



BROADLANDS



Community News

February 2009

*Happy
Valentine's Day!*

- ♥ Day Care Resolution Public Meeting to be held on Tuesday, February 3, 2009 at 7:00 pm at the Nature Center. See page 15 for the proposed Rules and Regulations.
- ♥ Mardi Gras Celebration, see page 5 for more details.
- ♥ Teddy Bear Tea, see page 5 for more details.
- ♥ Learn about our new trash removal contractor, Patriot Disposal on pages 5-7.
- ♥ The HOA Office will be closed on Monday, February 16th for Presidents' Day.

National Wildlife Federation Certified Wildlife Habitat Community

Photo of Flowers from KaBloom of Ashburn Courtesy of Natalie Ihanainen

Smoked BBQ and Cool Blues



**Full Service Bar &
Live Bands Every Friday**

9:30-Close * Call For Details

Sample Menu

Appetizers

Wings
Sweet Potatoe Fries

Burgers & Sandwiches

BBQ Chicken
Pulled Pork
Beef Brisket

Ribs & Combos

BBQ Platters

Smoked Chopped Pork
Roasted Chicken

Fish

- 7 Flat Screen TV's
- Fun Zone Arcade
- Fun for Family and Friends
- Free Delivery
- Golden Ticket 2009



"GOLD" - GOLDEN TICKET is a registered trademark of the American Food & Beverage Association.

Valentino's Day Specials
Call For Details

Broadlands Village Center

(Claborn Parkway and Broadlands Blvd.)

Ashburn *703-858-9499

10% off
any purchase

of \$15 or more

Excludes Alcohol. Not valid with any other offer.
Expires 12/31/09

\$5 off
any purchase

of \$25 or more

Excludes Alcohol. Not valid with any other offer.
Expires 12/31/09

50% off
lunch or dinner entree

buy 1 lunch or dinner and get 1
or equal or better value 100% off

Excludes Alcohol. Not valid with any other offer.
Expires 12/31/09

LIFE CHANGES.

YOUR INSURANCE SHOULD KEEP UP.



New baby? I can help you
make sure your coverage is
up-to-date. Call me today.
703-729-0216

TAMMY BANE

42882 Truro Parish Dr, Ste. 103

Broadlands

TammyBane@allstate.com



Subject to availability and qualifications. Insurance offered only with select companies Allstate Insurance Company, Allstate Indemnity Company, Allstate Property and Casualty Insurance Company, and Allstate Life Insurance Company. Northbrook, Illinois © 2007 Allstate Insurance Company.

Shop & WIN

**THE places to shop in
January and February.**

BROADLANDS Marketplace

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

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

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

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

*For full rules visit:

Broadlands-Marketplace.com

Broadlands Marketplace
401 70 Southern Mills Road
Broadlands, VA 20118

| | | | | |
|--|--|--|--|--|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Name: _____
Address: _____
City: _____
State: _____
Zip: _____

Mail completed form to:
Van Metre Commercial, 2252 Lyngside Rd., Burke, VA 22015

Stone Ridge Village Center

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

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

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

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

*For full rules visit:

StoneRidgeva.com

Stone Ridge Village Center
4201 S Village Center Plaza
Stone Ridge, VA 20153



BROADLANDS



Contact Information

Board of Directors

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

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

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

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

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

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

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

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

HOA Office and Website

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

Armstrong Management Services

Assessment Information Office:

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

Mail Payments to:

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

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

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

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

Vacant - Secretary

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

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

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

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

HOA Management

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

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

Susanne Ortmann - Audubon Naturalist
(703) 729-9726,
naturalist@broadlandshoa.com

Natalie Ihanainen - Newsletter Editor
(703) 729-9704,
nihanainen@broadlandshoa.com

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

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





HOP TO IT!

Local Storyteller and Naturalist Visits the Nature Center

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

Come listen, look and learn about frogs and toads!

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

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

Who: This is a family program for all ages

COST: \$5.00 per family



Want to Make Family & Community Memories?

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

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



Naturalist's Hours to Change

The Broadlands Naturalist, Susanne Ortmann, hours will change starting March 1st. Her new hours will be:

Tuesdays 2:00p.m. - 4:00p.m.

Thursdays 8:00a.m. - 5:00p.m.

Fridays 8:00a.m. - 2:00p.m.

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

Open Monday through Friday

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

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

GloryDays
TO GO

THIS WINTER,
STAY WARM AND DRY IN YOUR CAR
WITH CURBSIDE TO GO



BROADLANDS
43170 Southern Walk Plaza
703-729-1212

GLORYDAYSGRILL.COM



fusions cuisine

fine catering for weddings, corporate events and social receptions



www.fusionscuisine.com/broadlands

703.898.0728

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

***Broadlands Community Center
Saturday, February 21st, 2009
8:00p.m.-11:00p.m.***

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

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

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

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

Volunteers for set up and clean up needed.

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

***HOME DAY CARE RESOLUTION
PROPOSED***

The Board of Directors is considering a resolution which will regulate the establishment of home day care providers in the Broadlands. Please see page 15 for a copy of the proposed resolution.

On February 3, 2009 at 7:00p.m., the Board will hold a public input meeting at the Nature Center at 21907 Claiborne Parkway. Residents are encouraged to share their comments and concerns with the Board at this meeting.

TRASH CAN SWAP NOTICE

Trash cans & recycling bins will begin to be picked up and exchanged for cans and recycling bins from the new trash company (Patriot Disposal) as early as March 1, 2009. New Vision's trash cans and recycling bins will be completely removed during the week beginning March 30, 2009.

***It's a Mommy and Me
Teddy Bear Tea!***

***Sunday, February 22nd, 2009
12:30p.m. - 2:00p.m.***

Please join us for a very special event with your little ones at the Broadlands Community Center. Children, ages 3 years - 9 years old, and their Moms are invited to enjoy a light lunch with tea fit for a princess. Dress up a tiny friend to take home with you.

Please reserve your spot by February 10th. To reserve your spot, email arabena@comcast.net or sunny@smartneighborhood.net. The cost for the event is \$18 per child (there is no charge for accompanying adult). This event is limited to the first 20 children to be signed up.



Please bring a new or used children's book to donate to the Loudoun Abused Womens Shelter and receive a door prize entry.



PATRIOT TO PROVIDE TRASH AND RECYCLING SERVICES FOR BROADLANDS RESIDENTS STARTING APRIL 2ND

Patriot Disposal is pleased to have been selected by the Broadlands Association to provide trash and recycling services for your community beginning on Thursday, April 2, 2009. Our employees and management team are eagerly anticipating the opportunity to provide you with reliable, efficient trash and recycling collection services.

About Patriot Disposal

Patriot Disposal is locally-owned and operated, and provides trash and recycling services for individual homeowners, homeowners associations and commercial businesses in Prince William, Fairfax, and Loudoun Counties. Customer satisfaction is our number one priority, and we are committed to becoming the most responsive and conscientious refuse hauler, rather than the largest.

An environmentally-conscious company, Patriot Disposal offers a curbside recycling program that extends well beyond those offered by other haulers. We have developed innovative and cost-saving methods to collect and recycle materials over and above those required by the County, and we are continuing to pursue methods to recycle additional materials and to expand our recycling program even further.

Services

Beginning in April 2009, Patriot Disposal will provide the following services for the Broadlands Association:

- Trash removal, 2 times each week, on Monday and Thursday
- Recycling collection, 1 time each week, on Thursday
- Removal of yard waste, 1 time each week, on Monday
- Special item pick-up, 1 time each week, on Thursday

Containers

Patriot Disposal will provide one Toter for each residence for the collection of trash. Each town home will be provided with a 64-gallon, wheeled, covered container, and each single-family home will be provided with a 96-gallon, wheeled, covered container. Each town home and single-family home will also be provided with one recycling bin. Additional recycling bins are available for no additional charge.

Additional Toters are available for purchase at the following rates:

- A 96-gallon Toter — \$100.00
- A 64-gallon Toter — \$50.00

Patriot Disposal will coordinate the delivery of its containers with the pick up of the containers by the current contractor to ensure that the transition is as smooth as possible. You are encouraged to keep a record of the serial number of your Toter(s) should you need to identify it in the future.

Requests for additional recycling bins and Toters are now being accepted by phone at 703-257-7100.

Trash Removal

Each Monday and Thursday, Patriot Disposal will remove trash that has been placed at the curb for collection.

Please note the following requirements concerning trash removal services:

1. Trash must be properly secured in plastic bags, standard trash cans, or wheeled carts.
2. Trash bags and containers shall not exceed 50 pounds in weight per bag or container.
3. Trash must be placed at the curbside and/or designated area by 7 a.m. for collection.

Recycling

Patriot Disposal is committed to assisting the Broadlands community with its recycling efforts in every way possible, with the goal of becoming the first community to achieve a higher rate of recycling vs. trash.

Patriot Disposal's weekly curbside recycling program includes the collection of **scrap metal** (foil, pie tins, trays, pots and pans, small car parts, grills, bicycles, swings, etc.), **small electronics** (computers, monitors, TVs, small printers, VCRs, DVD/CD players, cell phones, etc.), **car batteries**, and **used motor oil**, in addition to **newspapers, mixed paper, cardboard, paperboard, glass bottles and jars, metal and aluminum cans and plastic bottles**.

Each Thursday, Patriot Disposal will remove recyclable materials that have been placed at the curb for collection.

Continued on page 7

Please note the following requirements concerning recycling collection services:

1. Newspapers and magazines should be bundled and placed in paper grocery bags or tied with heavy twine.
2. Glass, plastic, aluminum and metal, food/beverage containers should be rinsed and placed in bags, cardboard boxes, or recycling bins.
3. Recyclables must be placed at the curbside and/or designated area by 7 a.m. for collection.
4. Recyclable materials can be co-mingled.
5. Patriot Disposal will remove and recycle packing boxes and cartons placed at the curb by residents.

Yard Waste

Each Monday, Patriot Disposal will remove yard waste that has been placed at the curb for collection.

Please note the following requirements concerning the collection of yard waste:

1. Yard debris (leaves, grass clippings, brush) may be mixed with trash only during the months of January, February and March.
2. Brush must be cut into four-foot lengths, with limbs no larger than six inches in diameter.
3. Brush must be tied in bundles no larger than two feet in diameter.
4. Yard debris must be placed in separate containers, marked "yard waste" or in biodegradable bags. Yard waste that is put out at the curb in plastic bags will not be picked up.
5. Yard waste must be placed at the curbside and/or designated area by 7 a.m. for collection.
6. Food waste mixed in with yard waste will be accepted, as it can be composted.
7. The weight limit for yard waste is 35 pounds per bag or container.

