of critters that make the pond home sweet home.

### Wiggly Worms

You and your friends will enjoy digging, wiggling, and giggling as we do hands-on exploration of worms inside and then search for them in their natural habitat.

### Nature Center Tour

Enjoy meeting the Nature Center animals with your guests.



Audubon Naturalist Society at the Broadlands Nature Center 21907 Claiborne Parkway Broadlands, VA 20148 naturalist@broadlandshoa.com 703-729-9726 www.anshome.org

www.broadlandshoa.org

# From the Naturalist...

### Broadlands Nature Center Winter 2015 Programs Weekday Nature Programs for Children

Wee Naturalist

Ages: 2-4 years old with caregivers Date: Four Tuesdays of each month

January 6, 13, 20, 27; February 3, 10, 17, 24; March 3, 10, 17, 24; April 7, 14, 21, 28 **Time:** 9:30-10:15am *or* 1:00-1:45pm (We will run the same program in the morning *and* again in the afternoon – sign up for the one that better suits your family's schedule.) **Cost:** \$20.00/month for residents, \$32.00/month for non-residents *or* \$10.00 per single session

Our youngest naturalists (ages 2-4) and their caregivers & siblings meet on Tuesdays. The program will include as much outside time as the weather allows (so dress to play outside!), finger plays, stories, crafts and hands on exploration.

### Mid-Week Nature Club

Ages: 5-7 years old Date: 2nd and 4th Wednesdays, January through May 2015 January 14 & 28; February 11 & 25; March 11 & 25; April 8 & 22; May 13 & 27 Time: 9:00am - 10:30am Cost:\$24.00/month for residents, \$32.00/month for non-residents This drop off (although caregivers are welcome to stay if you prefer!) program for eager young naturalists is geared towards half day kindergartens and early elementary aged

homeschoolers. We will spend as much time as possible learning and playing OUTSIDE in the areas surrounding the nature center so please send your children dressed for the weather!

### Custom Environmental Education Programming to Meet Your Needs.

The Audubon Naturalist Society facilitates Nature Birthday Parties, badge focused Scout Programs and Homeschool Programs at both the Broadlands Nature Center and the Rust Nature Sanctuary. Contact naturalist@broadlandshoa.com or 703-729-9726 for more information on scheduling a program here at the nature center or contact 703-669-0000 or susanne.ortmann@anshome.orgto schedule a program at the Rust Nature Sanctuary in Leesburg.

# From the Naturalist...

### Broadlands Nature Center Winter 2015 Programs Continued Programs for Adults & Families

Wednesday Walks for Broadlands residents Ages: All ages welcome Date: lst & 3rd Wednesdays of the month Time: 9:00am

Cost: FREE for Broadlands residents & their guests. Non-residents are welcome to join us, but will need to pay a drop in fee of \$5.00/family (cash or check only).

Walking outside with others is good for us all, but as the weather gets colder it can be hard to find a walking partner. Broadlands residents of all ages are invited to join Broadlands ANS Naturalist, Jessica Bukowinski, for a leisurely walk on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month. The first Wednesday we will meet in the parking lot by Clyde's and the 3<sup>rd</sup> Wednesday we will meet at the Van Metre Nature Preserve across from Harris Teeter.

Broadlands Community Hike on the Appalachian Trail

Ages: Anyone old enough or young enough to hike a steep trail without complaining

Date: January 17th (snow date 1/31)

Time: Noon at the Nature Center or 1:00pm at Trail Head

Cost: Broadlands residents \$3.00/person (\$10.00 max per family), non-residents \$5.00/person Let's hike together on the Appalachian Trail! We will meet at noon at the Broadlands Nature Center Parking Lot to carpool/ caravan or at 1:00pm at the parking lot on the SW corner of route 7 and Rt. 601 (Blueridge Mountain Rd) in Bluemont, VA. The hike up to the look-out spot by Bears Den is a bit steep, so sturdy hiking books are recommended, and trekking poles can be helpful. It is often colder and icier up on the trail than at home in Broadlands so dress for the weather. In the case of extreme weather hike may be postponed.

### Adult Discussion Group Reconnecting with Earth

Age: Participants must be 16 years old and older

Dates: Tuesdays, February 3rd to March 10th, at the Nature Center. The make-up date in case of weather related

cancellations is Tuesday, March 17th.

Time: 7:00pm - 9:00pm

Cost: Broadlands residents \$40.00, non-residents \$60.00

With the help of a discussion group guide and a book of readings provided by the North West Earth Institute participants will meet with the Broadlands naturalist to discuss our relationships with the Earth. Our world is changing at such an astoundingly fast pace. We get caught up in our daily lives and the problems we face—we end up losing touch with that deep connection we have to our planet. **Reconnecting with Earth** helps participants explore how our cultural beliefs and personal values affect the way we view and treat Earth. Together, we will discuss how our well-being is inextricably linked to the well-being of our planet. Participants discover a deeper respect for the planet and a renewed commitment to act—a shift that could be the key to real and lasting change.

Register no later than noon on Tuesday, January 27<sup>th</sup> to receive a bound course book. Late registrations will receive a PDF.

Minimum 6 participants, maximum - 12

Community Campfire on the Nature Center Lawn Age: All ages welcome Date:Tuesday, March 24th Time:7:00pm

Cost:Broadlands residents \$3.00/person (\$10.00 max per family), non-residents \$5.00/person Come on over the Nature Center after dinner for a small campfire. We'll hang out and get to know one another better and maybe even play a few group games. I'll provide s'more supplies and hot chocolate. Please bring your own camp chair if you have one. Minimum 8 participants, maximum - 16

> The Broadlands Nature Center will be closed on the following dates: January 1st and 2nd- New Year's Day January 19th - Martin Luther King's Birthday February 16th - President's Day The Nature Center is located at 21907 Claiborne Parkway Broadlands, VA 20148 Phone: 703-729-9704, email: naturalist@broadlandshoa.com

# About Your Pet...

### Another Year Older; Another Year Healthy By: Shannon M. Pecora, MA of Stream Valley Veterinary Hospital

Another year has arrived! It's another year to spend with our friends, families, and pets. Another year full of possibilities. Another year for wisdom and growth. And, of course, it's another year to be older!

Whether we like to admit it or not, we just can't be young forever! But if we find ourselves slowing down,

feeling foggier, or just experiencing a reduced quality of life, our reaction is generally to do something about it. For example, we humans consult our doctors for advice, life change recommendations, or even medications. Put simply, we're pretty insistent that old age, in and of itself, is not a disease. We want to stay healthy, happy, active, and alert for as long as we possibly can... and as your "other family doctors," we'd like to offer the same opportunity for your pets!

It seems logical to ascribe your pet's changes in sleep, alertness, appetite, agility, and more to aging. Why would he behave like a puppy, kitten, kit, or chick anymore? Consider, though, that pets can't complain the way we do! When we realize that we're fussing about losing our keys the fourth time this week or about struggling with our sore knees when we walk or bend, we know it's time for a doctor visit. But most stoic companion animals can't say, "Ouch!" or "Wow, this has really been bothering me quite a bit lately" with every age-related issue they face. To mitigate their pain and frustration, they'll just move more slowly, stay stationary as much as they can, sigh heavily when they lay down, or whine softly when it's time to get up for a meal. These small signs wouldn't necessarily garner much attention, and they're really not meant to. Think about your pet's wild ancestors (whether wolf, lion, hare, or can get an idea of aging system and organ functions. So, even if you don't see any major medical developments at home, you and your vet can track even the small changes to look for trends and compare new developments to old baselines.

What can you do if your vet does see or anticipate age-related illness?

Well, that depends on what the issues are, but you'll probably recognize many options as recommendations that you may receive from your own medical team! For instance, vitamins and supplements can help with physical and mental function. Pain and antiinflammatory medications can help mobility. Prescription diets are formulated for problems from diabetes to joint pain to urinary health

Amazonian parrot); if these animals show signs of pain or weakness, they become immediate targets. Certain instincts, such as hiding weakness, remain in our pets, even after all the generations of domestication.

This is where semi-annual preventive wellness exams come into play. Once your pet has reached senior status (which depends on species, breed, and other factors), it's time to shift the focus of medical care a bit. Your vet may want to see your pet more often and will want to know everything that you're noticing at home. Senior-level lab work may be in order more often, too, so that your pet's medical team

and more. Veterinary-recommended exercise and activities may support physical and mental fitness. And you might even be encouraged to pursue specialist care, such as cataract surgery or acupuncture.

Don't accept aging as automatically equal to suffering, for you or for your pets. Explore your options until you find what is physically and financially feasible for you. Let that simple mantra guide you: old age is not a disease!



# Our Environment

### Air Was Giving Me a Headache!

By Oya Simpson, Broadlands Wildlife Habitats Committee

When I realized my headaches were caused by the air fresheners, cleaning products and sometimes perfumes a few years ago, it wasn't hard to figure out that I had been breathing in some strong chemicals. My headache was triggered if I walked into a place where air freshener was just sprayed or where a strong plug-in air freshener was being used. This made me wonder how air fresheners can affect kids since they are more vulnerable to toxins than adults. After thinking about it and doing my research, here is some information and solutions I would like to share with you that can be good for you, your family and our planet. Let's face it, we all want to have our homes to look, feel and smell good, but how can we accomplish this? How about focusing on the "smell" which can affect the way you "feel" as well when

you walk into your home.

Sometimes achieving a pleasant and cozy aroma in our homes can be tricky. No matter how much you clean, you may end up with the smell of the "cleaning" products, which is not what you wanted. Most commercial air deodorizers, which can include toxic chemicals, have very strong odors that can cause allergic reactions, headaches or may even trigger asthma symptoms.

What's In the Air Fresheners? According to the study "Hidden Hazards of Air Fresheners" by NRDC, the typical products that can be found on the market hold a sufficient risk. They contain poisonous chemicals like phthalates and Dichlorobenzene that can affect the central nervous system. Aside from that, these products are quite ineffective, as they don't really neutralize the odor. But they can negatively affect your respiratory system.