Special Item Pick-ups

Each Thursday, Patriot Disposal will collect furniture, mattresses, appliances, and other large, non-metal household goods that have been placed at the curb for collection, for no additional charge.

Please note the following requirements concerning the collection of special items:

1. Items for collection must be placed at the curbside and/or designated area by 7 a.m.
2. Appliances containing Freon must be certified as "Freon-Free" prior to removal.

Schedule

Patriot Disposal will provide services on all holidays that fall on regularly-scheduled pickup days with the exception of Thanksgiving Day, Christmas Day, and New Year's Day. If a regularly-scheduled pickup day falls on one of these holidays, service will resume on the next regularly scheduled pickup day, however no earlier than 6:00 p.m.

On regularly scheduled pickup days, Patriot Disposal will provide services beginning at 7 a.m. Therefore, items for collection must be placed at the curb prior to 7 a.m. If possible, homeowners are encouraged to place items at the curb the night before each scheduled collection day.

Patriot Disposal will not provide service to any residence when circumstances exist that are beyond its reasonable ability to control, such as roadways deemed to be impassable due to parked vehicles or construction, riots, fires, floods, inclement weather, strikes, or acts of God.

Unacceptable Waste

The following items will not be collected, and should not be placed in the trash or set out for pick up: highly-flammable substances, hazardous waste, construction debris, liquid waste, toxic materials, radioactive materials, asbestos, infectious or medical waste, petroleum contaminated soil, dead animals, paint, manure, or other dangerous materials as determined by state, federal or local law, or in the reasonable judgment of Patriot Disposal.

Vehicles

Please be aware that Patriot Disposal owns and operates some vehicles that are "split-body" trucks. This means that there are two separate sections in the body of the truck, and the truck can therefore be used for the simultaneous collection of trash and recycling without co-mingling the items. To see the split body, you must view the truck from the rear. From the side, it will appear as though there is only one compartment and that all of the materials are being placed into it. Patriot Disposal anticipates possibly using some of these types of vehicles to perform waste collection services for the Broadlands Association. Please keep in mind that on some occasions, split-body trucks will be used to collect trash in one side and recycling in the other; or they might be used for the collection of trash and yard waste.

Patriot Disposal considers it a privilege to serve you. Please direct any questions, comments or concerns to us at our office, 703-257-7100.

2008-2009 Snow Removal Guidelines

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

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

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

Numbers to Call with Snow Removal Questions or Problems

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

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

2008-2009 Snow Removal Guidelines – cont.

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

Department of the Treasury—Internal Revenue Service

Form **1040** U.S. Individual Income Tax Return **2008**

For the year January 1-December 31, 2008, or other tax year beginning 2008, ending 20

SAVE TIME & MONEY WITH PROFESSIONAL TAX PREPARATION

CALL (703) 723-9651

SETH ENTERPRISES, CPA

Conveniently Located in ASHBURN

FREE

Initial Consultation

15% OFF

Tax Fees

February Appointments
New Customers Only. Expires 2/29/09

Evening & Weekend Appointments Available

Expertise In:

- Individual income tax preparation & planning
- Home based & small businesses - Sole Proprietorships, LLCs, S-Corps
- Debt forgiveness, foreclosures, bankruptcy consulting
- Real Estate - Rentals, Like-Kind Exchanges, Installment Sales
- Retirement plans - ROTH & SEP IRA, Individual 401(k), SIMPLE, Keogh
- Education planning - Sec 529 plans, Coverdell ESA, Hope & Lifetime Credits
- Stock transactions - Incentive stock options, ESOPs, Equity/Index Options

Visit us at www.sethenterprisescpa.com

Better than a P.O. Box.



Our mailboxes do more.

We can send you an e-mail or text when new packages arrive. You'll also get package acceptance from all carriers and a real street address.

Stop by today for a harder working mailbox.

Broadlands Marketplace
43300-116 Southern Walk Plaza
Broadlands, VA 20148
703.729.2215
store5742@theupsstore.com
www.theupsstorelocal.com/5742

M-F 9-7
Sat 9-5

The UPS Store centers are independently owned and operated by licensed franchisees of Mail Boxes Etc., Inc., a subsidiary of UPS. Services and hours of operation may vary by location. Copyright ©2008 Mail Boxes Etc., Inc. 8CFC1A2399 11.08

The UPS Store



"Caring For Your Comfort"

CLIMATIC

HEATING & COOLING, INC.

—RESIDENTIAL · COMMERCIAL—

Sales & Installations · Furnaces · Heat Pumps · Air Conditioning · Duct Cleaning
Humidification & Filtration · Duct Work For Additions And Basements
Free Estimates On Replacements & Upgrades · Maintenance Agreements
Mechanical Engineer on Staff · 24 Hour, Same Day Service

\$99.95 HEATING TUNE-UP
AND SAFETY CHECK
PRICE PER SYSTEM

\$50.00 OFF PROGRAMMABLE
DIGITAL THERMOSTAT
UP TO 12% ENERGY SAVINGS

\$15.00 OFF
ANY SERVICE CALL
NEW CUSTOMERS ONLY

MIDDLEBURG/ALDIE
540-687-4676

AMEX Discover VISA MasterCard

*We Service All
Makes & Models*

ASHBURN/BROADLANDS
703-779-7455



Turn to the Experts



Turn to the Experts



Turn to the Experts



Turn to the Experts



Turn to the Experts



Turn to the Experts

100% Satisfaction Guaranteed!

WWW.CLIMATICVA.COM

Broadlands Association Board of Directors Meeting December 09, 2008 Board Actions

The meeting was called to order at 5:30p.m. with the following Board members in attendance:

Cliff Keirce
Staci Kapinos
Roy Barnett

Eric Bazerghi
Mark McIntosh
Tom Marable

Wes Schroeder, General Manager
Maureen Burns, Assistant Manager
Four Homeowners

Staci Kapinos moved to approve the minutes from the November 11, 2008 Board Meeting and was seconded by Eric Bazerghi. The motion was approved 5/0/1 with Roy Barnett abstaining.

A homeowner discussed Laurier Drive and the possibility of closing the road down on Broadlands' side of the street. Mr. Barnett stated that the land/road has been dedicated to the Board of Supervisors as they were required to do per the proffers and they would not be able to close down the road. It would have to go through a Loudon County hearing process. The homeowner also requested the Board of Directors request different speed limit signs for Ridgeway Drive (increased fines for speeding).

Habitat Committee Chair, Oya Simpson discussed the Earth Day Celebration to be held in April 2009. Location was discussed along with the issue of insurance.

Cliff Keirce discussed the injunction hearing regarding the Board's vote to endorse the BRMC. The judge did not grant the injunction.

Van Metre proposed turning over the Stone House and surrounding grounds to the Association for civic use. The Board requested further information including former studies performed by the developer regarding the property.

The Board reviewed a proposal submitted regarding swim lessons and will remain with the current program run by the current pool management company.

Covenant hearing notices were sent to eight property owners. Seven of the notices were for inoperative pole lights and one for no modification application. Seven violations were resolved prior to the hearings and one owner attended the meeting. One violation remained unresolved and the Board of Directors instructed Management to follow normal procedures and assess charges.

Eric Bazerghi moved to submit the guideline for Rain Barrels as modified by the Board of Directors back to the Modifications Subcommittee for further review. The motion was seconded by Roy Barnett. The motion passed 6/0/0.

Eric Bazerghi moved to approve changes to the Community Center Rental Policy. Staci Kapinos seconded the motion. The motion passed 6/0/0.

Staci Kapinos moved to approve the request by the Audubon Naturalist for additional hours to cover educational and meeting times while keeping on site hours at the level of 16 hours per week. Eric Bazerghi seconded the motion. The motion passed 6/0/0.

Eric Bazerghi reported that the Technology Committee is still testing the feasibility of additional website advertising on the forum pages and collecting necessary data for use in determining pricing of the advertising.

The Board of Directors requested a legal opinion regarding write offs for uncollectible debts and its effect on future collection of the debt. The Board also requested information whether the information is reported to credit agencies.

Staci Kapinos moved to go into Executive Session at 7:55p.m. to discuss collections and personnel. The motion was seconded by Eric Bazerghi. The motion passed 6/0/0.

Cliff Keirce moved to exit Executive Session at 8:05p.m. and assert that no action was taken in Executive Session. Eric Bazerghi seconded the motion. The motion passed 6/0/0.

Eric Bazerghi moved to approve selected accounts for write off on the Association books. Staci Kapinos seconded the motion. The motion passed 6/0/0.

Staci Kapinos moved to adjourn the meeting and was seconded by Eric Bazerghi. The motion was approved 6/0/0. The meeting adjourned at 8:10p.m. The next Board meeting is scheduled for January 13, 2009 at 5:30p.m.

Don't Get Charged With Trespassing This Winter

The Loudoun County Sheriff's office has been alerted, and signs have been posted - the Hill in Broadlands *is not* open property and any person found on the property will be charged with trespassing. This means NO sledding, NO climbing, NO hanging out, NO anything.

The Hill *is not* open space nor property of the Broadlands Association (HOA). This property is owned and maintained by Broadlands Associates, LLP, not the HOA. Broadlands Associates will prosecute anyone found on the property to the fullest extent of the law.

RESIDENTIAL • COMMERCIAL • LOCAL • LONG DISTANCE • INTERNATIONAL



JK Moving & Storage Inc.



Matt Plumer
Certified Moving Consultant
703.926.3874 cell
703.260.3048 direct
mplumer@jkmoving.com






www.jkmoving.com/plumer

Ready to increase the value of your home while adding the extra living space you need?
Time to finish your basement.



today to get a FREE estimate

703-447-1678

EG&J specializes in custom basement designs to meet your needs.
Owner has more than 20 years experience in contracting and home improvements.
EG&J is bonded, insured and has local references.

Call today!

Your Neighborhood Moving Specialist!



Pete Ball
888-993-3553
residential@hilldrup.com



- FREE in-house palm pilot estimating system
- GUARANTEED firm price quotes
- GUARANTEED pick up and delivery
- Certified in-house training center
- Trained and uniformed packing and moving crews
- Dedicated move counselor
- 24-hour online shipment tracking system
- Climate controlled, vaulted storage
- Specialty car storage with monthly maintenance
- Local, long distance, and international moving specialists

 **HILLDRUP MOVING & STORAGE**
Destination: Excellence

Founded in 1903, Hilldrup is one of the largest and most honored agency groups for United Van Lines. For more information on our services, please visit:
www.hilldrup.com

Kris' Painting Service, Inc.