### Make Natural Air Fresheners Yourself!

### Safer Solutions:

Mix a strong air freshener by using ½ cup of vinegar, 1½ cups of water and 15 drops of essential oil. Pour it in a diffuser bottle and spray it directly over the desired area. The efficiency of the solution depends on the vinegar's concentration. Remember, when you enhance the amount of vinegar, you should do the same with the essential oil. This is a suitable solution for alkaline odors. Fight the smells with acid nature by dissolving eco-friendly cleaning detergents such as two tablespoons of baking soda or borax in hot water. Add your preferred essential oil and shake the bottle. Stick a couple of cloves in an orange or other citrus and create your own pomander ball. On the other hand, nothing combats odors like coffee. Mix it with cinnamon and let it sit in open air. Your home will smell like a coffee shop.

### Reduce the Air Pollution:

- You can mitigate the hazards by getting houseplants that serve as natural air purifiers by picking greenery with big green leaves like peace lily and dracaena.

- Inspecting the filters of your ventilation system. They are ideal dust traps and the main culprits for the indoor air pollution. Clean or change the air filters regularly.

How about the local schools? Our kids spend long hours inside at schools and it's important to check with teachers about any air freshener or cleaning products being used also including hazardous chemicals. Be proactive by sharing your concern and even bringing a plant to help with cleaning the school's indoor air!

### Easy Baking Soda Air Freshener

You need -1/2 cup baking soda, 8-12 drops of essential oil of your preference, one 8 oz wide mouth Mason jar, scrapbook paper, large needle, scissors and a pen.

Trace the lid part on the scrapbook paper and cut it and punch holes into it with the needle.

- Pour the 1/2 cup of baking soda into the Mason jar.
- Add in 8-12 drops of essential oil of your choice. Start off by adding less oil and if you find it's not strong enough to scent your room, add in a bit more. A bigger room will need more oil and a smaller room, like a bathroom, will require less.
- Place the scrapbook paper inside the Mason jar ring and tighten it onto the jar.
- Gently shake up the baking soda/essential oil mixture.



# Bacon Makes Everything Taste Better...

# Bacon Beer Cheese Soup with Chicken serves 6-8

- 6 slices thick cut bacon
  1 pound boneless skinless chicken breast
  ¼ cup butter
  ¼ cup flour
  2 teaspoons garlic powder
  2 teaspoons ground cayenne pepper
  1 teaspoon smoked paprika
  1 teaspoon kosher salt
- teaspoon pepper
   cup beer, Belgian style wheat beer (i.e.
   Blue Moon)
   cup chicken broth
   cups half and half
   ounces mild cheddar cheese, shredded
   teaspoon Worcestershire sauce
   chives and croutons for topping



Warm an 8 quart pot over high heat. Using clean scissors, cut bacon into pot. Cook bacon until lightly crisp, stirring occasionally. Meanwhile, cut chicken into bite size pieces. Remove bacon from pan and place on a plate. Add chicken into bacon grease to cook. Stir occasionally until chicken is cooked through. Remove chicken onto plate with bacon. Cut butter into 1 tablespoon pieces and add to pan drippings. Whisk in flour and spices. Add beer, broth and half & half. Whisk to combine and bring to a bubble. Add cheese, whisk to combine and stir until you have a smooth mixture. Add Worcestershire sauce, chicken and bacon. Stir to combine. Allow to simmer until ready to serve, stirring occasionally. Garnish with chives and croutons. *Theslowroasteditalian.com* 

### Baked Potato Soup serves 8

8 slices thick cut bacon
1 onion, diced
1/2 cup all-purpose flour
3 (14.5 ounce) cans chicken broth
5 potatoes; baked, peeled and smashed
1 teaspoon dried parsley flakes
2 cups half & half
1 cup sharp cheddar cheese; grated
1 cup sour cream
Salt & pepper to taste (optional)

In a heavy bottom pot, cook bacon until crisp; remove and crumble and reserve drippings. Cook onion in bacon drippings until tender; stir in flour and cook for one minute, stirring constantly. Gradually add chicken broth, cook, stirring constantly until thickened and bubbly. Add in the smashed potatoes and bacon. Stir to combine. Add parsley and half & half; cook for 10 minutes. Stir in cheese and sour cream. *Theslowroasteditalian.com* 

# Bacon Double Cheeseburger Beer Cheese Soup serves 8

12 ounces thick cut bacon, uncooked 1 pound lean ground beef 14 cup all-purpose flour 2 tablespoons Montreal steak seasoning 2 teaspoons smoked paprika 1 (12 ounce) beer (i.e. Blue Moon) 4 cups half and half 16 ounces mild cheddar cheese, shredded croutons, pickles, bacon bits (optional garnishes)



Warm an 8 quart pot over high heat. Using clean scissors; cut bacon into pot. Cook bacon until lightly crisp, stirring occasionally. Add beef into pot. Break beef up with a wooden spoon. Cook thoroughly, stirring occasionally. Scrape beef to the side and spoon out drippings as necessary; only leave about 2 tablespoons of drippings in the pan. Stir in flour, seasoning and paprika. Stir until flour is coated. Add beer and scrape the bottom of the pot with a spoon to deglaze the pan, allow to cook for 3 minutes. Add half & half. Stir to combine and bring to a bubble. Add cheese and stir until cheese is melted. Allow to simmer until ready to serve, stirring occasionally. Garnish with croutons, bacon, pickles, whatever you like on your burger. *Theslowroasteditalian.com* 