LOUDOUN COUNTY'S CUSTOM PAINTING EXPERT

Serving Ashburn Area Since 1999

- Professional Commercial & Residential Painting
- Custom Interior & Exterior Painting
- Molding/ Carpentry/Drywall Repairs
- Faux Finishing/ Wallpaper Removal
- Color Consulting/ Color Matching
- Power Washing & Sealing Homes & Decks
- References Available
- Free Estimates

Expert Workmanship at Affordable Rates

571-220-0749

VA Licensing # 2705073306
BBB Member
www.krispaintingservice.com

Broadlands Association Board of Directors

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

*Home Owners Association
Board of Directors
Business Meeting
Tuesday, February 10, 2009
5:30 p.m.
In the Nature Center Conference Room*

HOA Forms Now Available Online

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

Trash Collection Schedule

Mondays:

**Trash and Yard
Waste**

Thursday:

Trash and Recycling

Modifications Subcommittee

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

MODIFICATIONS SUBCOMMITTEE MEETINGS

| MEETING DATE | SUBMISSION DATE |
|-------------------|-------------------|
| February 18, 2009 | February 13, 2009 |
| March 04, 2009 | February 27, 2009 |
| March 18, 2009 | March 13, 2009 |
| April 01, 2009 | March 27, 2009 |

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

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

COVENANT

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.

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 who may be physically unable to keep their walkway clear, please consider giving them a helping hand.

STAY SAFE - Don't Skate on 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.



**TRICIA HUTTON
DESIGNER**

703-217-3172 or 540-338-7190
CALL FOR A FREE CONSULTATION

WWW.WILDWOOD-LANDSCAPE.COM
INFO@WILDWOOD-LANDSCAPE.COM

1ST PLACE WINNER 2008 LEESBURG FLOWER AND GARDEN SHOW

Fix it. Repair it. Change it. Build it.™



HouseDoctors
Handyman Professionals | Home Improvements

Licensed Contractor • Fully Insured

(703) 286-5388
Serving N. Va & Loudoun County
www.housedoctors.com/santucci/home

Interior & Exterior Repairs
Commercial • Retail • Residential
Electrical & Plumbing Replacements
Pressure Washing & Deck Sealing
Drywall • Ceramic • Painting
Bath or Kitchen Redo
And Much More



JOHN NUGENT & SONS

HEATING - COOLING - PLUMBING - ELECTRICAL

703-356-7499

LICENSED - BONDED - INSURED

1731 BARBEE ST.
MCLEAN, VA 22101

45921 MARIES RD.
STERLING, VA 20166

Family Owned and Operated Since 1975

10% Off
1st Electrical Repair
Valid for repairs \$500 or under

\$20.00 Off any
Heating, Air Conditioning or Plumbing Service

\$500.00 Off
the installation of any complete
Heating & Air Conditioning System

Offers are valid for limited time only

RESOLUTION OF THE BOARD OF DIRECTORS

OF BROADLANDS ASSOCIATION

(Rules and Regulations Regarding Residential Child Care Services)

WHEREAS, Article 8 of the Declaration establishes restrictions on use of the Lots and Common Area of the Association; and

WHEREAS, Article 4, Section 4.1 (4) of the Bylaws grants the Board of Directors the power to adopt any reasonable rules and regulations not inconsistent with the Association documents; and

WHEREAS, Article 4, Section 4.1 of the Bylaws grants the Board of Directors all powers, duties and authority vested in or delegated to the Association not reserved to the membership; and

WHEREAS, Article 8, Section 8.2 (p) of the Declaration authorizes the Board of Directors to adopt rules regarding the use of residential lots for day care purposes; and

WHEREAS, the Board of Directors deems it necessary and in the best interests of the Association to adopt rules for the use of residential lots for day care purposes; and

NOW, THEREFORE, BE IT RESOLVED THAT the following rules, regulations and policies regarding the use of residential lots for day care purposes are hereby adopted:

1. A Lot which provides child care services must comply with all County, State and Federal rules, regulations, and laws and must have all necessary business licenses.
2. A Lot which provides child care must submit an application for approval to the Broadlands Association Board of Directors and be consistent with all guidelines for nonresidential uses of such lots.
3. Child care services may be provided only during weekdays (Monday through Friday) and only between the times of 7:00 a.m. and 7:00 p.m.

This Resolution was duly adopted by the Board of Directors this _____ day of _____, 2009.

BROADLANDS ASSOCIATION, INC.

BY: _____
Cliff Keirce, President

NEWT NEWS!

Kids! Come to the Nature Center and Meet Our New Fire Bellied Newt!

Newts are similar to salamanders but are usually smaller and have skin that is rougher. Since they are both amphibians they spend part of their life on land and part in water.

The adult females lay their eggs in water. When the newt "tadpoles" emerge from their eggs they look like small fish fry and have bushy gills. Within a few months, they have developed lungs and emerge from the water. They are now called *efts*. In February, the adults will return to the water to reproduce.

Newts are usually brightly colored vertebrates and are found in moist wooded areas of North America. They are cold blooded and usually spend more of their time in the water than on land.

Newts have four fingers on each of their front legs and five toes on each of their hind legs. They consume insects, worms, snails and small fish. On average, they are about 3 to 4 inches long.

Newts are protected from predators by having toxic skin. Birds and mammals avoid newts because of this adaptation. Some garter snakes, however, are resistant to these toxins so they are considered their primary predator.

The **Albrecht** family kindly donated this Newt last month.

We are currently seeking a name for our newest resident. Come by the Nature Center and vote for the name you like the best!



**Your pet deserves healthy food.
Just like the rest of your family.**

Offering a **large selection** of natural and organic pet foods, treats and supplements **at affordable prices**

**WHOLE PET
CENTRAL**
where healthy food comes naturally

Ashburn Farm Market Center
43330 Junction Plaza, Suite 176 • Ashburn, VA 20147
703-724-4319 • www.wholepetcentral.com

Open M-F 10-8 PM • SAT 10 AM-6 PM • SUN 11-5 PM
All major credit cards accepted

2 FULL-SERVICE VETERINARY FACILITIES

Animal Medical Centers of Loudoun



Ashburn Farm
703-726-8784
43330 Junction Plaza Blvd.
Suite 172
Ashburn, VA 20147
(Next to Giant Food at the Claiborne & Ashburn Farm Pkwy. Intersection)

Brambleton
703-327-8471
42385 Ryan Road
Suite 112
Ashburn, VA 20148
(Harris Teeter Shopping Center 'around back', behind Subway)

- Routine Vaccinations & Wellness Visits
- Spaying, Neutering & Dentistry
- New Facility with Modern Equipment
- In-House Laboratory, Pharmacy & Radiology
- Holistic Approach Available —
Acupuncture, Herbal Therapies & Homeopathy
offered at our Ashburn Farm Location Only



Call us today. Our customer service specialists will work with you to make a wellness exam appointment. We help you stay involved with your pet's care! www.LoudounVet.com

LoudounVet.com "We're your other family doctor"



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



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

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

Broadlands Summer Camp registration is now online!

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

Go to www.audubonnaturalist.org.

Click on Register Online and follow the prompts

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

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

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

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

June 22-26, 2009: 9am-noon

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

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

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

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

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

July 6-10, 2009: 9am-noon

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

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

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

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

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

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

Boy Scout Troop 2970

Chartered By Our SAVIOR'S WAY LUTHERAN CHURCH, Ashburn, VA



Spring Mulch Sale 2009

High-Quality Double-Shredded Hardwood Mulch

At prices comparable to big box hardware stores. Free Delivery to Your Home!

Great Prices & Maximum Convenience

- Quantity discounts
- Delivered to your home and stacked neatly on your driveway (limited delivery area)

Support Scouting

- Benefits Troop 970's High Adventure Program to Cranberry Wilderness/New River Whitewater Rafting and High Knoll Adventure.

Delivery Dates:

Saturday and Sunday, March 28th and 29th

Orders will be delivered between 6am Saturday and 6pm Sunday. Exact date and time not guaranteed. You do not need to be home to receive the order.

Important DATE!

Order due no later than Saturday, March 14, 2009

Preferred Payment Method via the web at www.troop2970.org
Accepting credit cards, debit cards and checks.

We are your neighbors; our Troop includes boys from Ashburn, Sterling, and the Cascades area.

PLEASE, NO PHONE ORDERS

If you have questions contact 571-216-3926
or e-mail: "mulch@troop2970.org"

Alternate payment method:

Mail the bottom of form with a check payable to:
Troop 2970
c/o Dave Martin
43310 Butterfield Ct., Ashburn, VA 20147

BSA Troop 2970 Mulch Mail Order Form for 2009

Please select number of bags (3 cu. ft. each) and discount price level that applies to your order:

- ☐ 10-25 bags at \$4.25 per bag ☐ 26-50 bags at \$4.00 per bag ☐ 51+ bags at \$3.75 per bag
(10 bag minimum order)

Number Bags
Ordered:

x Qty Price
Per Bag:

= Amount Due: \$

| | | | |
|--|---------|--|------------|
| Name: | | Subdivision Name: | |
| Address: | | Home Phone: | |
| City/State | | Cell or Work Phone: | |
| Zip Code | | E-Mail Address: | |
| Is this a Townhouse? ___ YES ___ NO | | Where on the driveway should we stack the mulch? | |
| Delivery Crew Use: | Batch # | Order # | Crew: |
| | | | Delivered: |

IMPORTANT NOTICE!— Your personal check will be processed electronically through the Automated Clearing House (ACH). By submitting payment in check form you are authorizing us to initiate an ACH debit in the amount of your check from the account on which you have written the check. Your check will not be returned to you, but you will see a record of the transaction and the associated check number on your checking statement.



February Children's Programs and Events at the Nature Center

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

All programs are \$5.00 and will be held at The Broadlands Nature Center located at 21907 Claiborne Parkway, Broadlands, Virginia, unless otherwise stated. To register, please call the Nature Center at 703-729-9704 at **least one day before** the program is held. A **minimum number of 3 participants** is required or the program will be cancelled. Please dress for the out of doors.