# To Help You Out During the Winter

### Winter Preparedness: Be Ready, Make a Plan

Brought to you by: The Office of the County Administrator/Public Affairs and Communications

Winter Preparedness Week ran through December 6, 2014, but there is no expiration date on preparing for bad weather. An important part of winter weather planning is being prepared to stay where you are until conditions improve. To be ready, take these steps:



### Get a kit.

Basic emergency supplies include:

- Three days' food that does not need refrigeration or electricity to prepare it
- Three days' water (a gallon per person per day)
- A battery-powered and/or hand-crank radio with extra batteries
- For businesses and offices, some bottles of water, food bars and a radio or TV to hear local information about whether or not it is safe to travel
- A power pack for recharging cell phones and other mobile devices

### Make a plan.

- Everyone needs an emergency plan:
- Decide who your out-of-town emergency contact will be.
- Where will you meet up with family members if you can't return home?
- Find an easy-to-use online planning tool at www.loudoun.gov/ readynova.

### Stay informed.

Before, during and after a winter storm, you should:

- Listen to local media for information and instructions from emergency officials.
- Be aware of winter storm watches and warnings and road conditions.
- Get where you need to go before the weather gets bad.
- Get road condition information 24/7 by calling 511 or checking www.511Virginia.org . Local traffic incident information is online at www.loudoun.gov/traffic.

You may also sign up for alerts from Loudoun County, including emergency information, news releases, traffic information, and more, through Alert Loudoun at www.loudoun.gov/alert; follow Loudoun County on Twitter at www.loudoun.gov/twitter; and on Facebook at www.loudoun.gov/ facebook. You can find more information about wintertime preparedness online at www.loudoun.gov/winter.

### Safety Tips for Winter Road Trips

Preparedness is paramount when it comes to road trips year-round, and hitting the road for a long drive during winter months is no exception. With an increased risk of potential driving hazards like sleet, snow, strong winds, and frigid temperatures, it's a good idea to think about ways to ensure you'll travel safely.

Consider the following tips when preparing for your winter road trip:

- Invest in an emergency kit for your vehicle. Available at most major retailers, these kits are relatively inexpensive and contain items like flares, booster cables, flashlights, ponchos, and first aid supplies for minor injuries.
- Develop a contingency plan. Create a strategy for dealing with a flat tire, vehicle accident, dead battery, or other potential travel delays. Keep a hard-copy list of people or businesses to contact for help should you need it.
- Stay in touch. Check in with a designated contact during your journey with updates on your location, delays encountered, or unexpected situations that require longer travel time. When driving, remember always to pull off the road before using your cell phone.
- Check the local weather report before heading out. Winter weather can be tricky and forecasts aren't always accurate. You can double check your destination's weather history on a variety of websites to determine typical conditions to expect in that area during your travels.
- Store warm clothes and blankets in your vehicle. Be prepared to stay warm if you're stuck for extended periods by keeping a blanket or two in your car. Also, pack a small travel case with snow boots, socks, gloves, a scarf, hat and heavy sweater in case you need to leave your vehicle.
- Review your travel route without GPS. Read through detailed driving directions, including alternate routes, so you know your options. Also consider keeping a map handy in case your navigation system is compromised during your trip.



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Visit us online and learn more about Broadlands Marketplace!

www.broadlands-marketplace.com

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# We Were There, Where Were You...Visit With Santa

It was such a joy to help at the Broadlands Santa Visit this year. The event was so well organized that everyone had a great time. From the wonderful Santa, funny balloon man, beautiful holiday music, delicious treats, and fun crafts, not one detail was missed. The looks on the kids faces as they waited to see Santa was priceless. The Christmas spirit was all around the Clubhouse. It was a great way to start the Holiday season.

- Laurie Greenbaum, Events Committee Volunteer















# Tid Bits of This and That

### Briar Woods High School Drama -Black Forest Productions Presents



Thursday, January 29th and Friday, January 30th at 7:00pm Saturday, January 31st at 2:00pm

Tickets will be sold at the door: Adults - \$10.00, Students and Children - \$5.00 Briar Woods High School, 22525 Belmont Ridge Road, Ashburn, VA

### Ashburn Preschool Forum January 17th, 2015 9:00am - 12:00pm

Brambleton Community Center 42645 Regal Wood Drive in Ashburn

The Preschool Forum provides presentations from local parents about Ashburn preschools. Forum attendees receive a program that includes information on each preschool including tuition, student/teacher ratios, registration dates, potty training policies, and more.

The Preschool Forum event is free and open to the public. This year, the event will be hosted by the MOMS Club of Ashburn – Broadlands and Brambleton Chapter.



### "Turn That Off And Play With Me!" -- A Children's Book on Balanced Screen and Media Time Management for Children...and Parents!

Dr. Michael Oberschneider authors a timely book that holds children and parents accountable for excessive screen and media time use.

"Turn That Off And Play With Me!" is a children's book that addresses screen and media time management, but unlike other children's books on the topic, this one tackles the subject as a family problem and not simply a child's.

"Turn That Off And Play With Me!" is the story of a little boy who cannot find anyone in his family who wants to play with him – sadly, his father, mother and older siblings are all engaged in some sort of screen related activity that they are unwilling to break away from. This eventually upsets the boy, and everyone comes together to resolve the issue; the end message being that we all need to be responsible for how we manage our screen and media time usage alongside our relationships and responsibilities.

Dr. Michael Oberschneider, the book's author, purposely wrote the book as a problem for a family and not simply for a child. "We live in such a plugged in society these days that it is important for us all to be aware of our own screen time behavior because it can impact our important relationships," says Dr. Oberschneider. He adds, "As parents, modelling healthy screen time is essential since our children look to us to understand how to behave." Dr. Oberschneider believes that screen time can play a very positive role in our children's lives educationally and socially, but he holds the position that screens should serve to compliment our children's lives and not dominate them.

And while there is plenty of research on the topic of excessive screen time for children and teens and the negative impact it can have – obesity, ADHD, learning problems and emotional and social problems – Dr. Oberschneider asserts that there has not been much of a focus on what children learn in the home and how that affects them later when it comes to their screen *Turn That Off continued on page 27* 

### Broadlands Earns Gold Level Award

Broadlands Association participated in the 2014 Loudoun Dulles Green Business Challenge. Broadlands completed the Commercial Scorecard and earned enough points for a Gold Level Award. 77 businesses participated in the 2014 challenge, with nine earning a Gold Level Award.

The mission of the Green Business Initiative is to unite community members with an interest in environmental sustainability, provide the business community with achievable goals for incorporating green practices into their facilities, and manage the successful Loudoun Dulles Green Business Challenge Competition each year. The Green Business Challenge offers businesses the opportunity to demonstrate leadership, improve their bottom line, and create sustainable communities.

We look forward to participating in the 2015 challenge and will strive to achieve the Platinum Level Award.



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# New Year New You

### Enjoy the Ride By, Katie Herbert, CPT, Tabata Bootcamp Master Instructor locotabatabootcamp@gmail.com

Last night at dinner I was thinking out loud and told my kids that I was having a tough time coming up with a topic for my monthly article for the newsletter. My 6-year-old daughter immediately piped up: "You should write about how fast Elsa can run across ice!" Hmm, it was pretty impressive how quickly Elsa was able to run across the fjord, but I'm just not sure how much of that was actual ability and training vs. movie magic: I think we will leave that debate to Disney. But, the comments of my own flaxen haired princess did get me to thinking about speed and distance in our lives and in our fitness plans.

If you are making time for yourself and your body and exercising at all, that is fantastic and you should congratulate yourself. After a quick pat on the back take it a step further and let's think about how you are getting to where you are going. Are you just racing across the fjord as quickly as you can or, are you taking in the journey to learn as you go and adjust your steps accordingly?

In Tabata Bootcamp we have a few mantras that we use at almost every workout. One of my favorites is: **quality over quantity**. In class I don't care if you do more push-ups than your neighbor, I care that you did them correctly and that you did the best that *you* could do in that effort. I care about the quality because although it may take you longer to reach your destination or goal, you will get there with better results and less chance for injury.

If you have read many of my articles, you know that I am a big believer in small changes adding up to big results, again, focusing on the journey, not just how quickly I get to my destination. We live in a world that is all about instant gratification; while it is convenient for some parts of life it is just not realistic in other areas. Nutrition and weight loss comes to mind. Have I ever mentioned how much I hate doing weigh-ins with clients? It is such a necessary evil. On the one hand, it gives you a number to see, something concrete. On the other hand, those numbers can be deceiving for so many reasons. Often times if people do not see immediate big number changes they freak. What that number doesn't show is all of the amazing changes happening inside the body: cardiovascular improvements, muscular endurance, muscular hypertrophy (increase in size), positive blood pressure and cholesterol changes, and so many more.

Additionally, if you lose those pounds too quickly there is a very real chance that your method is not something that can be maintained over a long period of time. Perhaps you found a band-aid but you didn't solve the real problem.

Lastly, if you are just focused on getting in and getting out during a workout you will miss out on so many potential gains. What I mean is that we often times rush in, put our headphones in and just go through the motions. But imagine if you were totally present and made every single rep count, if you made every single minute count, how much more work would you actually be getting in?

For this month I challenge you to choose quality over quantity, to make small



changes and celebrate your success, to make every movement count and most importantly: Enjoy the ride!

*Turn That Off continued from page 25* time behaviors.

"Turn That Off And Play With Me!" is a lovely story and message with beautiful illustrations. Dr. Oberschneider offers some helpful pointers on how to manage screen and media time for children at the end of the book in his "Note to Parents."

"Turn That Off And Play With Me!" is a children's book that would make a nice gift for the holidays for children between the ages of 3 and 8 years of age.

"Turn That Off And Play With Me!" is available on Amazon and at select locations.