"Hop to It" A Family Program

Date: Saturday, February 7, 2009

Ages: All ages

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

Local naturalist and herpetologist Alonso Abugattas will speak about amphibians and their special characteristics. Come and listen, look and learn about frogs and toads.

Valentine Eco Crafts

Date: Tuesday, February 10, 2009

Ages: 4 and 5 years old

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

Celebrate Valentines Day by using recycled items to make a memorable craft.

Mommy, Me and Nature Make 3 - Beaks, Feet and Feathers

Date: Tuesday, February 17, 2009

Ages: 12 Months to 3 years

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

Mommy ,Me and Nature makes 3-Beaks, feet and feathers
How do birds keep warm? What's so special about their beaks, feet and feathers?Sing songs and make a craft.

Modern Medicine • Hometown Hospitality
Stream Valley Veterinary Hospital
We're just a few feet away
 42902 Waxpool Road, Ashburn, VA 20148

M.A. Corey, D.V.M.
703-723-1017
www.streamvalleyvet.com

Hours of Operation
 Monday-Friday 7AM-7PM
 Saturday 8AM-3PM
 Sunday, Boarder Pickup Only
 5PM-7PM



SERVICES AVAILABLE INCLUDE:

- Preventive & Diagnostic Medicine, Surgical & Dental
- In-House Laboratory & Radiology Equipment
- Modern anesthetic monitoring
- Avian; Pocket pets, and exotics seen
- House calls by arrangement
- Nutritional Counseling & Prescription Diets
- Behavioral Counseling & Puppy Classes
- Boarding & Daycare
- Professional Grooming

10% off exams
 for new patients with this ad!

**FROM DOGS AND CATS TO BIRDS
 AND BOAS, WE SEE ALL PETS**

- Medical, dental and surgical services
- Puppy and kitten plans
- In-house ultrasound
- Monthly specials
- Housecalls
- Bathing



**ASHBURN VILLAGE
 ANIMAL HOSPITAL**



Doctors on Staff

Steve Velling, DVM
 Mariea Ross, DVM
 Cathy Atkins, DVM
 Estella Jones, DVM

www.ashburnanimals.com **703-729-0700**

Keeping Up With Those Pearly Whites By Shannon Pecora, M.A. Stream Valley Veterinary Hospital

It's February again, and in the veterinary community, that means it's time for us to promote National Pet Dental Health Month. For some practices, including Stream Valley, one big push is to offer discounted professional dental cleanings. But even if you've got a new puppy or kitten or a pet whose teeth simply don't yet require that full cleaning, dental health is still an important priority.

Pets and people need at-home care to maintain oral health, which in turn helps prevent illnesses such as cardiac and renal disease. For people, dentists recommend brushing at least twice daily and flossing once daily. Many of us would chuckle—or even shudder—at the thought of putting our dogs and cats through that routine. Not to worry—there are many other options available!

Usually, just a quick stop in to your veterinary office's front lobby is all you need in order to see and/or hear about these options. For example, as you should brush your dog or cat's teeth at least two to three times a week, you can pick up a pet toothbrush and paste. Bear in mind that human toothpaste should not be used for pets, and the dog and cat versions come in many different flavors, from poultry to seafood, and even vanilla mint! It may take some practice and patience, but you need to regularly brush only the outer surfaces of the teeth. Our practice even has one client who uses a battery-powered rotating toothbrush for her dog! Once you are able to build up to a two to three times weekly routine, on the remaining four to five days, you can offer your pet dental chew treats (such as CET Chews that should be available from your vet's office) or use oral rinses. There are even prescription diets formulated to improve or maintain dental health. You should be able to ask that a doctor or technician make recommendations or give demonstrations of these products.



Of course, our strongest recommendation would be to brush your pet's teeth after every meal. But you might think of how good Tabby is at hiding under the bed, just out of reach. Or you realize that Fido can be awfully wiggly when you ask him to hold still for just a couple of minutes. So, maybe brushing fourteen times a week just isn't for your family pet. Three times a week may seem much more reasonable!

To fill in the gaps, ask your vet what supplemental dental health care products might work for you!



17th Annual
Van Metre 5 Mile Run

Saturday, March 28, 2009

BROADLANDS

Loudoun County's Fastest Growing Community

Ashburn, VA — 8:30 am

Look for us on the web: www.runwashington.com

**Help Us Help the Children by
Meeting Our Goal of \$150,000**



KIDS RUN FOR FUN • ONE-MILE FUN RUN/WALK • 5-MILE RUN

Registration: \$20 • after March 1: \$25 • Children 12 & under: \$5

Corporate Team: \$50 (plus \$15 per member)

**Phone (703)425-2600 ext 2288
for your registration form!**



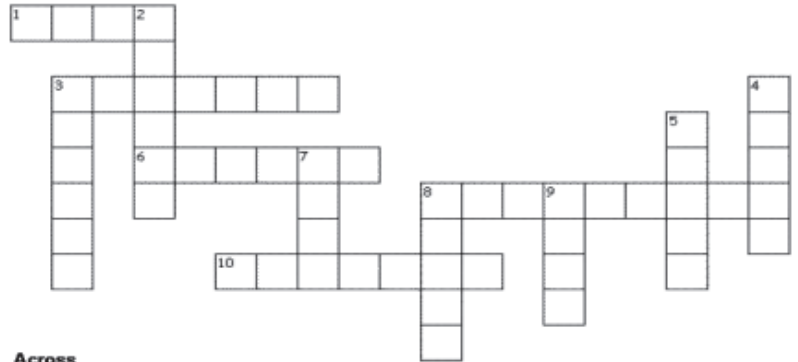
DIRECTIONS TO BROADLANDS

From the Beltway, follow Dulles Toll Road West.
Take the Dulles Greenway to Exit 6 (RT 772) Ashburn/Broadlands Exit. Left at exit
ramp, then left onto Wyndridge Drive to the Broadlands Marketplace.



**Enjoy These
Fun
Valentine's
Day Activities
With Your
Kids!**

Valentine's Day Crossword



Across

1. _____ and kisses.
3. They smell pretty.
6. On Valentine's Day you should hug and _____ with your loved ones.
8. Special treat loved by all.
10. Wrap it up and tie it with a bow.

Down

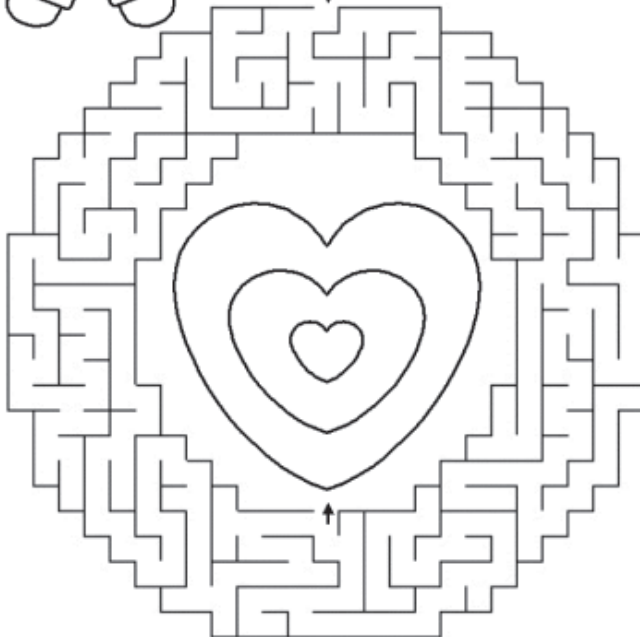
2. Another word for kiss.
3. My best _____.
4. Delicate, red flowers (with thorns).
5. Valentine's Day shape.
7. I _____ you.
8. Sugary treat.
9. Sign it and give it to a friend.



Valentine's Day Maze



Help cupid aim
for the heart.



Valentine's Day Riddles

- ♥ What did the bunny say to his girlfriend on Valentine's Day?
Some-bunny loves you!
- ♥ What did the kitty say to her boyfriend on Valentine's Day?
You're my purrr-fect Valentine!
- ♥ What did the elephant say to his girlfriend on Valentine's Day?
I love you a ton!
- ♥ What did the squirrel say to his girlfriend on Valentine's Day?
I'm nuts about you!
- ♥ What did the bear say to her boyfriend on Valentine's Day?
I love you bear-y much!
- ♥ What did the owl say to his girlfriend on Valentine's Day?
Owl be yours!

Try Using Raspberries to Dazzle Your Valentine Recipes

French Toast With Raspberry, Chocolate and Cream Cheese *Heart shaped French toast for two.*

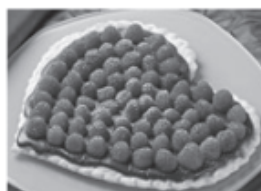
6 slices bread
3 teaspoons raspberry jam
3 tablespoons softened cream cheese
1-2 teaspoon mini chocolate chips
2 eggs, lightly beaten
1/3 cup milk
1/4 teaspoon almond extract
1/2 teaspoon vanilla extract
1/4 teaspoon cinnamon
1 pinch salt
1/2 tablespoon butter
1/2 tablespoon oil
confectioners' sugar (to garnish)
syrup

With a heart shape cookie cutter cut 6 slices of bread. Spread 1 tablespoon of cheese on 3 of the slices. Sprinkle 1/3 of the chips, topping the cheese, on each slice, pressing in lightly. Spread 1 teaspoon raspberry jam on each of the other 3 slices bread. Top these on to the cream cheese halves, pressing together to adhere. Mix eggs, milk, extracts, salt, and cinnamon together. Place the sandwiches into the egg mixture and flipping till all is absorbed. In a hot pan heat butter and oil. Fry toast till golden brown and flip to finish browning other side. Continue cooking stove top or in a 350 degree oven till desired doneness. Top with sugar, syrup, and or fresh berries.

Serves 2. Recipe from Razzle Dazzle Recipe.

Raspberry Chocolate Heart Tart

You won't believe how easy this beautiful raspberry chocolate tart is to make.



1 refrigerated pie crust,
softened as directed on package
1 cup (6-ounces) semi-sweet chocolate morsels
2/3 cup sweetened condensed milk
2 teaspoons vanilla extract
2 cups raspberries, rinsed and dried
1/8 cup sifted powdered sugar

Preheat oven to 425°F (225°C). Place pastry crust, with plastic removed, on lightly floured surface; roll out slightly. Trim small amount of pastry away to form heart shape. Place heart on ungreased baking sheet. Turn edges under 1/2-inch; flute. Prick pastry with tines of fork. Bake for 10 to 12 minutes or until golden brown. Cool completely on baking sheet on wire rack. Microwave morsels and sweetened condensed milk in medium, microwave-safe bowl on HIGH (100%) power for 1 minute; stir. Microwave at additional 10-second intervals, stirring until smooth. Stir in vanilla extract. Spread over crust. Refrigerate for a few minutes or until chocolate is set. Arrange raspberries over chocolate; sprinkle with powdered sugar.

Makes 8 servings. Recipe and photograph are the property of Nestlé® and Meals.com.

*Congratulations to January's Trivia Contest Winner:
Rebecca Yee*

Win a \$45 Gift Certificate to ☼ Bonefish Grill!

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

- Valentine's Day evolved from what ancient Roman festival?

| | |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Floralia | <input type="checkbox"/> Lupercalia |
| <input type="checkbox"/> Bacchanalia | <input type="checkbox"/> Valentia |
- In England which creatures are believed to seek their mates on Valentine's Day?

| | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> Foxes | <input type="checkbox"/> Bees |
| <input type="checkbox"/> Frogs | <input type="checkbox"/> Birds |
- When did Valentine's Day become commonly observed in the USA?

| | |
|---|--------------------------------------|
| <input type="checkbox"/> During the Civil War | <input type="checkbox"/> World War I |
| <input type="checkbox"/> The Pioneer Days | <input type="checkbox"/> Around 1900 |
- What percentage of roses purchased on Valentine's Day are red?

| | |
|------------------------------|------------------------------|
| <input type="checkbox"/> 69% | <input type="checkbox"/> 86% |
| <input type="checkbox"/> 78% | <input type="checkbox"/> 94% |
- In which Shakespeare's plays does he refer to Valentine's Day?

| | |
|--|--|
| <input type="checkbox"/> Anthony & Cleopatra | <input type="checkbox"/> Twelfth Night |
| <input type="checkbox"/> Romeo & Juliet | <input type="checkbox"/> Hamlet |

NAME: _____

PHONE: _____



CAPITAL GYMNASTICS WEST

Strong Body, Strong Mind, Strong Self

44642 GUILFORD DR.

ASHBURN, VA 20147

703 724-4072

www.capitalwestgymnastics.com

Register Now for Winter Sessions

For more Information about Gymnastics Classes,
Cheerleading Classes and Birthday Parties
CALL 703 724-4072



PROVIDING

- GIRLS GYMNASTICS
- BOYS BEGINNER GYMNASTICS
- BOYS TUMBLING
- TUMBLING FOR CHEERLEADERS
- PRESCHOOL GYMNASTICS
- GIRLS PRE TEAM
- GIRLS TEAM
- SUMMER CAMPS

Around the Water Cooler...

- Four-year-old Sam loved candy almost as much as his mom Sally did. He and Daddy had given her a beautiful heart-shaped box of chocolates for Valentine's Day. A few days later Sam was eyeing it, wishing to have a piece of it. As he reached out to touch one of the big pieces, Sally said to him, "If you touch it, then you have to eat it. Do you understand?" "Oh, yes," he said, nodding his head. Suddenly his little hand patted the tops of all the pieces of candy. "Now I can eat them all."

- A young woman was taking an afternoon nap. After she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it—only to find a book entitled "The Meaning of Dreams".

***Kegs 'n Eggs,
a St. Patrick's Day bit of fun -
Details to follow in March newsletter !***


Triple play –
cardio
Strength
Stretch



Ashburn/Broadlands
Jazzercise
(703) 731-4826

jazzercise
jazzercise.com
(800) FIT-IS-IT

Spring Learn To Skate Lessons



3 Different Birthday Party
Packages Available
At The Ashburn Ice House

**Lessons For
The Whole
Family**
Group skating lessons
from ages 3 to adult.

**For
Public Skate
Times
Call
703-858-0300**
*Excludes Friday Night Fun Skate

10
**ASHBURN
ICEHOUSE**
1998-2008
A Decade of Fun

**A Great Place
To Skate**

21595 Smiths Switch Rd.
Ashburn, VA 20147
www.ashburnice.com

Broadlands to Host Two Sprint Triathlons

This summer Broadlands will be hosting 2 sprint triathlons in connection with the Infinitive Foundation. These events which combine swimming, biking and running will take place June 7th, 2009 and August 9th 2009. The race will start with a 400M swim at the Southern Walk pool followed by a 12 mile bike around the community and finish with a 5K run along the trails of the community. Residents can be a participant in the event as a competitor, as a volunteer or as a cheer leader along the route.

All money raised will be donated to local and US military families in need. For more information or to register go to www.infinitive.com/race. Any questions can be directed to championshipseries@infinitive.com.

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

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

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



**Body
by
Geoff**
Health & Fitness

"We change people's lives."

Personal Training (1 FREE)
Weight Loss (FREE consultation)
Massage Therapy (\$10 OFF)

BodyByGeoff.com
Reston: 703.464.5559 Ashburn: 571.918.0200

Power up Your Workout with Partner Training!

By, Katie Herbert Certified Personal
Trainer and Perinatal Specialist,
Knherbert13@gmail.com



Well here we are neighbors, one month into the new year. Many of us have decided to make health and fitness a priority in 2009. Have you been sticking to your resolutions or are you one of the many that has already hit a bump, or two, in the road? While some of us are able to follow our goals without fail, most of us need some kind of support and help. The good news is that it's never too late to make positive changes and get back on track. Training with a partner may be just what you need.

Partner training can be beneficial for everyone. Studies have even found that people that train with someone else lose more weight and adhere to a program more than a person that is going it alone. Even as a personal trainer I find that I workout harder when I'm working out with someone else...just ask my friends.

Benefits of partner training:

1. Motivation. If you know that someone is depending on you to show up you are less likely to cancel a workout.
2. Competition. Even people that aren't generally competitive by nature can get in the act once the adrenaline from a good workout gets flowing.
3. Adherence. It is easy to come up with reasons not to workout but it's much harder to disappoint a friend.
4. Fun Factor. Going to the gym can quickly become a dreaded part of the day. If you have a workout partner it's exciting to see them and keeps the workouts enjoyable.
5. Encouragement. Everyone has a down day. A workout buddy provides a support system to help pick you up when you feel down and keep you moving.
6. Cost. It's free! Just find a friend and move it!

So, maybe I have your attention and you are wondering how you find a workout buddy. There are many options to try. First, think of friends. Do you know anyone that has similar goals or anyone that you know has been trying to get into the gym more? There might be someone at work that is always talking about losing weight. Maybe your co-worker could use the support of a workout buddy. If that doesn't work try a couple of classes at the gym. You'll find people that are interested in the same type of exercise as you are. If all else fails ask staff at the gym. Fitness staff usually know general goals of members and they may know a member that would work great for you.

Whatever your goals may be just grab hold of them and don't let go. Surround yourself with positive people that encourage you and celebrate your achievements. Good luck!

Coming up in March: Workout to Go: A Minimal Equipment Workout

Broadlands Orthodontics®

Dr. R. Ron Hessamfar,
D.M.D., M.S., P.C.



New State-of-the-Art Ashburn Office!

- Free Initial Orthodontic Consultation & TMJ Exam
- Evening and Saturday Appointments Available
- 0% Financing Available up to 24 Months
- Aesthetic and Traditional Braces
- Invisalign Available
- Multi Family Member Discount
- Most Insurances Accepted



Orthodontics for Children and Adults!

(703) 726-6561 42882 Truro Parish Drive, #210, Ashburn, VA

(Located in Broadlands Office & Retail Center)

Welcoming New Patients



- **Meet Dr. Val**, Harvard graduate and Diplomate of the American Board of Pediatric Dentistry
- Pediatric, adolescent, and special needs dentistry in a fun, safe environment – *Kids love coming to see us!*
- State-of-the-art facility – laser dentistry, IV sedation, and digital radiography
- Kid and Mom-friendly hours
- NBC-4 resident expert – check out www.nbc4.com, click the Health link and go to the 'New Me' Medical Interviews



Dr. Val and her family



21785 Filigree Court, Suite 208
Ashburn, VA 20147
703-729-7005

www.NOVAPediatricDentist.com

We uphold the AAPD's recommendations of first exam by first birthday

Pediatric Dentistry with a Mom's Touch!

Providing caring, personal attention in a comfortable, professional environment, right in the heart of Ashburn.



Dr. Robert M. Allen
Dr. Diana J. Slavin
Dr. Tiffany D. Lione
Dr. Paul Colbourne

(Doctors of Optometry)

Ashburn
(Ashburn Village Plaza, Next to Giant)
44110 Ashburn Village Plaza, Suite 134
(703) 726-0005

Chantilly
Chantilly Professional Building
3910 Centreville Road, Suite 100
(703) 830-6380

Ashburn's only FULL SERVICE eyecare facility! Just look at what we offer!

- Comprehensive Eye Examinations
- Glaucoma/Cataract Screenings Using Advanced Technology
- Contact Lenses – All Types (Even Bifocal and Keratoconus Contacts)
- Computerized Contact Lens Fitting
- Treatment of Eye Disease
- Laser Vision Correction Consultations
- Optical Lab On Premises – Offering One Hour Service On Most Prescriptions
- Licensed, Professional Opticians With Over 60 Years of Experience
- Complete Fashion Optical – Over 1000 Fashion Frames in Stock
- Pediatric/Developmental Optometry
- Vision Training

Most Insurance Plans Accepted — Convenient Evening and Weekend Hours

Market Affective Disorder (MAD): The New Disorder?

Many psychiatric disorders have to do with external factors causing emotional upheaval and distress. There's Seasonal Affective Disorder (SAD), which is caused by lack of exposure to sunlight. There's Posttraumatic Stress Disorder (PTSD), which is caused by experiencing an event that is dangerous and traumatic, and now I believe there may be a new epidemic affecting the mental health and wellbeing of many — Market Affective Disorder (MAD), which is caused by stress in response to the global economic crisis that is impacting our savings and sense of security.

According to the American Psychological Association's 2007 survey on stress in America, work and money are the two greatest factors of stress for approximately 75 percent of Americans. Research has also shown increases in drinking, eating, gambling and smoking in response to stress. One survey even found a decrease in visits to the doctor in this current recession. In my experience, I would argue that the current financial downturn and continued uncertainty has overtaken us all emotionally as a nation.