Dr. Michael Oberschneider is the Founder and Director of Ashburn Psychological and Psychiatric Services. The practice is comprised of child and adult psychiatrists, psychologists, neuropsychologists and therapists and serves clients throughout Northern Virginia.





# Wiger Orthodontics

### John C. Wiger, DDS, MS

- **Clear Braces Available**
- No Charge for Initial Consultation
- Invisalign Certified
- **Financing Available**
- State of the Art Office

# Because You Never Outgrow A Beautiful Smile!

Two Convenient Locations

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**POTOMAC FALLS** 703-444-9373 46165 Westlake Drive, Suite 300

# WigerOrthodontics.com

Member, American Association of Orthodontists

Voted one of Northern Virginia's Top Orthodontist for Children and Adults



# BROADLANDS HELPERS LIST

The Broadlands Helpers List is comprised of helpers up to 18 yearrs of age, born in 1997 and later. We are continually updating the list. If you would like to be added, 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 nihanainen@broadlandshoa.com.

# Not Available on Website Edition





# DISCOUNT DAYS!

## Big Savings Just for Broadlands Residents!

### **BROADLANDS VILLAGE CENTER**

• OptimEYES (Optometry): Member fees—Exam \$35, Frames, Lenses, Options, contact Lens Evaluation are all 20% off Retail Price and U&C fees, contact Lens Materials are 25% off retail price

• Painting with a Twist (Painting Classes/Entertainment): Wednesday nights, bring in 2 people to paint and you will get a \$35 gift certificate to a future class. (Cannot be used on the same night). Limited to 1 gift certificate per group of 3 people.

### **BROADLANDS MARKETPLACE AT SOUTHERN WALK**

• **Broadlands Complete Dental:** \$59.00 new patient special, includes exam and x-rays. \$1 emergency exam, includes emergency exam and necessary x-rays. May be used once per patient.

• TopKick Martial Arts Center (Traditional Taekwondo): Free! One month Easy Trial Program, uniform included—\$120 value! (Valid for new members only). \$20 OFF per week on A+ AfterSchool Program! (Valid for new members only) \$80 OFF per week on SummerCamp Program! (Valid for new members only)

# 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

Are you over 50 and want to start the New Year meeting friends? Ashburn Classics is for you. We are meeting on January 10th at the Mills Recreation Center in Ashburn Village on Gloucester Parkway at 10:30am. Meetings are held on the 2nd Saturday of each month and have several satellite clubs such as Bunco, Bridge, book clubs, Mexican Train, care games and lunch groups. For more information, please call please call Grace at 703-729-7044 or Carmen at 703-723-3724.

#### 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.

#### **BAC - BROADLANDS ADAPTED CLUBS**

A social club for high school students and young adults with disabilities meets the 2nd Thursday of the month from 7:00pm to 9:15pm at the Broadlands Community Center. Contact Monica Benteler at mjbenteler@gmail. com for more information.

#### 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.

### ASHBURN/BROADLANDS COMMUNITY WOMEN'S BIBLE STUDY

Please join us for an in-depth Women's Bible study beginning Tuesday, November 11, 2014. We will begin a new study **Ruth** by Kelly Minter. This is an interdenominational group that meets weekly on Tuesday mornings from 9:00am to 11:15am in a local home. Please contact Chris at 703-729-2095 for information.

#### **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 Luthern 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 information email 7010@gmail.com.

#### INDIAN CARDS CLUB

This group of local Asian Indian families play cards, mainly Teen patti or Flash for fun purpose once in a month by rotation. Please contact Salesh Gupta 571-435-3192 or email SalGup20@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.Lou32dounWNG.com.

#### MOMS CLUB OF ASHBURN

Broadlands & Brambleton resident moms who organize fun & engaging weekly activities for us & our kiddos; playgroups by birth year, monthly moms' Night Outs, + special interest groups for all, i.e. reading, cooking, etc. Monthly Member Social every 2<sup>nd</sup> Thursday of the month at 10 a.m. at Broadlands Community Center. Contact membership.momsclub. broadlands@gmail.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.

#### PRE-TEEN AND TEEN ASPERGER'S SOCIAL SKILLS GROUP

These groups are run by Dr. Michael Oberschneider and Dr. Andrea Lee. Group members work on coping and social skills development with Dr. Oberschneider. Dr. Lee runs a parent group simultaneously that addresses various topics on parenting children and teens with Asperger's disorder. For more info call Christine Kutt at 703-723-2999.

#### **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 CLASSIFIEDS



### EARLY EDUCATION/DAY CARE

HERE WE GROW 1/2 DAY KINDERGARTEN ENRICHMENT AND K-3 TUTORING:HWG is designed to provide LCPS Kindergarten children an additional three hours of learning to help ensure they are academically and socially engaged and enriched! You may choose how many days a week your child attends! For more information, go to www.herewgrowloudoun.com or contact Alyssa at 703-408-6454.

SMALL HOME DAYCARE: I am a mom with two amazing boys, 14 and 7. I love working with children of all ages and I have watched more than one child at a time before. I know how to play with kids and set up outdoor/indoor activities. I have over 5 years of experience. As a home day care provider, I am Licensed and Certified in first aid, CPR, AED.Please call 571-439-0193 to schedule a visit or for further information.