Most places I go these days I either overhear someone talking about the economy or I am invited to offer up my opinions on the topic. I recently returned from a vacation with my family to the Caribbean where I had the wonderful opportunity to meet people from all over the world. I was surprised at how frequently concerns involving the economy and personal savings came up in conversations with individuals I had just met — individuals who were supposed to be relaxing on vacation. One can barely order a cup of coffee anymore without hearing about how much someone's 401(k) is down or where the market's bottom is. Even amongst my colleagues in the office, the topic du jour is the economy — I noticed the other day that Yahoo Finance and E*TRADE are the two most visited sites on our computer.

As a psychologist, I have also seen first-hand a direct correlation between the economy's downturn over the past several months and my clients discussing their own financial hardships more within our meetings. For many of my clients, the economy has led to increased symptoms of anxiety, stress, depression, as well as marital and parenting conflicts around spending. Some of my clients are also having trouble sleeping and a few have complained of increases in stress induced stomach pain and headaches.

The one thing we can be sure of is that our economic problems as a nation will not be solved entirely any time soon. What you then do on an individual level is essential. I've listed a few pointers below to address your MAD:

- Those suffering from MAD are just that...mad. The old adage that misery loves company, simply does not apply here. In my opinion, identifying with others to complain to in hopes of feeling supported will only lead to more upset. These days, talking about the stock market or the economy in general will likely involve some degree of worrying, complaining and frustration. Thus, you should avoid extended conversations having to do with the economy or market. They say that politics and religion are topics to be avoided at social gatherings — I would now add the market to that list.
- Stop looking at your investment portfolio daily since it will only upset you further. I recommend scheduling a short time (30 minutes a week at most) on the weekend to review your portfolio to make any adjustments if needed. This way your work week is freed up for you to focus your energies on what matters most — your work, your relationships and yourself.
- Stop rationalizing in your head or with others. Avoid any dialogue that includes statements like "it's gotta turn around soon" or "this has to be the bottom, right?" Again, this sort of thought pattern or conversation will only lead to more worrying, complaining and frustration, and eventually you getting madder. Instead, come up with a mantra or a self-statement of personal safety that fits you well, such as, "I am safe" or "I have what I need today."
- Reduce the amount of time you spend looking at or listening to the media discussing the economy. Checking in briefly with the media at the start of the day and at the end of the day is a better approach than watching CNBC all evening. You will be just as informed without running the risk of worrying or obsessing with excessive exposure to the current situation.
- Living a balanced life is always a good thing, especially in these trying times. Avoid drinking to excess, watch your diet and make sure to get enough sleep and exercise.
- Engage your focus in other areas beyond your financial concerns. For instance, start a hobby or organize your home. Consider taking an evening class in an area of interest or to simply challenge yourself professionally. Many companies offer to pay a percentage for schooling, especially if the course work relates to your job. Additional activities will serve as a distraction and possibly give you a greater sense of control and mastery over the areas you can have some control over.

I seriously hope MAD does not become an actual disorder, inasmuch as we have enough disorders already. While the challenges we face financially today as a nation are stressful, it's important to remember that America has faced recessions before, and we've gotten through them. This is the perfect time of year for personal reflection and perspective taking, as we all prepare for a better tomorrow in 2009.

Michael Oberschneider, Psy.D.
Director - Ashburn Psychological Services

Ronald Ray D.D.S. P.C. and Associates 703-858-0045

Visit us at
www.RonaldRayDDS.com

Ashburn Town Square
43930 Farmwell Hunt Plaza, Suite 136
Ashburn, VA 20147

Between the Bloom and CVS in the Ashburn Town Square Shopping Center



Personalized Care in
a Quality Location



Emergency Care
Available



Orthodontics for Children & Adults

703-723-8838

Specializing in Providing
Care for Patients of All Ages

- Children
- Adolescents
- Adults

www.dackowskiortho.com



Call Today To Schedule A No-Charge
Orthodontic Examination

T Wesley Dackowski DDS

ASHBURN FARM PROFESSIONAL OFFICE PARK
20925 Professional Plaza, Suite #210 ★ Ashburn, VA 20147
tel. 703/723-8838

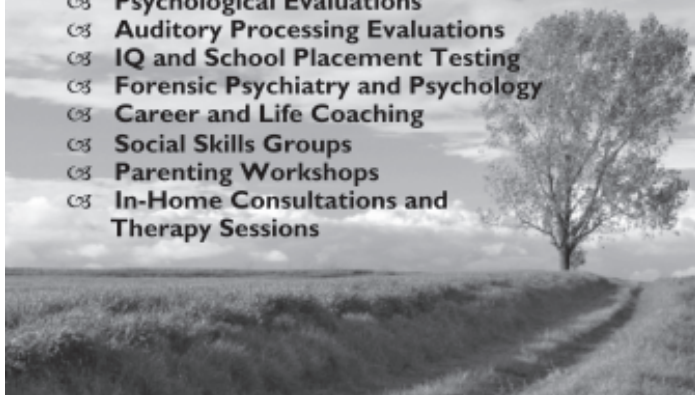


ASHBURN PSYCHOLOGICAL SERVICES

CHILDREN OF ADOLESCENTS OF ADULTS OF FAMILIES

CONTACT US AT 703-723-2999
WWW.ASHBURNPSYCH.COM

- Child, Adolescent and Adult Psychiatry and Medication Management
- Child, Adolescent, Adult Therapy
- Couples, Marriage and Family Counseling
- Neuropsychological Evaluations
- Developmental Evaluations for Infants and Toddlers
- Educational Evaluations
- Psychological Evaluations
- Auditory Processing Evaluations
- IQ and School Placement Testing
- Forensic Psychiatry and Psychology
- Career and Life Coaching
- Social Skills Groups
- Parenting Workshops
- In-Home Consultations and Therapy Sessions



WIGER
ORTHODONTICS

For Children and Adults



John C. Wiger D.D.S. M.S.
Orthodontics for Children & Adults

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



American Association of Orthodontists



BECAUSE YOU NEVER OUT GROW A BEAUTIFUL SMILE!

703.444.9373

Potomac Falls
Professional Center
(RT. 7 & CASCADES PKWY)
46165 Westlake Drive
Suite 300
Potomac Falls, VA 20165
wigerorthodontics.com
Member, American Association of
Orthodontists
Diplomate, the American Board of
Orthodontics



Dr. Wiger & His Family

BROADLANDS HELPER LIST

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

Not Available on Website Edition

Key:

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

*All area codes are 703 unless noted. For additions and/or changes to the Broadlands Helper List send an email to **hscott@broadlandshoa.com**.*

Broadlands Community Center

Friday, February 6th
1:00p.m. - 3:00p.m.

The Fairgrade group is doing presentations throughout the county and has been invited to our community on February 6. "We want to share our data with as many people as possible", said Kathy Lague, FairGrade Loudoun co-founder. "We believe there is an overwhelming amount of evidence showing the seven point grading scale currently used by Loudoun County Public Schools puts Loudoun students at a disadvantage when it comes to college admissions, receiving merit scholarships, obtaining "good student" discounts on automobile insurance and NCAA eligibility."

Over 2000 people have endorsed the efforts of FairGrade Loudoun, which is asking the Loudoun School Board to change the current seven point grading scale to the more commonly used ten point grading scale, and to address its weighting policies for Honors and Advanced Placement courses.

See What FairGrade Loudoun is all about:
www.FairGradeLoudoun.org

For the **Best** Ear, Nose and Throat Care for
Adults and Children
Board Certified Specialists

Michael Nathan, M.D.
Erik Kass, M.D.
Morgan Nowak, PA-C.
Heather Condon, PA-C.
Heather Robertson, PA-C.

Pediatric Ear, Nose and Throat
Allergy Treatment without shots

1175 Herndon Pkwy
Suite 850
Herndon, Virginia 20170
703-435-0600
WWW.ENTDR.COM

Easy access from Rt. 606 or the Dulles Toll Rd.

Sore Throats Ear Infections Sinus Problems Allergies
Sleep Apnea Voice Disorders Hoarseness Neck Masses
Swallowing Disorders Snoring Dizziness Hearing Tests



Ashburn Pediatric Dental center

Ajit A. Patel, DDS, MS

Fun & Relaxing Kid Friendly Atmosphere
State of the Art Dental Office for Kids

www.AshburnPediatricDentalCenter.com

Digital X-rays
Cleanings/Fluoride
Tooth colored fillings
Cavity evaluations
Early orthodontics
Extractions



Sealants
Emergency care
School Exams
Nitrous Oxide
Sedation

T. 703.726.4333 *Saturday appointments*

42882 Truro Parish Dr., Suite 205 Ashburn, VA 20148
(Located off Waxpool Rd. Across from the Boyd School in Broadlands)

Two good reasons to choose The Eye Center...



Your right eye. Your left eye.

WE SPECIALIZE IN:

- LASIK Surgery
- Laser Eye Surgery
- Eye Exams
- Glaucoma Care
- Diabetic Eye Disease
- Contact Lens Fitting

Since 1989 The Eye Center has been providing eye care services to the communities of northern Virginia and the DC area. Our outstanding reputation is based on the caring relationships we build with our patients, and our continued efforts to strive for excellence in the field of eye care. We provide safe and affordable care by effectively integrating medical science and advanced technology.



Ophthalmology • Refractive Surgery
Laser, Cataract & Implant Surgery

STERLING
703-430-4400

LEESBURG
703-858-3170

ALEXANDRIA
703-931-9100

FAIRFAX
703-573-8080

USEFUL NUMBERS

NON-EMERGENCY

| | |
|-------------------------------|----------------|
| Ashburn Fire | (703) 729-0006 |
| Loudoun County Sheriff | (703) 777-1021 |
| Washington Gas | (703) 750-1000 |
| Poison | (703) 625-3333 |
| LCSA - Customer Service | (571) 291-7880 |
| LCSA - After Hours & Weekends | (571) 291-7878 |
| State Police | (703) 771-2533 |
| Dominion Virginia Power | (888) 667-3000 |

PUBLIC INFORMATION

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

| | |
|------------------------|-----------------|
| Social Services | (703) 777-0353 |
| Trash-New Vision Disp. | 1(703) 331-0600 |
| Van Metre Homes | (703) 723-2800 |
| Verizon | (703) 954-6222 |
| Verizon Fios | (888) 553-1555 |
| Voter Registration | (703) 777-0380 |
| Weather | (703) 936-1212 |

LOUDOUN COUNTY PUBLIC SCHOOL

| | |
|----------------|----------------|
| Briarwoods HS | (703) 957-4400 |
| Eagle Ridge MS | (571) 252-2140 |
| Hillside ES | (571) 252-2170 |
| Mill Run ES | (571) 252-2160 |

PUBLIC OFFICIALS COUNTY SUPER.

| | |
|----------------|----------------|
| Stevens Miller | (703) 777-0204 |
|----------------|----------------|

SCHOOL BOARD REPRESENTATIVE

| | |
|---------------|----------------|
| Robert Dupree | (703) 729-3430 |
|---------------|----------------|

VIRGINIA HOUSE OF DELEGATES

| | |
|-----------------------------|----------------|
| Robert G. Marshall (13th) | (703) 361-5416 |
| Richmond Office | (804) 698-1013 |
| David Poisson (district 32) | (703) 421-6899 |
| Richmond Office | (804) 698-1032 |

VIRGINIA SENATE

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

U.S. HOUSE OF REP. 10th DISTRICT

| | |
|------------|----------------|
| Frank Wolf | (703) 709-5800 |
|------------|----------------|

U.S. SENATE

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

VIRGINIA STATE GOVERNOR

| | |
|-----------|----------------|
| Tim Kaine | (804) 786-2211 |
|-----------|----------------|

Notes from Your Neighbors.....

Ashburn Volunteer Fire Rescue Department,
www.ashburnfirerescue.org

My name is Terry, and I am a paramedic dinosaur whose job it is to help promote the well being and safety of children in the Ashburn community. Where ever I go I get lots & lots of questions from boys & girls about all my friends at the fire house and the things they do as volunteer fire fighters & EMTs (Emergency Medical Technicians.) Do you have a question you would like to ask? *Are fire hoses heavy? Why do firefighters get dressed so fast? Send your questions to askterry@ashburnfirerescue.org. One question I have been asked recently:* Caroline, who is 5 years old, asks, *"What do you use the fire truck for?"* Besides taking us to places we need to go – like a fire or accident, fire trucks carry all the tools we might need when we get there - to help put out a fire or get someone out of a damaged car. We carry a big tank full of water and hoses and ladders. The fire truck has a spot for each firefighter to sit and put on her or his seatbelt. The fire trucks also have lights and sirens....so drivers can hear us coming and clear a path. Remind mom & dad to **pull to the right** side of the road, so we can get to the emergency call quickly. **By the way, do you know why the Ashburn trucks and ambulances are yellow?** In the early 1970's, the then Fire Chief Walt Eamich asked many questions about safety for the firefighters, EMTs and the community. He learned that yellow was the safest color for any kind of emergency equipment because it was the easiest to see.

Mosby Heritage Area Association To Offer Saturday Morning Field Trips

The Mosby Heritage Area Association is offering a series of "Saturday Morning Specials"—a cup of coffee, a doughnut, and a chance to go exploring history in the story-rich five-county Mosby Heritage Area. The trips, to be offered one for each season, will begin at the offices of the Mosby Heritage Area Association in the historic 1801 Rector House at Atoka, four miles west of Middleburg.

Following introductions and opening remarks, participants will caravan to sites associated with the day's topic. Directions and handouts will be provided for each trip. Trips will be led and interpreted by the Mosby Heritage Area's Director of Education, Rich Gillespie.

Upcoming "Saturday Morning Special" trips will include:

FEBRUARY 21—"Surrounded by Soldiers"— This trip will examine the Atoka and Goose Creek battlefields from the perspective of the significant pre-Gettysburg cavalry battles of June 1863 at Aldie, Middleburg, and Upperville. We'll visit the grave of John Edmondson, the forgotten soldier of Rector's Crossroads, the ridge held by Stuart's Horse Artillery, and of course, the remarkably intact battlefield at Goose Creek Bridge. We'll end with the backyard of the Rector House where Stuart camped. Trip will be of general and human interest rather than from that of just the Civil War buff.

Revive Your Retirement

4.50% APY*
14 Month IRA Certificate

Hurry, Offer Ends
February 15, 2009!



AppleFCU.org
703-788-4800



Loudoun County Public Schools

Students & Families are Eligible to Join!

Financially

- 🍏 Sound
- 🍏 Safe – federally insured
- 🍏 Strong

Since 1956



Ashburn
43330 Junction Plaza
Suite 105



*APY = Annual Percentage Yield January 1, February 15, 2009, and is subject to change at any time. Minimum \$500, maximum \$500,000 deposit. NOTE: Unless Apple is notified otherwise, at the end of the term the Certificate will automatically renew as a 12 month IRA Certificate at the rate in effect at that time.



BEFORE

*Decks
Porches
Fences
Arbors*



AFTER



Call Now 703.430.6001
www.surroundslandscaping.com

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 CLASSICS SENIORS

The next meeting will be at the Mills Recreation Center in Ashburn Village at 10:30a.m. on February 14th. Anyone who is 50 or older is welcome to attend. The guest speaker for the meeting is Lori Waters, Broadrun Supervisor. This is a chance for all of us to learn more about local issues we are all concerned about.

ASHBURN TOASTMASTERS

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

BROADLANDS BOOK CLUB

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

BROADLANDS NEIGHBORHOOD BIBLE STUDY

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

BROADLANDS CERTIFIED COMMUNITY WILDLIFE HABITAT COMMITTEE

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

CHRISTIAN BOOK CLUB

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

GIRL SCOUTS

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

MOMS IN TOUCH

Hillside Elementary Moms are invited to join us to pray for our children and the school they attend. We meet every Tuesday morning from 9:00a.m. - 10:00a.m. during the school year, Please contact Rebecca for more information at 703-858-7379.

CUB SCOUTS

Cub Scouting is a youth organization emphasizing fun with a purpose. We teach principles of good citizenship, character development, outdoor adventure, fitness and health and much more. The Cub Scout program is designed for boys in grades 1-5 and Boy Scouts for grades 6-12. New Boy Scout Troop 2970, recently formed by leaders and families across Eastern Loudoun County with over 20 years of Scouting experience, now meets at Our Saviors Way Lutheran Church on Thursday nights. Cub Scout Pack 1483 meets at Hillside and Cub Scout Pack 1484 meets at Mill Run. For information on Cubs and Boy Scouts, please call Ed Yarbrough at 703-724-1064.

AMERICAN HERITAGE GIRLS

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

WORKING MOTHERS NETWORK

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

MOM'S CLUB OF BROADLANDS

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

INVESTMENT CLUB

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

LOUDOUN COUNTY AUTISM NETWORK

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

TECHNOLOGY COMMITTEE

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

(OPEN BAND CUSTOMER FORUM) SOUTHERN WALK TECHNOLOGY COMMITTEE

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

Tickets on Sale Now!

**21st Annual YMCA Loudoun County
Chocolates Galore & More!**

Friday, February 20, 2009

7:00p.m. -11:00p.m.

New venue in 2009: West Belmont Place at The National Conference Center, home to Northern Virginia's largest ballroom, will host this year, offering expanded space, additional open seating, and an elegant environment all in one.

NCC will offer a discounted rate on overnight accommodation to Chocolates Galore & More! ticket holders on the night of the event. Standard room rate: \$89; Guest suite: \$109. Both rates include continental breakfast.



Why pay too much?
Come to

**Dulles Auto Body &
Paint Specialist**

For honest service at affordable rates

- Complete body repairs & painting
- More than 30 years of auto body experience
- Insurance work welcome
- Towing available
- Pick up & delivery of cars
- Custom painting & colors
- Drop box
- Free estimates
- نكلم العربية

www.DullesAutoBody.com

E-mail: dullesautobody@gmail.com

TEL. 703- 742-8555

"New owner and manager by BAHAI ATARI"

**Free Full
Detail & Wax**
Any job \$600
or more

With coupon. Not
valid with any
other offers.
Expires 02/30/09

\$50 off
Any job \$500
or more

With coupon. Not
valid with any
other offers.
Expires 02/30/09

Chinese Restaurant

in

Your Neighborhood



**ASIA
CAFE**

Since 2003

43150 Broadlands Plaza #106
Ashburn Va, 20148
703-729-3298
www.asiacafe-ashburn.com



**ORIENTAL
EXPRESS**

Since 1991

45665W. Church Road #106
Sterling Va, 20164
703-430-2689
www.orientalexpress-sterling.com

**Platters and Catering Now
Available**

****Serving Loudoun County for over 16 years****

Free

Crab Rangdon (6)
Order over \$20.00

* Excludes Tax Party Tray, LunchBox
Expires 2/28/09

Free

Steamed Dumpling
Order over \$30.00

* Excludes Tax Party Tray, LunchBox
Expires 2/28/09

MobileAUDITInc.

You can have it all!

Progressive technology focus, comfortable work environment, outstanding team members who will challenge and support you, outstanding growth opportunities, competitive pay, benefits and a dream commute all at Mobile Audit, Ashburn, VA.

Mobile Audit designs, builds, and supports technology for compliance and certification management. Our cutting-edge software tools and support services provide real-time data collection, analysis, reporting and collaboration for field inspections, audits, program reviews, ongoing monitoring, quality control, and self-assessments.

Currently hiring: Senior Software Developers and Technical Support Analysts. To apply, email your resume to info@mobile-audit.net

E/O/E Equal Opportunity Employer



Nothin' But 'Net

From the Federal Trade Commission.

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

The Download on Disposing of Your Old Computer

If you want to get rid of your old computer, options include recycling, reselling, and donating. But before you log off for the last time, there are important things to do to prepare it for disposal.

Computers often hold personal and financial information, including passwords, account numbers, license keys or registration numbers for software programs, addresses and phone numbers, medical and prescription information, tax returns, and other personal documents. Before getting rid of your old computer, it's a good idea to use software to "wipe" the hard drive clean. If you don't, consider your old hard drive a 21st century treasure chest for identity thieves and information pirates. The Federal Trade Commission (FTC), the nation's consumer protection agency, says you can deter identity theft and information piracy by taking a few preventive steps.

Understanding Hard Drives

A computer's hard drive stores data, and maintains an index of files. When you save a file, especially a large one, it is scattered around the hard drive in bits and pieces. Files also are automatically created by browsers and operating systems. When you open a file, the hard drive checks the index, then gathers the bits and pieces and reconstructs them.

When you delete a file, the links between the index and the file disappear, signaling to your system that the file isn't needed any longer and that hard drive space can be overwritten. But the bits and pieces of the deleted file stay on your computer until they're overwritten, and they can be retrieved with a data recovery program. To remove data from your hard drive permanently, it needs to be wiped clean.