### ENTERTAINMENT

JAZZ FOR YOUR EVENT! Casual to Black Tie, Weddings, Birthdays, Graduations, Anniversaries, Picnics/Festivals, Corporate Events, Your House Party...[Think: Sinatra, Ella, D. Krall, Michael Buble, Norah Jones...] Professional Duo to Quintet features female vocalist performing "The Great American Songbook" (Jazz Standards, Swing, Blues)... & more! Promo. Pkg./ CD/Refs. Avail. Contact BobbeShore at 703-858-1629.

### HELP WANTED

ABA THERAPIST WANTED:For a kindergarten kid in Broadlands for in-home ABA program. Training will be provided as needed. Special need experience or speech therapy experience is a plus. Please call 804-690-8130.

### INSTRUCTION-ARTS/MUSIC/RECREATION

KINDERDANCE: Classes start in January. Monthly Tuition is \$50. Classes are every Friday at 10:00 am at the Broadlands Community Center located at 43004 Waxpool Road. June 26 is the recital. Refer KinderdanceBy Olga to your child's school and get 2 months tuition free for your dance class. To register, visit our website www.kinderdancebyolga.com. Please contact me at 301-305-1797 or email me at kinderdancebyolga@gmail.com with any questions.

SAXOPHONE AND CLARINET LESSONS:by award-winning performer. 25 years' teaching experience in Loudoun County.In-home or studio instruction for kids or adults; reasonable rates, references. Email: WoodWindStudio@ Verizon.net. Phone: 703-554-7247.

MUSIC LESSONS NOW: At a professional music school just minutes from your home. Private lessons at our state of art facility in piano, guitar, drums, voice, violin, flute, clarinet, sax or trombone. Our University trained teachers have produced more LCPS award & competition winners in the past 12 years than any other area school. Group lessons & performance classes also available. Call now to schedule a tour or sign up online **703.723.1154MINTONS ACADEMY OF MUSIC** www.mintonsmusic.com.

PIANO LESSONS AVAILABLE IN STERLING, ASHBURN AND LEESBURG: Piano teacher with 20+ years' experience teaching. Lessons offered in my studio or your home. Please call 571-375-2653. Annual Recital and National Guild Participation.No contract required.

### **INSTRUCTION - TUTORING**

MATH TUTOR IN BROADLANDS! I am a Broadlands resident, and have 22 years tutoring experience helping students in: Math 8, Algebra 1, Geometry, Algebra 2, and SAT and ACT math sections. Call Dan Harris at: 703-909-4438, or email me: aplustestprep@verizon.net.

### TRI-ED TUTORING, ONE-ON-ONE TUTORS AVAILABLE FOR ALL SUBJECTS AND SAT/ACT TEST PREP:

Personalized instruction from knowledgeable instructors to help your elementary, middle or high school student get results!An experience Tri-Ed tutor will work with your student at your home or a library. Call us at 703-899-6282 or visit www.tri-edtutoring.com.

SAT/ACT Test Prep: Professionally trained with over 9 years of experience, BRHS teacher offers private or small group tutoring to prepare all sections of the tests. Call 703.835.4679 or email cbrunet2@yahoo.com.

LANGUAGE LEARNERS: Hindi and English (ESL) classes. 1, 2 or 3 days per week program. 12 years of teaching experience. Call 443-319-3641 or email neeru803@gmail.com.

### HEALTH/FITNESS/WELLNESS

JOYOGA:Start the New Year with Joyoga. We now have classes for Beginners starting January 5; Gentle Yoga, Hatha and Yin. Check the website for monthly discounts. To register, please visit www.joyoga.us. Registration and forms are found under Classes Offered. Medical and waiver forms must be brought to your first class. Questions? Please contact me at 703-850-8386 or joy@joyoga. us. Location: 21381 Chickacoan Trail Drive, Broadlands.

AFFORDABLE CERTIFIED PERSONAL FITNESS TRAINING IN YOUR HOME: Get fit now with my 24+ 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.

### ELECTRICAL-PROFESSIONAL CONTRACTORS

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

BANE ELECTRICAL SERVICE LLC/ SMALL COMMERCIAL& RESIDENTIAL: Trouble shooting experts! Specializing in High Chandelier installs, Recessed light installations and Home Inspection items. In Ashburn since 1999! Call (703-723-6501) or email baneelectric@comcast.net.

### HOME SERVICES

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.

HANDYMAN SPECIALIST: Broadlands resident since 1999 with a Class A License and insurance. Everything from those dreaded and never ending honey-do lists, to projects and much, much more.Including Roofing, Siding Installation/Repairand Gutter Cleaning.Free estimates. Please call Mike at P&M General Contracting, 703-862-0415. Mike.Rosario@verizon.net.

LARRY MILLER INC, Specializing In Window Cleaning, Power Washing & Gutter Services: Residential Specialist. Free screen cleaning.Christmas lighting services. Licensed & insured. Broadlands resident. On Board of Directors for IWCA & Residential Comm. Visit www.windowcleaningservice. net for a FREE online estimate. Realtor, Senior & Military Discounts.Contact



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us: 703-723-7770 or info@windowcleaningservice.net.10% off if you like us on Facebook: www.facebook.com/larrymillerinc.

LOONEY'S TILE AND GROUT RESTORATION: When all you do is Tile & Grout, you know it will be done right! We employ 4 full-time Tile and Grout Specialists and do not sub-contract our work.Re-Grouting, Grout repair, Cleaning, Sealing, Professional Caulking and Water Damage Repair. Locally owned and operated in Ashburn, 21720 Red Rum Dr #177 Ashburn, VA 20147, contact us at 703-687-4493, www.Lcleantileandgrout.com, or email service@ Looneystileandgrout.com.

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.

### HOUSE CLEANING

ECOGREEN CLEANING SERVICE:100% Non-Toxic Products ensures a safe, healthy,clean environment for your family and home. 5 star reviews on Google, Yelp, and Angie's list. Visit website for savings coupon. Save \$\$ Book NOW -www.ecogreencleaningservice.com - (703)203-4969.

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

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.

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 AshburnLicensed, Bonded, Insured with Workers Comp Insurance.www. maidinvirginia.com; Libby@maidinvirginia.com; 703-723-5199.

### LAWN SERVICES

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

### MARKETPLACE

ORIGAMI OWL: Living Locket + Charms = Your Story! Are you a teacher, runner, Mom, Grandma, Bride-to-be? We have hundreds of charms so that you can share your story in a living locket. Unique and sentimental gift idea! Contact Jen Curran, 908-294-8938, www.jencurran.origamiowl.com, TheCharmedLockets@gmail.com.

MARY KAY:A wise women 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

### PET SERVICES

AROUND MIDNIGHT PET SERVICES, LLC: Provides excellent care to the furry, feathered and finned members of your family. Midday walks, overnight companionship and in-home boarding. Caring for your pets the way you would if you were home for 10 years! Call today or visit our website. 703-726-9218, www.aroundmidnight.net. Now hiring – join our team!

### 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. SophearUoy 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.

INDEPENDENT WRITER/EDITOR.Successful, but not a very good writer? Let me write it right. (If you think that's grammatically correct, you may be in need of a writer!) Copy writer & content editor. Contact Cathy at chattycats@ hotmail.com for pricing/quotes.

GGGGGRRRRRR!!!!!Computer crashed? Network down? Computers confuse you? Call Less Silberberg, Ashburn computer consultant. Over 30 years of 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 5<sup>th</sup> of each month for the following month's issue.

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

#### **Monthly Rates:**

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

Payment and Ads: Please email ads to: scollins@broadlandshoa.com. Checks, credit cards or cash accepted. Make checks 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

### **ADVERTISING DIRECTORY**

### **DENTAL / ORTHODONTIA**

Daczkowski, T. Wesley, DDS Goose Creek Village Dental Wiger Orthodontics	28
EDUCATION Golden Pond Open Arms	
FINANCIAL SERVICES Apple Federal Credit Union Lori Christ, CPA LLC	
HEALTH Medics USA	34
HELP WANTED Ashby Ponds	35
HOME SERVICES Climatic Heating and Cooling, Inc EcoGreen Cleaning Experts Gilbride Designs, LLC Kris' Painting Service, Inc P&D Plumbing Zampiello Paint Contractors, Inc	26 12 30 26
PETS Caring Hands Animal Hospital Stream Valley Veterinary Hospital Whole Pet	2
PROFESSIONAL SERVICES The Hanover Insurance Group	30
REAL ESTATE Bonnie Selker, Keller Williams The Greg Wells Team, Re/Max	
RECREATION / INSTRUCTION Dragon Yong-In Martial Arts Potomac Swim School	
RESTAURANT Subway	8
RETAIL Broadlands Marketplace	23

# ADVERTISING and EDITORIAL INFORMATION

The Broadlands Community Newsletter is a monthly publication mailed to over 4,000 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. <u>Advertising orders cannot be cancelled</u> <u>after the initial deadline.</u>

### **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: January 1st for February'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 or submit through paypal.com and send to sarah@broadlandshoa.com.* 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 <u>are not</u> 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.



# Get In. Get Out. Get On Your Way!



primary care • urgent care

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The MedicsUSA team delivers a unique blend of innovative medicine and personal care. There is nothing more convenient. MedicsUSA offers same-day appointments, extended hours, and online scheduling. And we accept most insurance plans, including Medicare and Medicaid.



Only \$10 Hemoglobin A1c Test Mention this ad before 1/31/15 to gualify.

Only \$1 Cholesterol Check New Patients Only No Appointment Necessary Mention this ad before 1/31/15 to gualify.

Whether you need a family doctor or urgent care, schedule an appointment today!



### INFORMATION NIGHTS



Junior Kindergarten Wed., Jan. 14 - 6:00 to 7:00p Kindergarten

Thurs., Jan. 22 - 6:00 to 7:00p

**OPEN HOUSES** Thurs., Jan. 8 - 9:00 - 10:00a Sun., Jan. 25 - 12:00 - 3:00p



**Bonnie Selker** 

**Keller Williams Realty** 

703-728-2292