Cleaning Hard Drives

Before you clean your hard drive, save the files that are important to you on an external storage device — for example, a USB drive, a CDROM, or an external hard drive — or transfer them to a new computer. Check your owner's manual, the manufacturer's website, or its customer support line for information on how to save data and transfer it to a new computer.

Utility programs to wipe your hard drive are available both online and in stores where computers are sold. They're generally inexpensive; some are available on the Internet for free. Wipe utility programs vary in their capabilities: some erase the entire disk, while others allow you to select files or folders to erase. They also vary in their effectiveness: programs that overwrite or wipe the hard drive many times are very effective; those that overwrite or wipe the drive only once may not prevent information being wiped from being recovered later. If your old computer contains sensitive information that would be valuable to an identity thief, consider using a program that overwrites or wipes the hard drive many times. Or, remove the hard drive, and physically destroy it.

One more thing to keep in mind: If you use your home or personal computer for business purposes, check with your employer about how to manage information on your computer that's business-related. The law requires businesses to follow data security and disposal requirements for certain information that's related to customers.

Disposal Options

Once you have a "clean" computer, here's how to dispose of it:

- **Recycle it.** Many computer manufacturers have programs to recycle computers and components. Check their websites or call their toll-free numbers for more information. The Environmental Protection Agency (EPA) has information on electronic product recycling programs at www.epa.gov/epaoswer/hazwaste/recycle/ecycling/donate.htm. Your local community may have a recycling program. Check with your county or local government, including the local landfill office for regulations.
- **Donate it.** Many organizations collect old computers and donate them to charities.
- **Resell it.** Some people and organizations buy old computers. Check online.

Keep the environment in mind when disposing of your computer. Most computer equipment contains hazardous materials that don't belong in a landfill. For example, many computers have heavy metals that can contaminate the earth. The EPA recommends that you check with your local health and sanitation agencies for ways to dispose of electronics safely.

For more tips from the federal government and the technology industry to help you be on guard against Internet fraud, secure your computer, and protect your personal information, visit www.OnGuardOnline.gov.

FEBRUARY CLASSIFIED ADS

EARLY EDUCATION/DAY CARE

LITTLE BEAR PRESCHOOL: Open House and Fall registration. February 4th, 2009, 9am-11am. We are an at-home preschool licensed by the state of Virginia. Our teachers are certified in Pediatric CPR and First Aid. We offer 2 programs: Tues & Thurs, 9am-11:30am, Ages 2 ½ - 3 ½. Tues & Thurs, 11:45am - 2:15pm, Ages 3 - 4 ½. For more information, call 703-858-0117.

GROWING MINDS PRESCHOOL: (Serving 2 ½, 3 and 4 year olds) Will be holding an open house for the 2009-2010 school year on Wednesday, February 18th at 7:30pm. Open registration will be held on Saturday, February 21st. For more information or to RSVP for the open house, please contact Judi Ratcliffe at (703)858-7966.

CHILD CARE: Need a night out or weekend away? No family around to trust your little ones to or not comfortable leaving a teenager with them? Call me, and I will come to your home and take loving care of them. Excellent references - teacher & professional pet sitter also. 703-726-0280.

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

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

INSTRUCTION

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

MUSIC LESSONS: Clarinet, Saxophone or Flute. Teacher with Music Degree and 20 years' experience. Instruction in your home or our studio; references from Broadlands residents. Please call 703-777-4352 or email WoodwindStudio@verizon.net.

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

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

FOR SALE

BOWFLEX MOTIVATOR 2 HOME GYM: \$400 Like new condition, about 18 months old, bought new for \$1,200. Must be seen to appreciate, firm on price. (Ashburn/Broadlands Area). Interested parties, please call John @ (703)389-1726.

FOR RENT

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

HEALTH & WELLNESS

KEEP YOUR NEW YEAR'S RESOLUTION!

Exercise at home with an ACE certified personal trainer and make that resolution a reality. Call Susan at *Custom Fitness*, 571-228-3545.

EXPERIENCED NURSE MASSAGE

THERAPIST: Nationally certified and experienced in deep tissue, medical, therapeutic, sports, Thai and hot stone. Specialized training and certification in Pregnancy Massage. Also, therapeutic spa and wrap treatments. Claudette Plater, RN, CMT. Call 703-724-4210 for details or visit www.tranquilmoment.com.

PERSONAL TRAINER: Looking to get fit? I am a certified personal trainer with both a bachelors and masters degree in the health field. I can come to your home or train you at any Fitness First gym. I specialize in functional training and hold certifications in nutrition and pre and post natal training. Whether you are 8 or 80, fit or unfit, I can help! Please call 703-307-9403 or email ckdovel00@verizon.net.

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

HOME SERVICES

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

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

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

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

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

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

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

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

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

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

FULL CIRCLE HOME IMPROVEMENT: Kitchen and Bath Remodeling. Finished Basements-Flooring, Tile, Hardwood, Engineered-Lighting-Moldings-Finished Trim-Decks-Screened Porches and more. Quality work done right. Licensed and insured. Call Rich at 703-723-4268 email Rmadlin@aol.com.

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

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

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

MARKETPLACE

MARY KAY - NEW - MICRODERMABRASION FOR SMOOTH SKIN. Say goodbye to dull, lifeless skin. The MicroDermabrasion Set helps you recapture that youthful glow! Two Steps -Too Beautiful. Experience it yourself. Contact: Deborah Leben, Independent Beauty Consultant, 703-217-4583. Shop Anytime www.marykay.com/dleben

TASTEFULLY SIMPLE has the comfort food you want when the weather outside is dreary. Never add more than 2 ingredients. Contact Lisa Svendsen, Your Tastefully Simple Consultant; Broadlands resident. 703-723-8479, www.tastefullysimple.com/web/Lsvendsen, FoodFromLisa@comcast.net.

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

PETS

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

PROFESSIONAL SERVICES

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

SALON SERVICES

ROYAL BARBER SHOP: Now open. *The best haircut in Town.* 42882 Truro Parish Dr, Broadlands, VA 20148. Men's Haircut \$10 to \$12 and Children's \$9 to \$11. Includes hot towel service. Phone: 703-858-9008. Please come and see us!

HOW TO PLACE CLASSIFIED ADS

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

Broadlands Resident Rates:

\$ 7.00/Business Ad*;
\$ 0/Personal Ad or Lost & Found Ad

Non-Resident Rates:

\$14.00/Business Ad*;
\$ 7.00/Personal Ad
\$ 0/Lost & Found Ad

*10% off for 6 months prepaid

Payment: Check to "Broadlands Association"

Send To: Broadlands Association

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

ADVERTISING and EDITORIAL INFORMATION

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

ADVERTISING INFORMATION

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

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

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

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

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

MAIL ADS and PAYMENT TO:

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

For more information or questions regarding advertising, contact Staci Kapinos at 703-729-9704 ext.101 or ads4broadlands@yahoo.com.

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

EDITORIAL INFORMATION

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

Broadlands Committees and Events



February Activities

Date Activity

- 3rd 7:00p.m. Day Care Resolution
Public Meeting (NC)
- 6th 1:00p.m. Fair Grades Meeting(CC)
- 7th 10:00a.m. Hop To It Amphibian
Program(NC)
- 10th 11:00a.m. Valentine Eco Crafts(NC)
5:30p.m. Board of Directors
Meeting(NC)
- 11th 7:30p.m. Tech Committee
Meeting(NC)
- 17th 10:00a.m. Mommy, Me and Nature
Makes 3 - Beaks, Feet and
Feathers(NC)
- 18th 7:00p.m. Modifications
Subcommittee Meeting(NC)
- 19th 8:00p.m. Investment Club(CC)
- 20th 10:30a.m. Broadlands Mom's
Club(CC)
- 21st 8:00p.m. Mardi Gras Party(CC)
- 22nd 12:30p.m. Teddy Bear Tea
Party(CC)



Community Events Committee

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

Committee Manager: Open

Neighborhood Watch Committee

Chair: Staci Kapinos, ssdkapinos@yahoo.com

'Broadlands Live!' Summer Concert Committee

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

Recreation Committee

Meets every second Wednesday of the month.

Contact Staci Kapinos, ssdkapinos@yahoo.com, for more information.

Open Spaces Committee - Volunteers Needed

Community Wildlife Habitat Committee

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

Swim Team

Website: www.broadlandsswimteam.org

Technology Committee (broadlandshoa.org)

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

Webmaster: webmaster@broadlandshoa.org

(OpenBand Customer Forum)

SW Technology Committee

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

Buy? Sell? Wait? What?!

It's Always a Great
Time to Buy and
Sell Real Estate
When you have
The Right Agent!



Bonnie Selker
Right Time. Right Agent.
Direct: 703.728.2292
Email: bselker@KW.com



Winter Wine Dinner

TUESDAY, FEBRUARY 3
7:00 PM
\$70 PER PERSON



CLYDE'S WILLOW CREEK FARM
42920 BROADLANDS BOULEVARD
IN BROADLANDS
(571) 209-1200
CLYDES.COM

GRATUITY AND TAX ARE NOT INCLUDED

PLEASE ALLOW OUR FAMILY TO SERVE YOUR FAMILY'S FLOORING NEEDS



Hardwood Floors

- Pre-Finished
- Sand and Finish
- New or Existing

Tile

- Kitchen Backsplashes and Complete Bath Tile Renovations
- Travertine, Tumbled, Marble, Limestone
- Tile Cleaning Services

Carpeting

- All Brands of Carpet/Berber
- Carpet Cleaning

Window Coverings

- Full Line of Window fashions
- Custom Shutters



MOHAWK Shaw QUICKSTEP Bruce

*Voted Top 3 in Loudoun County in Sales and Service

Serving Prince William, Fairfax, & Loudoun Counties

FLOORING

by **Saunders**

CERAMIC - CARPET - HARDWOOD - VINYL

www.FlooringbySaunders1.com



Our Family Promise*

We're Your Neighbors, With over 50 years, and Generations of Service to the Community. We Promise Personal Attention and Prompt Response to **GUARANTEE** Your Job is Completed to Your Satisfaction, Every Time.

Next Day Service
Call Today For A Free In-House
Estimate From Our Mobile
Showroom

Call to Visit Our Showroom

703-443-9663


I'm a Loudoun Mom and I want BRMC!



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

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

I am asking my Supervisor to vote Yes on BRMC.

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



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

PRST STD
U.S. POSTAGE
PAID
GAM PRINTERS
PERMIT #8
STERLING, VA